



USA Gymnastics COVID-19 Guidelines for Premier Events

(effective 5/23/21)

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

For the purposes of this document:



- *Participants* are individuals who will be subjected to all pre/during/post-event protocols and procedures
- *Attendees* are individuals who will be subjected to some, but not all, of the pre/during/post-event protocols and procedures
- *Non-affiliates* are individuals who will be subjected to only venue and/or employer-specific protocols and procedures.
- *Venues* refers to any location being utilized for the purposes of the event (i.e. training gym, competition gym, hotel, athlete recovery center, etc.).
- *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.

CREDENTIAL SUMMARY

PARTICIPANT

ARC
ATHLETE
AUX OFFICIAL
BROADCAST
COACH
LOC-MEDICAL
MEDIA
MEDICAL
OFFICIAL
PHOTO
STAFF
VOLUNTEER

ATTENDEE – Subject to Attendee protocol

BOD
FIG
GUEST
NCAA
OBSERVER
SPONSOR
VOLUNTEER (Dependent on role)

NON-AFFILIATE – Subject to venue and/or employer-specific protocols

LOC
PERFORMER
PARAMED
ENR
VENDOR-PHOTO
VOLUNTEER (Dependent on role)
HOD – TBD
USADA

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

PRE-EVENT SCREENING PROTOCOLS:

1. All event Participants and 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), within 10 days of the event (7 days with a negative test on or after the 5th day from exposure), with someone who is known or suspected of having COVID-19 disease. Participants and Attendees who are fully vaccinated do not need to quarantine after exposure if they are asymptomatic.

2. All event Participants will be sent a link to register for the system used to verify COVID-19 testing and for health screenings. A list of all potential Participants must be submitted to an Athlete Health and Wellness representative no later than 2 weeks prior to the start of the event.
3. All event Participants will complete daily health monitoring for 7 days leading up to the event, daily during the course of the event, and for 10 days following the event. Participants who do not complete the daily health monitoring may not be allowed to attend the event.
4. All event Attendees will complete daily health monitoring via an onsite method.
5. All Participants will be required to sign a Waiver and Safety Commitment in which you agree to follow all protocols and that you understand and agree to abide by the removal requirements and dispute resolution process. Any Participant who refuses to sign is not permitted to enter the venue or participate in the event.
6. **Pre-Event TESTING:**
 - a. Participants with a positive COVID-19 test within 90 days from the start of camp will not be required to obtain a pre-event negative COVID-19 test but must provide documentation of their positive test.
 - b. All other event Participants must obtain their own testing at their own cost, via a PCR/molecular-based testing platform, **within 4 days of their travel** for the event.
 - c. Proof of a positive COVID-19 test within 90 days, or negative official test report showing Participant name, date and time, type, and results of testing must be uploaded to the tracking system prior to the start of the event or Participant may not be allowed to attend the event.
 - d. If pre-event test result is indeterminate, Participant must obtain a second test prior to travel to get a definitive result. For this reason, we encourage you to complete your testing as early as possible in the approved time frame so that you have time to obtain a subsequent test if necessary.
 - e. If a pre-event test is positive, Participant may obtain a second PCR or molecular test prior to travel to get a confirmatory result. If one test is positive and one test is negative, a 3rd test is required to obtain definitive results.

Phase 2: 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].



Phase 3: 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. If hotel does not anticipate being booked to capacity during camp days, it is not necessary to pre-book isolation rooms. Program should verify hotel capacity expectations one week prior to camp and hold rooms if there is concern that isolation rooms may not be available for camp participants.
- 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.

PARTICIPANTS:

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:

Health Monitoring:

1. Upon daily check-in at event venues, all Participants will be screened with temperature and symptom checks and required to complete a COVID-19 screening questionnaire (if not already done electronically). This check-in process will be influenced by established venue-specific approaches.
 - a. If temperature reading is greater than 100.4, recheck with different thermometer. If still over 100.4, but has a "Green" pass, notify Compliance Officer. Compliance officer will escort Participant to venue isolation area and notify the Event Medical Director. Medical team will assess the Participant, monitor and re-check temperature one hour later. If temperature remains over 100.4 after one hour, Participant will be removed from the venue.
2. All Participants will be screened daily throughout the duration of the event, and will be encouraged to report any concerns immediately, regarding COVID-19 symptoms and/or signs.

