

HELP YOUR COMMUNITY & COUNTRY BOOMERANG BACK TO HEALTH WHILE HAVING A BALL WITH RHYTHMIC GYMNASTICS!



6 FEET

Stay two hoops (6 feet) apart from your teammates at all times!



20 SECONDS

Wash your hands often for at least 20 seconds.
(Hint: that's a little longer than it takes rehearse two sets of rhythmic steps in your head)

MASKS

Wear a mask when entering/exiting the building and in non-training areas such as the bathroom, lobby, etc.



WATER BOTTLES

Bring your own water bottle and avoid sharing food



ISOLATE YOUR GEAR

Keep your apparatus and other belongings separate from others' when not in use



CLEANLINESS

Clean your apparatus regularly


HEALTHY PRACTICES



Only come to practice when you are healthy.
(Tell a coach or parent immediately if you are feeling sick.)

PROPER HYGIENE

Cover any coughs or sneezes with a tissue or the inside of your elbow (and return home if you are not feeling well)



WHY RHYTHMIC GYMNASTICS

- Rhythmic Gymnastics is an individual, non-contact sport, that lends itself naturally to social distancing
- Gymnasts can use their own hand apparatus to avoid touching the same items as others
- Safely participating in a sport, like rhythmic gymnastics, helps to give children a sense of normalcy
- Rhythmic gymnastics classes provide engagement in a time when many students have not returned to school

