Help your community & country **BOOMERANG** back to health while having a **BALL** with Rhythmic Gymnastics!

**6 FEET**
Stay two hoops (6 feet) apart from your teammates at all times!

**20 SECONDS**
Wash your hands often for at least 20 seconds.
(Hint: that’s a little longer than it takes rehearse two sets of rhythmic steps in your head)

**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)
Why Rhythmic Gymnastics

- Rhythmic Gymnastics is an individual, non-contact sport, that lends itself naturally to social distancing
- Gymnasts can use their own hand apparatus to avoid touching the same items as others
- Safely participating in a sport, like rhythmic gymnastics, helps to give children a sense of normalcy
- Rhythmic gymnastics classes provide engagement in a time when many students have not returned to school
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