

## **COVID-19 Protocol – FAQ’s – ATHLETES and OTHER PARTICIPANTS**

### **Testing:**

**If I’ve tested positive for COVID-19 recently, do I still need to show proof of a pre-event negative PCR test. Do I have to be tested during the event?** If you have tested positive within 90 days of the start of the event, you do not need to show proof of a pre-event negative PCR test, nor will you need to take part in the testing program during the event. Instead, you will need to show proof of your previous, positive test result. Documentation must show your name, type of test, date of test and test result.

**I know I need a PCR test, but there are a lot of different kinds of PCR tests. What type of PCR test will be accepted?** We will accept any PCR test (PCR, RT-PCR, qPCR, qRT-PCR). Don’t be confused by this. As long as the test uses a PCR procedure, it is acceptable.

**How many times will I be tested during this event?** All athletes will be tested on the day of arrival (or the next day for late arrivals). Athletes who are still competing 4 days after arrival, will be tested again on the 4<sup>th</sup> day. Example: Arrival on Wednesday, re-testing on Saturday. These tests are in addition to the pre-event test that you will have to complete within 5 days of travel to the event. Non-athletes will not be tested during the event.

**Can I refuse to be tested or re-tested onsite (Parents – Can I choose for my child to not be tested)?** As onsite testing for athletes is part of our event protocol, if you refuse on site testing, you will not be permitted to take part in this event.

**Will I be allowed to start training prior to receiving my results from the first on-site PCR test?** You must have completed your first test to start training, but you will be permitted to train if your results are not back before your first training time. The schedule for testing is set up with the intention that results will be back before your first training but delays at the lab may result in delays with results.

**What are the testing times each day?** These will be released closer to the event.

**What happens if an athlete tests positive at the event?** Initially, you will be placed into isolation in your hotel room. Our staff will check on you regularly to monitor for signs and symptoms of COVID-19 and will escalate medical care as necessary. If you are a minor and a parent is with you, your parent must isolate with you in your hotel room. If you are a minor, and a parent or guardian is not at the competition, our staff will be responsible for your care until a parent/guardian arrives. Our staff will follow all Safe Sport policies regarding one-on-one interactions with minor athletes. If you are a minor without a parent, a parent or guardian must fly in within 24-48 hours of being notified and must remain in isolation with you. USA Gymnastics will cover the expense of the hotel during your isolation period.

**If I test positive at the event, will you double-check the test results?** If an asymptomatic athlete tests positive at the event during the screening process, a second follow up test will be performed, and if possible, a retest of the original sample will be processed. You will be placed in isolation per protocol (see question regarding: What if I test positive at the event?) while the retest is in process.

### **During Competition and Training:**

**When training and competing, when do I have to wear my mask?** Facial coverings must be worn over the nose and mouth at all times except when on the apparatus. Your face covering may be removed and placed in a bag (this will be provided for you) just prior to chalking up and should be replaced as soon as possible after completing your routine and leaving the podium). This procedure should also be followed for all training sessions.

**Do I need to sanitize my hands each time prior to touching the apparatus?** All attendees and participants will be required to sanitize hands as they enter or re-enter the venue but will not be required to sanitize while on the field of play, as this may affect your safety and performance. However, we recommend that you use hand sanitizer as often as you feel comfortable during training and competition.

**Can I get help from my coach and teammates to chalk up and prepare the apparatus before my turn?** A maximum of three participants from the same cohort may assist with the preparation of the equipment, including the athlete about to take their turn or compete. For example, during competition, the competing athlete, his/her coach, and his/her teammate may be on the podium to prepare the apparatus. Athletes and coaches from different clubs may not assist in the preparation of the equipment. All individuals should be wearing facial coverings.

**During training and the competition, will there be a limit to the amount of people on the podium at once?** In the training venue and the competition venue, it is mandatory that cohorts maintain 6 feet of physical distancing from each other at all times. There will be markings on the podium to facilitate this. Coaches should stay with their athlete(s). Some apparatus will have the space to accommodate this, others will not, and Participants will have to wait on the floor to take their turn if there is not enough space on the podium. When a gymnast is done taking a turn, they should leave the podium and return to their seat.

**Will there be an Active Recovery Center (ARC) at this event?** The ARC will be available to Senior athletes only at this event. It will be located in the Westin Hotel in the House meeting room on the 2<sup>nd</sup> floor next to the connector to the Convention Center. ARC hours and scheduling details for Senior athletes will be sent in a separate document.

## **General COVID-19 Principles**

**If I'm fully vaccinated, do I still need to show proof of a negative PCR test?** Yes. Even though you are vaccinated, there is no evidence at this time that vaccination prevents you from carrying COVID-19 and spreading it to others.

**Will the COVID-19 protocol for the competition include a "bubble"?** A "bubble" is a way to test and quarantine a cohort of people who will subsequently be isolated together during the course of an event. We will not be conducting a "bubble" for this event, but we will require you to "shelter in place". This means you should limit your activity to include only the venue and hotel, during the course of the event.

**How can I eat safely during this event, if I have to shelter in place?** All participants and attendees are required to stay within the hotel or venue except for necessary reasons such as picking up food or necessary supplies. To get meals, either have food delivered to your room or use takeout to pick up food while wearing a facial covering and bring it back to your room to eat it. Do not eat in communal areas like dining rooms or lounges and eat only with members of your own cohort or alone.

**Will there be media interviews during the event?** Most media interviews during this event will be conducted through a virtual format. There will be a few pre-arranged live interviews, which will be conducted using a mic stand that is distanced from a camera, and the interviewer will be heard and seen through a speaker and TV monitor.

**Will I be able to see my family if they come for the event?** It is recommended that athletes interact only with members of their current cohort. A cohort in this situation is defined as those living in the same household, or athletes, coaches, and/or officials who train and work in the same gym on a regular basis. If your family is not part of your current cohort, then the recommendation will be to maintain social distancing and facial coverings during any interactions. For this event, only parents and/or spouses (up to two individuals) are allowed to attend as spectators.

**What steps will USA Gymnastics take to implement the COVID-19 protocols for the event?** USA Gymnastics has assigned COVID-19 Compliance Officers for the event, whose sole purpose is to ensure compliance of the protocols for all event venues. The compliance officer will also work closely with the venue management to ensure integration of COVID-19 policies. All athletes are required to follow the directions of the Health & Safety Compliance Officer. Failure to comply or excessive repeated violations will result in being asked to leave the event until the athlete is able to achieve compliance.