

April 15, 2021

Dear coaches, parents and participants,

We are looking forward to welcoming athletes, their parents, and coaches in May for the Elite Qualifier and Sr. Level 9 Classic. USA Gymnastics' Rhythmic team has worked closely with USA Gymnastics' medical team, experts in public health and infectious diseases, the local department of health and the venue to develop protocols to reduce the risk of COVID-19 transmission during this event. We acknowledge that there is no way to completely eliminate the risk of COVID-19 transmission and we encourage families to discuss these risks and to stay home if you feel that the risk of infection to you or a family member is too high. This letter will provide some highlights of our protocols for the Elite Qualifier & Sr. Level 9 Classic, but we do ask you to review the full event directives and COVID guidelines to help you determine whether or not you will attend the event.

All attendees will be required to wear a 3-ply cloth mask or a surgical mask. Bandanas, neck gaiters, or masks with valves are NOT approved face coverings. Athletes are required to wear face coverings at all times except during performance of gymnastics routines or warm-up. This means athletes must wear an approved face covering during stretching and ballet, but are not required to wear it while warming up routines or competing. Coaches must wear face coverings at all times. All Participants and Attendees must maintain 6 feet of physical distancing from anyone not in their current cohort, at all times. Cohorts are 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. Everyone must use good hand hygiene and wash their hands or use hand sanitizer frequently. Hand sanitizer will be present throughout the facility. Health and Safety Compliance Officers will be present throughout the venues to ensure that all COVID-19 protocols and rules are being followed. Those who need repeated reminders to maintain precautions may be asked to leave the venue.

All event attendees will not 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) in the past 14 days with someone who is known or suspected of having COVID-19 disease, unless cleared by medical professional.

Athletes may not share apparatus (and should bring their own training items (water bottles, foam rollers, massage guns, etc.).

All attendees must “shelter in place” during the event. Meals must be takeout or delivery and eaten in hotel rooms with only members of your current cohort present; not in restaurants or with those outside of your cohort. Participants and Attendees who are not local to the event city must not leave the “bubble” of your hotel and venue except to pick up food or necessities. Local participants and attendees may return home when not required to be at the event but should limit contact with others outside of the event during this time.

Temperature checks will be conducted daily for everyone prior to entry to the facility. All those entering the venue will be required to complete a health screening prior to entry.

We encourage everyone to read the event directives and full COVID protocol thoroughly, so that you understand our full procedure including what would happen should you test positive or develop symptoms and need to quarantine or isolate after arrival to the event. The document also contains important information for staying healthy during air travel.

We look forward to a healthy and fun competition!

Sincerely,

A handwritten signature in black ink, appearing to read 'Kim Kranz', with a large, stylized flourish at the end.

Kim Kranz, PT, DScPT, SCS, FACHE
Chief of Athlete Wellness
USA Gymnastics