



USA Gymnastics COVID-19 Guidelines for Rhy Dev Prog Natl Champs

USA Gymnastics is dedicated to protecting the health and safety of Team USA athletes. Many of the following recommendations rely on rules & regulations set forth by public health authorities, which are constantly changing and will be different across the country.

These current rules & regulations provide opportunities for USA Gymnastics Premier domestic events to be run in a safe, responsible manner to benefit Team USA athletes in this crucial lead up to the Tokyo Olympic Games.

These guidelines outline the considerations made at every stage in the process of planning and executing a domestic event, to ensure that infection and exposure risk is minimal and that participants remain healthy and safe. While these considerations and guidelines can help reduce the risk of COVID-19, USAG cannot and does not guarantee that the risk will be eliminated. All event participants assume the risk of contracting COVID-19.

Event and medical staff are committed to diligently following all necessary considerations at every stage of planning and execution of each domestic competition.

Phase 1: Event Planning and Communication

The COVID-19 protocols and guidelines contained in this document are in addition to the standard USA Gymnastics event medical manual prepared for each event.

Event planning will be done in concert with the venue personnel and protocols, and compliant with local regulations.

Each event will be assessed using the World Health Organization's Mass Gathering Risk Assessment Tool for Sports Federations and Event Organizers.

<https://www.who.int/publications/i/item/10665-333187>

A COVID-19-specific risk mitigation plan will be developed and implemented for each venue and location linked to the event. The planning will be informed by the following guidance:

- Public Health Institution Guidance – CDC, WHO
- Federation Internationale Gymnastics Medical Guidelines for FIG Competitions and Events During the COVID-19 Pandemic
- US Olympic and Paralympic Committee Guidance
- Venue-specific guidelines and protocols
- Local and regional COVID-19 regulations
- Consultation with infectious disease specialists

All event participants and attendees will be educated regarding the protocols contained in this document and their responsibilities to prevent the spread of infection.



Preparing for Travel and Traveling to Event

During travel, all Participants and Attendees should adhere to the following guidelines, as published by the USOPC:



Air Travel: Airports, airlines, hotels and ride sharing services are evolving their policies and procedures to protect travelers. As you travel, please be mindful of the policies implemented by your airline, accommodations and services that you may be using during your trip.

Many of the major U.S. airlines have agreed to a set of policies that enforce facial coverings aboard their planes. If a passenger opts not to comply with these policies, the airlines have agreed that there will be “consequences for noncompliance.” These consequences will be determined by each carrier and may include suspension of flying privileges for that airline.

In addition, airlines and airports may enforce policies for facial coverings in areas within the airport prior to boarding. For example, Delta and United Airlines state that face coverings must be worn in the airport, including at customer service counters, kiosks, gates, jet bridges and baggage claim areas. Masks with an exhaust valve are not permitted to serve as an approved face mask for these carriers.

Passengers with medical reasons for not wearing a face covering may need to adhere to additional protocols, such as Delta’s “Clearance to Fly” process, with a medical provider at the airport.

We encourage you to check with your airline prior to travel for specific requirements.

If you are sick, don’t travel. If you choose to travel, here are things you can do to reduce your risk of infection:

- Wear a fitted or cone-style facial covering with multiple layers of fabric
- Consider wearing eyeglasses/eye shields to protect your eyes from respiratory droplets
- Avoid touching your eyes, nose or mouth
- Wash your hands frequently for at least 20 seconds if your hands are visibly soiled, or use hand sanitizer with at least 60% alcohol if your hands are not visibly soiled



- Practice physical distancing by staying at least 6 feet away from others
- Cover your coughs and sneezes with a facial tissue or your elbow
- Wipe down arm rests, tray tables, video monitors and seat belts with antiseptic cleanser
- Use hand sanitizer after touching anything that other people may have touched
- Get food from a drive-through, curbside restaurant service or at the store

Since food service isn't as readily available on flights, be sure to bring your own food and water on the plane. The following is a checklist of supplies you should consider bringing with you on your trip:

- Facial covering
- Eyeglasses/shields
- Hand sanitizer
- Antiseptic wipes
- Additional cleaning supplies for the hotel room
- Food and water
- Medications to last your entire trip

Finally, be sure to review travel related resources from the [CDC](#) and [WHO](#) prior to your trip.

Additionally, traveling Participants should aim to maintain their group cohort (i.e. athletes, coaches, and/or parents from the same gym). When absolutely possible, cohorts should not intermix during travel. Attempts to maintain isolation of cohorts should not sacrifice Safe Sport principles [i.e. coach/adult (unless parent/guardian) cannot be 1:1 with an athlete during travel].

Onsite at the Event

Lodging:

- For overnight lodging in a hotel, USA Gymnastics will require one isolation room per fifty event participants. Number will be influenced by whether or not single room occupancy is arranged.
- Single room occupancy is preferred when practical, but double rooms are acceptable.
- When possible, roommates should be from the same cohort.
- Regarding event staff, if roommates are not from the same cohort, consider assigning roommates from different credential categories, so that the impact on the production of the event due to quarantine or isolation procedures can be minimized.

Listed below are key measures that should be taken to mitigate the risk of infection exposure and transmission during the event. As mentioned above, the below measures will be integrated into established venue-specific measures:

1. Upon daily check-in at event venues, all persons will be screened with temperature and symptom checks and required to complete a COVID-19 screening questionnaire. This check-in process will be influenced by established venue-specific approaches.
2. All persons will wear facial coverings and practice social distancing outside of their cohort at all times for the duration of the event, including meals, at the hotel, during transportation, and at the competition and/or training site, etc. (except for while performing gymnastics, if applicable).
3. Facial coverings should be a 3-ply cloth mask or a surgical mask. Bandanas, neck gaiters, or masks with valves are NOT approved face coverings.