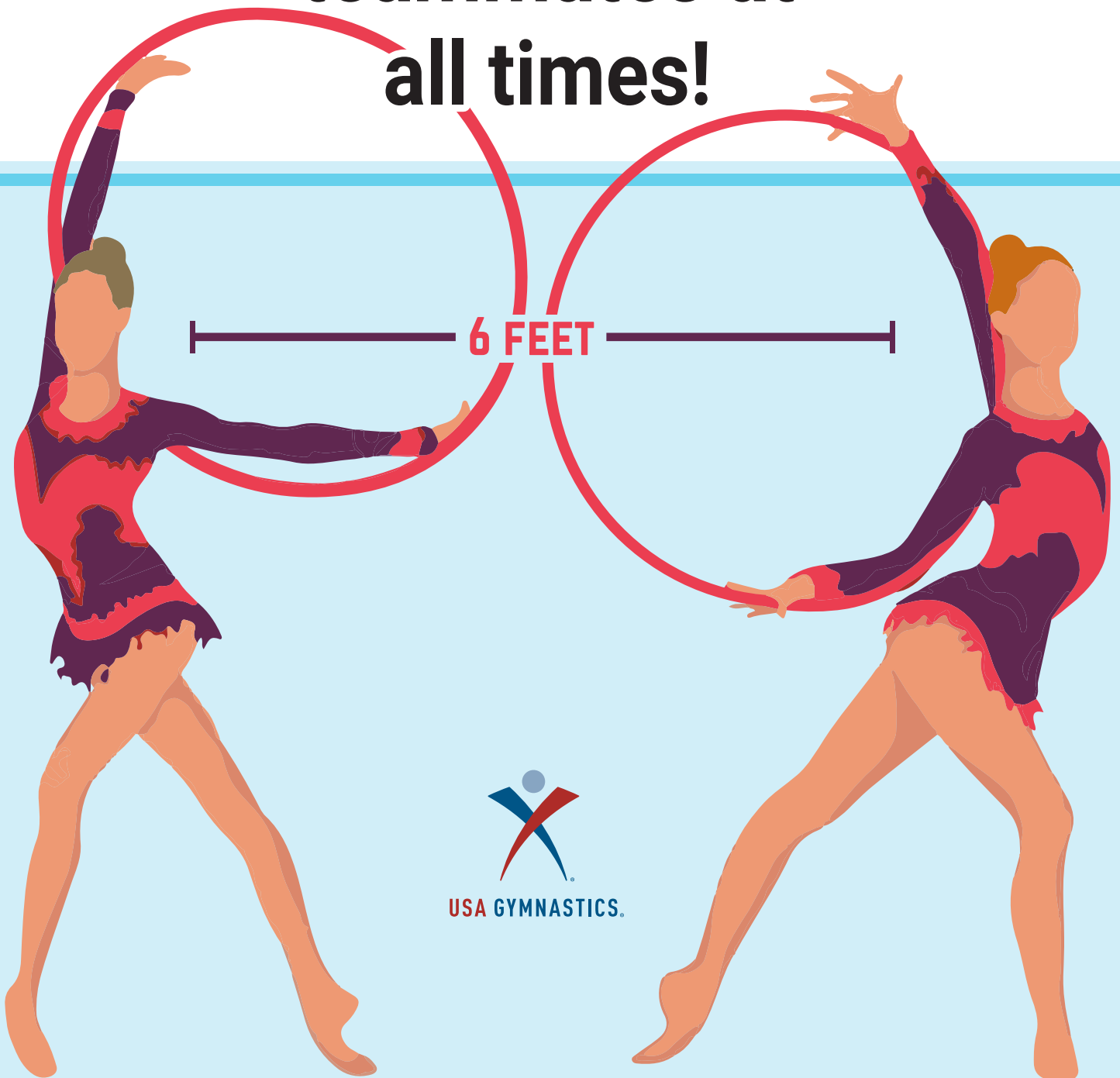


USA GYMNASTICS.



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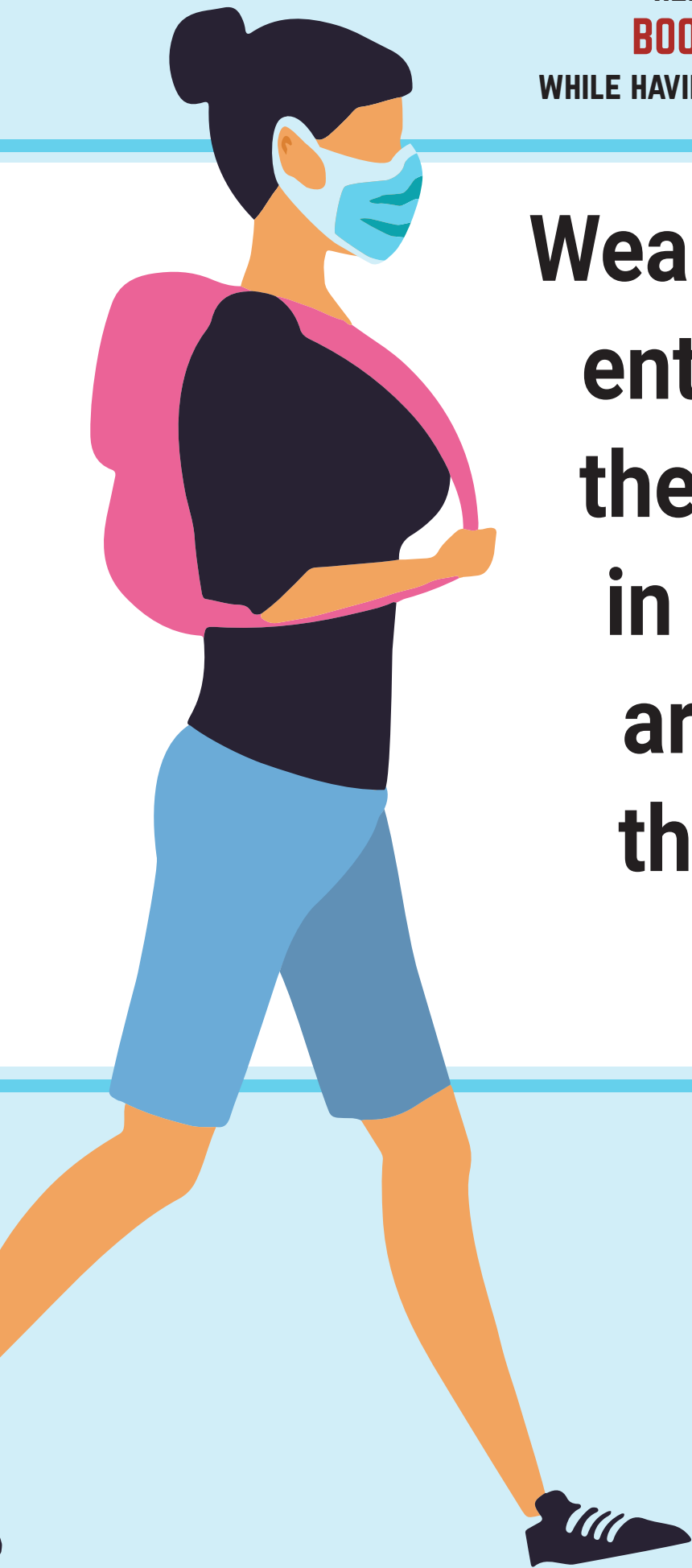
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