



USA Gymnastics COVID-19 Guidelines for National Program Events

(4/7/21)

USA Gymnastics is dedicated to protecting the health and safety of member athletes and their families. 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 guidelines may be modified for individual events based on local public health requirements.

These current rules & regulations provide opportunities for USA Gymnastics' national program events to be run in a safe, responsible manner to benefit member athletes.

This proposal outlines the considerations made at every stage in the process of planning and executing a national program 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 participants assume the risk of contracting COVID-19.

Program staff and meet directors are committed to diligently following all necessary considerations at every stage of planning and execution of each national program event.

The term "participants" used in this document refers to all individuals who are credentialed for the event.

The term "cohort" used in this document refers to those living in the same household or athletes, coaches, and/or officials who train and work in the same gym on a regular basis.

Phase 1: Event Planning and Communication

The COVID-19 protocols and guidelines contained in this document are in addition to the standard USA Gymnastics rules and procedures for sanctioned events.

PRE-EVENT COMMUNICATION:

1. All event participants and spectators will not travel to or take part in the event if they have any signs or symptoms of COVID-19 or have been in close contact (per CDC definition – less than 6 feet, for 15 minutes in total over a 24-hour period), within 10 days of the event with someone who is known or suspected of having COVID-19 disease. Quarantine may be reduced if approved by participant's physician in accordance with CDC guidelines (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>)
2. All event participants must be informed of event COVID-19 risk mitigation protocols. By attending the event, they agree to follow all protocols.
3. All event participants must be informed that attendance at the event poses a risk of contracting COVID-19 and that they should not attend or participate if they do not accept this risk.



Phase 2: Preparing for Travel and Traveling to Event

During travel, all event participants 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 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].

Phase 3: Onsite at the Event

Listed below are key measures that should be taken to mitigate the risk of infection exposure and transmission during the event:

1. Upon daily check-in at event venues, all event participants and spectators will be screened with temperature and symptom checks and required to complete a COVID-19 screening questionnaire. Anyone with a temperature over 100.4 will not be permitted to enter the venue. See Addendum B for recommended screening procedures.
2. All event participants are encouraged to report any concerns immediately to the Lead Compliance Officer, regarding COVID-19 symptoms and/or signs.
3. All participants will wear facial coverings at all times for the duration of the event, including meals, at the hotel, during transportation, and at the event site, etc. (except for while performing gymnastics, if applicable). [See Addendum A for: *USA Gymnastics Mask Exemption Policy*]
4. Facial coverings should be a 3-ply cloth mask, cone-style mask or a surgical mask. Bandanas, neck gaiters, mesh masks or masks with valves are NOT approved face coverings.
5. Adequate floor markings should be used as visual cues to ensure that athletes maintain appropriate social distancing during staging, queuing for events and lineups.
6. Corrals should be set up such that chairs are 6 feet apart from each other.
7. During all training sessions, coaches and staff must wear a facial covering at all times, and maintain social distancing when not spotting.
8. During training sessions, athletes must wear masks when entering the building, using the restroom, moving about the gym or warming up but not when actively on the apparatus or competition floor.
9. Chalk and chalk bowls may be shared between athletes.
10. Athletes will be required to bring their own specific training items, ie. bar spray bottles, trampoline shoes, foam rollers, etc.
11. All participants must bring their own water bottle.
12. All participants must bring their own hand sanitizer.
13. All participants must socially distance during the training session.
14. Spectators will be limited to the maximum capacity allowed by the venue. Only family spectators will be permitted to interact with athletes from their own family. Signing autographs or greeting fans will not be permitted.
15. Spectators must wear masks, and socially distance while in the building.
16. In-person interaction by any person not participating in event (except immediate family members) with event participants must be socially distanced; electronic communication is preferred.



17. 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.
18. 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.
19. Physical distancing must be maintained during meals for members of different cohorts, and is suggested even within the same cohort.
20. 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.
21. Appropriate equipment will be cleaned per manufacturer’s guidelines between training sessions.
22. All seating areas, including spectator seating, and tables will be cleaned as needed between sessions with EPA approved cleaners for Coronavirus per manufacturer’s recommendations.
23. Restrooms and other high touch surfaces will be cleaned regularly throughout the sessions.
24. Participants will avoid sharing equipment, towels, clothing, grooming/hygiene products, water bottles, etc.
25. Athletes must not spit on hands, grips, or any other objects and surfaces.
26. Event medical staff will don appropriate PPE.
27. Medical treatments will be provided per Medical Team COVID-19 Protocols.
- 28.** At least one designated “Health & Safety Compliance Officer” will be assigned for every 250 participants at the event, whose sole responsibility is to ensure that the risk mitigation and safety protocols are implemented and followed. A Lead Compliance Officer will be named as the point of contact for anyone experiencing COVID-19 symptoms. In addition to monitoring the FOP and spectator seating areas, Compliance Officers or security should be stationed at all areas where participants or spectators may gather or queue such as registration, health check stations at entrances, and outside of the venue between sessions to ensure proper physical distancing and flow. All participants 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. See Addendum C for **Monitoring Responsibilities and Duties of Health and Safety Compliance Officer**
29. Award ceremonies are not permitted to take place in conference rooms unless all participants and attendees can maintain at least 6 feet of physical distancing from each other. Consider alternate ways to hold award ceremonies in a safe manner.

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 times, 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 or Exposure

- If anyone develops signs or symptoms of COVID-19, they should NOT attend training sessions or competition. 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 an event participant or spectator develops any of these signs or symptoms, they should isolate in their room and seek medical care, if necessary. They must not participate in any future training or competition.
- Unless fully vaccinated (at least 14 days post last vaccination of a series), anyone exposed to an individual diagnosed with COVID-19 must quarantine and must not participate in any future training or competition until cleared by a physician and shown to have a negative COVID-19 PCR or molecular test.

