

HELP YOUR COMMUNITY & COUNTRY BRING BALANCE BACK TO HEALTH WITH WOMEN'S ARTISTIC GYMNASTICS!



6 FEET

Stay six 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 finish one vault.)

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.