**HAND WASHING POLICY**

**Coaches**

Coaches will wash their hands with soap and water for at least 20 seconds when arriving at the gym before and after meal breaks and any other time deemed necessary. Sanitizer gel to be used between movement around the gym and before moving to new stations.

**Gymnasts**

Gymnasts should arrive with hands washed, sanitizer gel to be applied and rubbed in for 20 seconds before access to the main gym area.

Gymnasts should where possible bring their own sanitizer to use between stations but it will be available if needed.

Gymnasts will be reminded to wash their hands with soap and water for at least 20 seconds after using the toilet and before and after snack breaks.

Gymnasts will be asked to sanitize hands on exiting the building.