Phase 4: Post Event

All event participant will be advised to follow all Phase 2 considerations for their return home.

If any event participant develops symptoms of COVID-19 within ten days of the event:

1. Participant should isolate, avoid all contacts, and get tested.
2. Keep a list of all your contacts and whereabouts.
3. Contact the meet director right away.
4. Contact your home physician.

Post-Travel CDC Recommendations:

- Obtain a PCR/molecular-based screening test 3-5 days after arrival home
- Self quarantine for 7 days
- If you don't get tested, self quarantine for 10 days
- Avoid people who are at risk for severe disease for 14 days
- Additional measures to protect others: stay socially distanced from those who didn't travel, wear a facial covering, wash your hands frequently.

Cancellation of Event – COVID-19 Health & Safety



One week prior to the start of a event, the following COVID-19-related factors will be assessed. If any of these factors are confirmed, the event will be cancelled:

1. Local or state healthcare agency requires a self-quarantine upon arrival to the area
2. Event planning indicates a number of attendees that exceeds local or state healthcare agency restrictions on the size of gatherings
3. Event planning involves a type of gathering that is not allowed by local or state healthcare agency
4. Local or state healthcare agency restrictions on access to healthcare or medical facilities does not allow for appropriate medical planning or institution of emergency action plans
5. Local or state healthcare agency restrictions preclude access to appropriate lodging for the event
6. Local or state healthcare agency restrictions preclude institution of appropriate meal planning for the event
7. Sufficient numbers of compliance officers have not been identified for the event
8. USA Gymnastics determines, in its reasonable discretion after consultation with its medical staff, that holding the event would not be in the best interests of the athletes and participants.



Addendum A:

Mask Exemption Policy for Program Events

1. An exemption is allowed for a person with a medical condition, mental health condition, or disability that prevents them from wearing a face covering.
2. Condition must be verified by a physician (MD or DO).
3. If an exemption is required, the person should wear a non-restrictive alternative, such as a face shield with a drape on the bottom edge, as long as their condition permits it.
4. Exemption letter from physician should be presented to the meet director or their designee upon arrival to the event.



Addendum B

Venue Health Screening COVID Protocol for National program Events

Health Screening

- All spectators and participants should answer screening questions upon presentation to the venue.
- If a person answers yes to any question, record their name, cell phone number and whether they are a participant or a spectator. They should be denied entry and asked to return to their hotel room. Contact the Compliance Officer as soon as reasonably possible and provide the person's name and contact information.
- Health screening may be performed electronically as long as monitoring of results is in place and contact information is captured should someone report symptoms.

Temperature Checks:

- Temperature checks will be conducted by venue staff on every person prior to entry.
- In the event of a temperature reading over 100.4, staff will use the following protocol:
 - Recheck with different thermometer. If still over 100.4, record their name, cell phone number and whether they are a participant or spectator. Send back to the hotel room and contact the Compliance Officer as soon as reasonably possible with the person's contact information.



Addendum C:

Monitoring Responsibilities and Duties of Health and Safety Compliance Officer

Pre-Event Preparation:

- Review and reference all aspect of the event protocols

Daily Prep:

- Ensure hand sanitizer is in place and does not need to be refilled throughout venue and training gym
- Look for signs and floor markers that need to be shifted or replaced
- Work with event staff to ensure cleaning supplies are full and at designated areas.
- Check on facial covering supplies (available surgical masks)
- Ensure thermometers are available and functional at all entry points

In the venue:

Hand Hygiene:

- All Participants should use hand sanitizer each time they exit and enter the venue (on the way out and again on the way in) and before/after meals (if eaten in the venue)

Face Coverings:

- Bandanas, gaiters and masks with valves are not approved face coverings. Offer a substitute mask if you see someone with an unapproved face covering.
- All persons must wear face coverings over nose and mouth at all times except for brief periods while eating/drinking – at which time physical distancing should be ensured.
- Athletes may take off face coverings while performing gymnastics (on equipment or while doing a tumbling pass) but must wear face coverings over nose and mouth at all other times. **Face covering should be replaced as quickly as possible after dismounting equipment.**
 - During stretching and non-tumbling warm-ups athletes should keep their masks on.

Physical Distancing:

- All Participants from different cohorts must maintain 6 feet of physical distancing at all times even when wearing facial coverings
 - Coaches may lift athletes or provide spotting but should return to 6 feet of distancing when finished
 - Athletes in the same training cohorts may be closer than 6 feet and may assist each other
- If meals are eaten in the venue (this may apply to event staff and media, meeting rooms), chairs should be 6 feet apart in all directions, Participants should face the same direction and conversations should be minimized while masks are off
 - Athletes and coaches (and other Participants who are done for the day) should be discouraged from eating in the venue
- In addition to monitoring the field of play and spectator areas, Compliance officers should monitor areas where participants and spectators may gather or queue such as registration, health check stations and outside the venue between sessions and should ensure proper physical distancing is maintained.

Temperature Checks:

- Temperature checks will be conducted prior to entry.



- In the event of a temperature reading over 100.4, staff will use the following protocol:
 - Recheck with different thermometer. If still over 100.4, record their name, cell phone number and whether they are a Participant or spectator. Send back to the hotel room and contact the Lead Compliance Officer as soon as reasonably possible with the person's contact information.

Other:

- During competition, interactions with athletes regarding compliance should be as unobtrusive as possible while still maintaining protocols.
- Participants should not share water bottles, foam rollers, etc.
- Participants should not spit on their grips