Physical Distancing:

3. All Participants must maintain appropriate physical distancing of at least 6 feet with others who are outside of their cohort.
4. Physical distancing must be maintained during meals for members of different cohorts, and is suggested even within the same cohort.
5. 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.

Facial Coverings:

6. All Participants 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). [See Addendum A for: *USA Gymnastics Mask Exemption Policy*]
7. Facial coverings should be a 3-ply cloth mask, KN95 mask or a surgical mask. Bandanas, neck gaiters, or masks with valves are NOT approved face coverings.



8. During all competition and training sessions, coaches must wear a facial covering at all times, and maintain social distancing when not spotting.
9. During competition and training sessions, athletes must wear facial coverings at all times outside of during the performance of gymnastics.

Shared Equipment:

10. Athletes may not share personal equipment and will be required to bring any specific competition and training items (for example bars spray bottles, trampoline shoes, foam rollers) they may need.
11. Chalk may be shared among athletes.
12. Participants will avoid sharing equipment, towels, clothing, grooming/hygiene products, water bottles, etc.
13. All Participants must bring their own water bottle.

Hand Hygiene:

14. All Participants should practice good hand hygiene. Hand sanitizer will be provided throughout the venue but Participants are encouraged to bring their own.
15. Participants should avoid touching their face.

Shelter in Place:

16. 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.
17. 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.

Cleaning:

18. Appropriate equipment will be cleaned per manufacturer’s guidelines before and after each training and competition session at all venues.
19. Restrooms and other high touch surfaces will be cleaned regularly throughout the sessions per venue guidelines.
20. Athletes must not spit on hands, grips, or any other objects and surfaces.

Personal Protective Equipment/Medical:

21. The medical team will don appropriate PPE and be available to provide evaluations and treatments of acute injuries during training and competition sessions.
22. Medical treatments will be provided per Medical Team COVID-19 Protocols.

Health and Safety Compliance Officer:

23. 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, monitored and followed. The compliance officer will also work closely with the venue management to ensure integration of policies. 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.
24. Participants may report any suspected violation of the COVID-19 mitigation measures to the Compliance Officer. Athletes may report directly to the Compliance Officer, to their Athlete Representative or through Real Response.

ATTENDEES

1. By default, Attendees will NOT be subject to the Phase 1 Pre-Event Screening Protocols.



2. If it is determined that an Attendee will have significant interaction with event Participants, then that Attendee will be subject to Phase 1 Pre-Event Screening Protocols.
3. In-person interaction with event Participants must be socially distanced.
4. Upon daily check-in at event venues, all Attendees 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.
5. All Attendees will wear approved facial coverings and practice social distancing at all times for the duration of the event at event venues, including meals, during transportation, at the competition and/or training sites, etc.
6. Facial coverings should be a 3-ply cloth mask, KN95 mask or a surgical mask. Bandanas, neck gaiters, or masks with valves are NOT approved face coverings.
7. All Attendees 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.
8. All Attendees shall 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, if dining with others in cohort recommend maintaining social distancing.

NON-AFFILIATES

1. Will follow all venue and/or employer-specific protocols.

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 a Participant or Attendee develops any of these signs or symptoms, they should isolate in their room and notify the Event COVID-19 Compliance Officer immediately.
 - Further clinical evaluation and analysis will be made in collaboration with event medical staff regarding suspicion for COVID-19 illness and the continued need for isolation.
 - Isolation will be monitored via USAG staff, in collaboration with the event medical staff. (See *Isolation Protocol* below)
 - If COVID-19 illness IS suspected:
 - The Participant or Attendee 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. Pre-event, at home, PCR/molecular-based screening, with test results available prior to departure for event: **within 4 days of their travel for all individuals, unless Participant has tested positive within 90 days of the start of the event.**
2. Lucira testing will be available for onsite testing of symptomatic individuals. If confirmation testing is required, a PCR test will be facilitate by the Local Organizing Committee.
3. If the case is a person under investigation (high risk symptomatic case) and Lucira testing is negative, the case should remain in isolation, until confirmatory PCR/molecular-based testing can be arranged.
4. Asymptomatic onsite testing for US Championships will be required as follows:
 1. Onsite testing of all athletes is required. This testing will be provided at no cost to athletes via a Lucira test. Results are obtained in approximately 30 minutes. A negative result is required prior to athlete being permitted to access the venue.
 2. If a test is positive or inconclusive, USA Gymnastics will notify the Participant or the minor Participant's parent or guardian immediately via phone. USA Gymnastics may contact the Participant's coach, program leadership or supervisor for help in locating the Participant in the event we are unable to reach the Participant directly.
 3. If the final result of testing is positive, contact tracing will be performed and Participants who may have been exposed but not fully vaccinated will be identified and quarantined as required.



