Return 2 Play Training Guidelines

Gymnastics

<table>
<thead>
<tr>
<th>Activity</th>
<th>Sport Risk</th>
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<tbody>
<tr>
<td>Individual Rhythmic</td>
<td>Moderate: Phase 3,4</td>
</tr>
<tr>
<td>Individual Artistic</td>
<td>Moderate: Phase 3,4</td>
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</tbody>
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Guidelines

Phase 3

- Social Distance during group trainings
- Coach maintains social distance during instruction
- No contact in body placement or demonstration of skills
- Training may be with 50 people or less
- Smaller groups of 6 to 8 should be observed in rotating from stations
- No shared water, towels, equipment, bags, shoes, clothing
- No hydration stations
- If possible, clearly mark separate Entrance and Exit for gym/space
- If possible, doors should be opened to lessen common contact points on door handles and bars
- Clean apparatus and shared equipment after each use
- Station/event specific work should be scheduled so that athletes do not gather closely together or have unnecessary cross traffic
- Coaches should consider use of gloves for personal contact and spotting when necessary for the safety of the athlete, with a goal of switching gloves between athletes
- Spotting remains important element for safety, coaches can consider alternative teaching options that align with social distancing
- Athletes should refrain from “spitting” in grips to cut down on transmission of germs on apparatus
- Provide each athlete personal chalk they keep in their own plastic container

Phase 4

- Train as normal

Phase 1: Low Risk Sports: 10 people or less, follow guidelines above
Phase 2: Slight Risk Sports: 10 people or less, follow guidelines above
Phase 3: Moderate Risk Sports: 50 People or less, follow guideline above
Phase 4: High Risk Sports: No Restrictions