**What should my child bring to class every day with FDG COVID Protocol?**

Please have your child bring the following to each and every class:

1. **‘GYM BAG’**
   * (drawstring bag works GREAT!) for students to store all personal belongings (warm ups, shoes, hair ties etc.)
   * We recommend a bag that can be carried on a students’ back as they move throughout the gym they may bring their bag with them.
   * Recommended: extra gymnastics suit, change of athletic clothes, and under clothes, extra hair ties. Small non-perishable snacks
2. **Water Bottle**
   * (FILLED prior to class) – we will unfortunately not be able to allow students to use our drinking fountain.
   * Students will however be able to use our water bottle filling station if absolutely needed prior to class.
   * We will have FDG water bottles available for purchase at our front desk for $5.
3. **Plastic ‘Ziploc’ Bag**
   * 2.5 quart freezer or similar size
   * with your child’s name in permanent marker written visibly on the outside
   * *Only necessary for school age and competitive gymnastics students AND Ninja*
   * This will be used to give each student their own piece of chalk for bars to maintain safe distancing when chalking up for bars.
4. **Small Plastic Squirt Bottle**
   * *Gymnastics Students (competitive students using grips only)*
   * We will also have a water bottle at the gym for use – but will be sanitizing between *each and every* use.
   * We recommend students to PLEASE bring their own squirt bottle (typically you can find one between $1-3 at a Dollar General) so we can more effectively keep class moving, without having to take the time to continually sanitize our squirt bottle after each use.

**RECOMMENDED Good Practices**

* + Have your child come to practice with their clothes ON they will participate in, and hair pulled back.
    - This limits the number of people needing to use the restroom for changing clothes, and the sharing of hair ties.
  + EASY slip on shoes for quick and timely dismissal at the end of class!
  + **A POSITIVE attitude! We know these procedures are not always fun, but they DO keep us safe, and allow us all to enjoy what we love at the gym.**

A close up of a sign

Description automatically generated