

CAG RULES AND POLICIES IN ACCORDANCE WITH CDC HEALTH ORDERS AND RESTRICTIONS

CAG Families and Participants

- We are asking parents of students ages 4 and older to please consider waiting in your car, or dropping your child off and returning to pick them up after class. We understand this can be difficult, but we have an extremely limited seating area. If you feel you need to stay, we ask that only 1 member of the family attends, wears a facemask, and maintains 6' social distance. These are pre-marked in our observation area. Seating is limited! Once the max occupancy is hit (per County restrictions at the time), we cannot allow additional spectators.
- Face masks are REQUIRED for everyone ages 11 and up who are not participating in athletic activity. You must wear your mask the entire time you are in our facility.
- Please bring your child no earlier than 5 minutes before class starts. PLEASE have them dressed in their leotard when they arrive so we reduce unnecessary usage of the restrooms.
- They should bring as few belongings as possible: shoes, pocket hand sanitizer (optional), and water bottle.
- When your child enters the building, an instructor will bring them to their designated warm-up area.
- When it is time to pick up your child, an instructor will walk each child out the front doors and will wait with each child individually until the child is safely in your care.
- If you need to come in and pay at the front desk, please observe the 6' spacing tape lines. Facemasks are required. Please consider paying online.
- Please send a water bottle with your child to every class. We are not allowing use of the drinking fountain, but kids can re-fill their water bottle using the drinking fountain. A limited number of water bottles will be held at the gym if you forget for a small fee.
- There is a gap between each block of classes at which time CAG staff will clean and wipe down all surfaces that were used in the prior class.
- Bottles of hand sanitizer are spread throughout the gym; however, if your child has a pocket hand sanitizer they can bring with them, we would be grateful!
- Stay at least an arm's length away from fellow gymnasts.
- No high fiving or hugging, BUT air high fives, smiles, virtual hugs, and words of encouragement are all always allowed 😊
- When you get to the gym there will be tape lines to the entrance of the cubby room, wait on a tapeline until your teacher tells you to enter. Put your stuff down, then walk to your designated warm up area. Please sit down on your tape line until your instructor starts the class. Absolutely NO playing on ANY equipment during this time.
- Hand sanitizer will be used after every event, and most likely, during events. You might also need to use some on your feet when we do beam and tumble trak.