Help your community & country
SPRING BACK TO HEALTH
with Trampoline & Tumbling!

6 FEET
Stay a throw mat 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 for a senior elite trampolinist to complete a routine.)

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 belongings separate from others’ when not in use.

Cleanliness
Clean your equipment 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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