4. Participants who have been removed due to positive test results or contact tracing, have the right to file a [Section 9 complaint](#) through the USOPC or an Opportunity to Participate Grievance through USA Gymnastics.

Isolation Protocol

If an event Participant or Attendee is suspected of having COVID-19 disease or tests positive for COVID-19, they will be placed into isolation in their hotel room. USAG staff will check on the individual regularly to monitor signs and symptoms of COVID-19 and will escalate medical care as necessary. If the individual is a minor and a parent is with the individual, the parent must isolate with that individual in their hotel room. If the individual is a minor, and a parent or guardian is not at the competition, USAG will ensure care of the individual until a parent/guardian arrives. Those involved will follow all Safe Sport policies regarding one-on-one interactions with minor athletes. If the individual is 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 the individual. USA Gymnastics will cover the expense of the hotel during the isolation period. By choosing to attend the event, all event Participants and Attendees must accept the risk of isolation.

Isolation Procedures:

- Any person within the venue who develops symptoms consistent with COVID-19 should be brought to an isolation area immediately and the lead compliance officer and event medical director should be notified.
- Any person within the hotel who develops symptoms consistent with COVID-19 should return to or remain in their hotel room and the lead compliance officer and event medical director should be notified.
- If the lead compliance officer is made aware of a symptomatic Participant, they are to immediately alert the event medical director, if not already aware.
- Once the symptomatic Participant has been assessed by the medical staff, the lead compliance officer will be notified by the medical staff whether or not the Participant is suspected of having COVID-19 disease.
- If COVID-19 disease is suspected, the lead compliance officer will work with USAG event staff to facilitate isolation of the Participant.
- If COVID-19 disease is suspected, the lead compliance officer will work with event medical staff to perform appropriate contact tracing and determine the need for quarantining of other Participants.
- If a minor athlete is identified for isolation, a representative from the athlete's club/delegation (coach or team leader) will be the primary point of contact for that athlete until a parent/guardian arrives to take over. In order to maintain compliance with Safe Sport, a USA Gymnastics staff member from the athlete's discipline will accompany the primary point of contact if interaction with the athlete is needed. The club/delegation representative must stay at the hotel until the parent/guardian arrives even if the event has concluded.

DOPING/USADA Protocol

All USADA personnel will be subject to USADA COVID protocols and will be further screened upon entry to the venue per venue and event guidelines.

USADA Protocols include:

- Weekly PCR testing.



- Daily health screening prior to conducting doping control activities.
- Testing upon arrival to event site if travel by air.
- During doping control activities:
 - Upon daily check-in at event venues, personnel will be screened with a temperature check and required to complete a COVID-19 screening questionnaire
 - Utilization of proper personal protective equipment
 - 6 feet of distancing when possible
 - Proper hand washing and site sanitation during testing procedures

MEDIA Protocols

- Media interviews:
 - Majority will be conducted via virtual platform
 - Pre-arranged live interviews will be conducted via the following format:
 - Mic stand for the athletes
 - Camera will be 6 feet away
 - Announcers will interview them from their announce desk
 - Athlete will hear them via a speaker on the ground next to the mic stand
 - Athlete will see the interviewer via a monitor on the ground next to the mic stand

Phase 4: Post Event

All event Participants and Attendees 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 USA Gymnastics and the Event COVID-19 Compliance Officer right away.
4. Contact your home physician.

Post-Travel CDC Recommendations:

- Obtain a PCR/molecular-based screening test within 3-5 days after arrival home
- Self quarantine for 7 days if you are not fully vaccinated
- If you don't get tested, self quarantine for 10 days if you are not fully vaccinated
- 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

USA Gymnastics medical, event, 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.



Addendum A:

Mask Exemption Policy for National Team Camps and 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 request should be emailed with proper documentation at least one week prior to the start of the event to Kim Kranz, Chief of Athlete Wellness kkranz@usagym.org
5. Request will be reviewed by Kim Kranz, Dr. David Kruse, Medical Director, Program VP/Director and an athlete representative for the discipline.