

# HELP YOUR COMMUNITY & COUNTRY SPRING BACK TO HEALTH WITH TRAMPOLINE & TUMBLING!



**6 FEET**

Stay a throw mat away from your teammates at all times!



**20 SECONDS**

Wash your hands often for at least 20 seconds. (Hint: that's about the time it takes for a senior elite trampolinist to complete a routine.)

**MASKS**

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



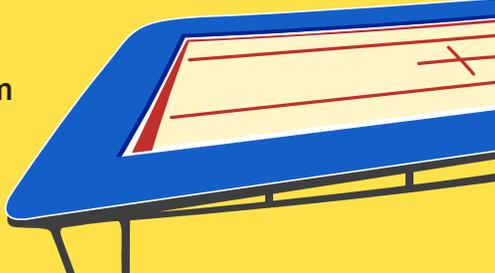
**WATER BOTTLES**

Bring your own water bottle and avoid sharing food.



**ISOLATE YOUR GEAR**

Keep your belongings separate from others' when not in use.



**CLEANLINESS**

Clean your equipment 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).



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USA GYMNASTICS.

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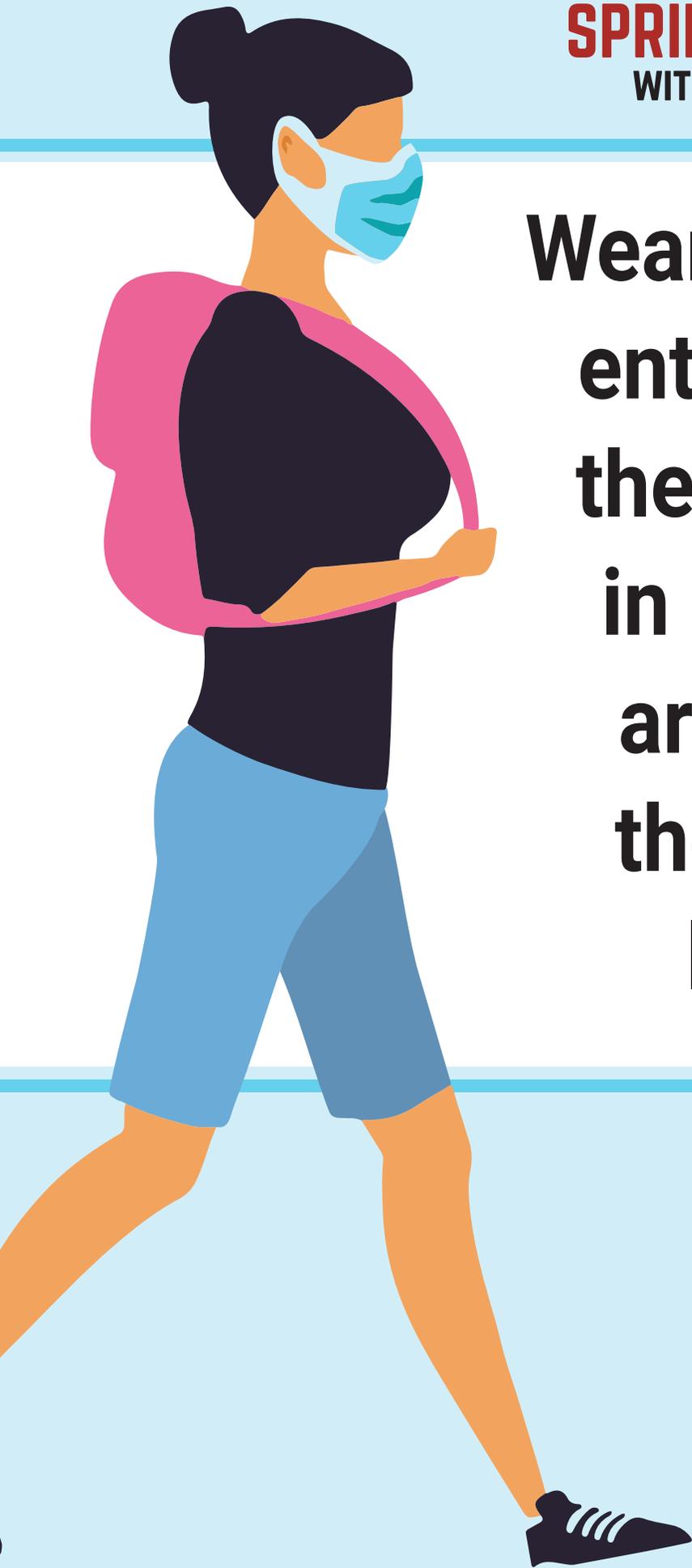
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