COVID-19 Protocol Rhythmic Challenge 2021 – FAQ’s

Testing:
Is testing required prior to travel for the Rhythmic Challenge?
Testing is not required prior to travel for Rhythmic Challenge. Testing will not be provided on site at the competition.

Why isn’t testing required prior to participation at the Rhythmic Challenge?
As this is a smaller event, we will not have the ability to monitor testing compliance or have on site testing. Pre-event testing only tells you if someone was exposed about 3-4 days before they were tested. So, by the time they get to the event, a week has gone by with multiple opportunities for exposure. Without the follow-up testing on site, the pre-event testing is less meaningful in protecting athletes. What is important in preventing transmission is compliance with mask wearing and physical distancing guidelines.

If someone starts experiencing COVID-19 symptoms while at the event, how will they get tested?
If someone attending Rhythmic Challenge begins experiencing symptoms of COVID-19, they should immediately contact Jenna Tegtmeyer, PT, DPT, ATC (847-975-5367) via text and she will call you back. If a gymnast is experiencing symptoms, coaches should maintain CDC social distancing protocols as well as Safe Sport regulations while waiting to hear back from Jenna.

What happens if someone experiences symptoms of COVID-19?
Initially, you will be placed into isolation in your hotel room if you are staying by yourself. If you are rooming with others, you will be moved to a different hotel room by yourself. If you are a minor and a parent is with you, your parent must isolate with you in your hotel room. Our staff will provide information on local area testing for COVID-19. 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 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 arrive within 24-48 hours of being notified and must remain in isolation with you. If you test positive for COVID-19, you will be required to comply with CDC guidelines for quarantine and travel restrictions.

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 training carpet and when competing.

What will warm up and training look like?
Please watch the Zoom webinar on Feb 22 for detailed information about the competition. The webinar will be recorded for those who cannot attend live.
General COVID-19 Principles

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. If eating with others in your cohort, please continue to maintain social distancing to decrease risk of exposure.

Will there be an audience, can my family watch?
To reduce the number of attendees to this event, attendance will be limited to up to 2 parents of the qualifying athlete pending restrictions by the local health authority. If both parents will not attend, the extra ticket is void and may not be used for a sibling, grandparent, teammate or friend.

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.