Help your community & country
BRING BALANCE BACK TO HEALTH
with Acrobatic Gymnastics!

6 FEET
Stay 6 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 do seven balance skills.)

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 apparatus and other belongings separate from others’ when not in use.

CLEANLINESS
Clean your apparatus 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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