4. During all competition and training sessions, coaches must wear a facial covering at all times, and maintain social distancing except when spotting.
5. During competition and training sessions, athletes must wear facial coverings at all times outside of during the performance of gymnastics.
6. Athletes will be required to bring their own training items (for example apparatus, toe shoes, foam rollers) they may need.
7. All participants must bring their own water bottle.
8. All participants must bring their own hand sanitizer.
9. All participants must “shelter in place” during the course of the event. Specifically, they must avoid any type of public interactions such as going to a restaurant, grocery store, bar or club, using public transportation, etc.
10. All participants must follow best practices for limiting exposure, while acquiring and distributing food: use pickup or delivery, no dining in, no gathering with individuals outside of cohort.
11. Physical distancing must be maintained during meals for members of different cohorts, and is suggested even within the same cohort.
12. Participants from different cohorts must not intermix during times outside of the event venues, such as during eating and travel to and from the venues.
13. Appropriate equipment will be cleaned per manufacturer’s guidelines before and after each training and competition session at all venues.
14. All equipment, at all venues, will be cleaned per manufacturer’s guidelines at the completion of each day.
15. Restrooms and other high touch surfaces will be cleaned regularly throughout the sessions per venue guidelines.
16. Participants will avoid sharing equipment, towels, clothing, grooming/hygiene products, water bottles, etc.
17. Athletes must not spit on hands, apparatus, or any other objects and surfaces.
18. The medical team will don appropriate PPE and be available to provide evaluations and treatments of acute injuries during training and competition sessions.
19. Medical treatments will be provided per Medical Team COVID-19 Protocols.
20. At least one designated “Health & Safety Compliance Officer” will be assigned for each competition and training venue, whose sole responsibility at that venue is to ensure that the risk mitigation and safety protocols are implemented and followed. The compliance officer will also work closely with the venue management to ensure integration of policies. All persons 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 person is able to achieve compliance.

HIGH RISK INDIVIDUALS

1. Older adults, as well as individuals of any age with the following medical illness are considered high risk for severe COVID-19 illness, including but not limited to cancer: chronic kidney disease, COPD, heart conditions, weakened immune system, obesity, pregnancy, hematologic disease (ie. sickle cell & thalassemia diseases), type 1 & 2 diabetes mellitus, moderate to severe asthma, cystic fibrosis, uncontrolled hypertension, liver disease.
2. In addition to the above mitigation strategies, high risk individuals should consider:
 - a. Utilizing an N95-rated mask
 - b. Maintaining physical distancing at all time, even within the same cohort, when possible.



- c. Utilizing face shield
- d. Ensuring single room occupancy
- e. In-room dining only
- f. Disinfect personal space often
- g. Wash hands often

Symptom Development and/or COVID-19 Illness

- If anyone develops signs or symptoms of COVID-19, they should NOT attend training or competition sessions. Signs and symptoms of COVID-19 include:
 - a. Fever
 - b. Cough
 - c. Shortness of breath
 - d. Fatigue
 - e. Muscle, body aches outside the scope of training
 - f. Congestion, runny nose
 - g. Loss of taste or smell
 - h. Headache
 - i. Diarrhea
 - j. Sore throat
 - k. Nausea, vomiting
- If any person develops any of these signs or symptoms, they should isolate in their room and notify the Event COVID-19 Compliance Officer immediately.
- If COVID-19 illness is suspected:
 - The person with symptoms will be isolated, and members of their cohort (when deemed necessary), or others who have had close contact (per CDC definition), will be placed in quarantine, and all affected will not attend training, competition, meals, or other event activities
 - If testing is pursued and confirms COVID-19 illness, arrangements will be made for all of the above to remain in isolation/quarantine.
- If COVID-19 illness IS NOT suspected:
 - The Participant or Attendee with symptoms will remain in isolation until symptoms improve and medical clearance back to the event is deemed appropriate.
 - The remainder of their cohort and other close contacts will be cleared from quarantine for participation and attendance.
 - Testing can be considered based on clinical decision-making.

General Testing Protocol

1. If no point of care testing is available, all on-site testing will be facilitated by the Local Organizing Committee.
2. Rapid Ag testing may be considered for initial testing of symptomatic individuals.
3. If the case is a person under investigation (high risk symptomatic case) and rapid Ag testing is negative, the case should remain in isolation, until confirmatory PCR-based testing can be arranged.



Isolation Protocol

If an event Participant or Attendee tests positive for COVID-19, they will be placed into isolation and the Event COVID-19 Compliance Officer and USA Gymnastics event medical staff will work closely with the medical Local Organizing Committee to facilitate appropriate isolation procedures. By choosing to attend the event, all event Participants and Attendees must accept the risk of isolation.

Cancellation of Event – COVID-19 Health & Safety

USA Gymnastics medical and executive staff will work closely with local medical partners, venue personnel, to monitor local, regional, and state COVID-19 recommendations, COVID-19 burden, and other regulations to ensure a safe event. An event may be cancelled if the production of the event is deemed unsafe due to the local status of the pandemic or the ability to fully implement the above COVID-19 Guideline for Domestic Events.