



# NEPEAN CORONA GYMNASTICS SAFETY STANDARDS



*Our mission is to follow procedures to protect our gymnasts, employees and community members and to help prevent the spread of disease.*

## WHAT GOES IN THE BACKPACK RECREATIONAL GYMNASTS

1. Hand sanitizer for their personal use.
2. Filled water-bottle
3. Backpack must have a label or tag on it with the gymnast's name.

### ***EVERYONE MUST WEAR A MASK WHILE IN THE FACILITY***

For Intermediate or Advanced Gymnasts

1. Plastic container with a lid for individual block of chalk. The container should be large enough to hold a block of chalk and to use the lid as a tray to catch chalk dust.
2. Spray bottle to be used with chalk. (labelled with name)
3. Grips and wrist bands (if gymnast wears grips)
4. Athletic tape

***Gymnast will keep all personal belongings in their backpack. During the Winter, bins will be provided for boots and winter coats. Please send a plastic bag for boots.***