



**I want to do my part to help Fox Valley Gymnastics keep my child(ren), her teammates, the coaches, other families and everyone else at the gym as safe as possible under the Covid-19 pandemic. I have read, understood and agree to follow the following policies and procedures.**

**I understand and agree that:**

- I will drop my gymnast off and pick her up at the designated location.
- Masks should be worn when entering and exiting any Fox Valley Park District facility.
- I am aware that my child should wear a mask upon entering and exiting the facility. She is not required to do so when working out.
- There will be no hands-on spotting unless necessary for safety reasons.
- I will support the social distancing standard of 6' while at the gym.
- Private lesson start and end times will not be altered. I will drop off and pick up as scheduled to ensure time for the gymnasts to get in and out of the gym safely.
- My gymnast will have regular opportunities to use the hand sanitizing stations available in all areas of the facility.
- My gymnast will use the restroom and wash her hands thoroughly before leaving home and while at the gym.
- My gymnast will bring a backpack to each lesson with all recommended items included; water bottle (filled), hand sanitizer, towel, paper bag (for mask), large ziplock bag (for shoes).
- I agree to keep my gymnast home if she or anyone in my family is coughing, has a temperature over 100, or other Covid-19 symptoms.
- I understand and agree that these procedures will change and evolve over time and that I will follow any new standards required by the State of Illinois and/or Fox Valley Park District.

I understand that the coaches and everyone at the gym will make a strong effort to maintain social distancing but that there will be times when incidental contact and less than prescribed physical distancing will occur. I am aware and agree that spotting is an essential part of training my gymnast in order to keep her safe and to prevent injury. I will allow my child to be spotted when spotting is necessary. I further understand that I am voluntarily allowing my child to participate in programs and activities offered by Fox Valley Park District, knowing that it is impossible to keep her, myself or anyone else who enters the gym completely safe from exposure to the Covid-19 virus. I accept that risk.

\_\_\_\_\_  
Signature: parent or guardian

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Date