

HELP YOUR COMMUNITY & COUNTRY BRING BALANCE BACK TO HEALTH WITH ACROBATIC GYMNASTICS!



6 FEET

Stay 6 feet 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 to do seven balance skills.)

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)



HELP YOUR COMMUNITY & COUNTRY
BRING BALANCE BACK TO HEALTH
WITH ACROBATIC GYMNASTICS!

**Stay 6 feet
away from your
teammates at
all times!**

6 FEET



USA GYMNASTICS.



HELP YOUR COMMUNITY & COUNTRY
BRING BALANCE BACK TO HEALTH
WITH ACROBATIC GYMNASTICS!

**Wash your hands often
for at least 20 seconds.**

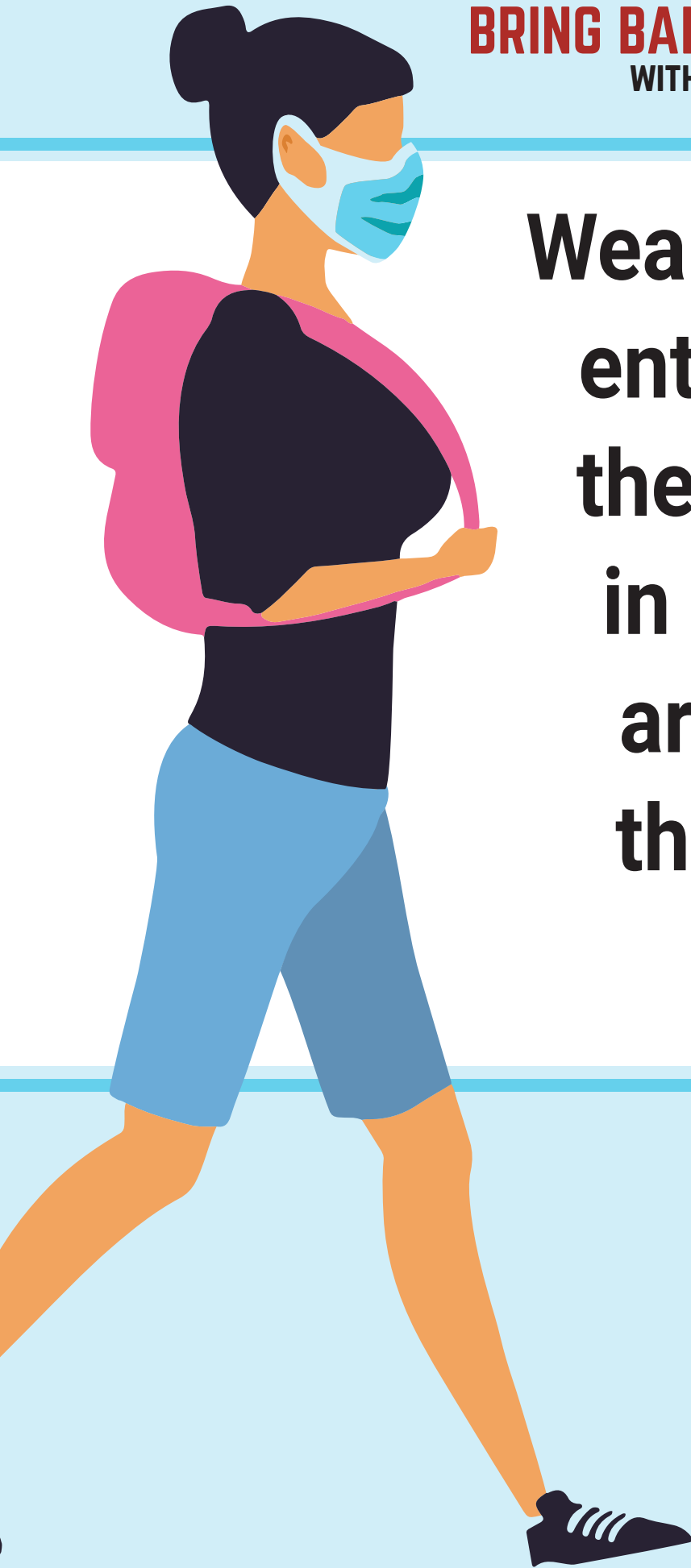
*(Hint: that's about the time it takes
to do seven balance skills.)*



USA GYMNASTICS.



HELP YOUR COMMUNITY & COUNTRY
BRING BALANCE BACK TO HEALTH
WITH ACROBATIC GYMNASTICS!



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



USA GYMNASTICS.