



COVID-19 Guidelines for USA Gymnastics National Events & Camps

(Updated March 2022)

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 national events and camps to be run in a safe, responsible manner for the benefit of our membership.

In addition to the guidelines below, all Participants must follow any additional COVID requirements set by the host or the local organizing committee (LOC).

These guidelines outline the considerations made at every stage in the process of planning and executing a national event and camp, 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 and camp Participants assume the risk of contracting COVID-19.

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

PHASE 1: EVENT & CAMP PLANNING AND COMMUNICATION

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

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

A COVID-19-specific risk mitigation plan 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/camp protocols and procedures
- *Venues* refers to any location being utilized for the purposes of the event/camp (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.

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

PRE-EVENT/CAMP SCREENING PROTOCOLS:

1. All event Participants will not take part in the event/camp if they have any signs or symptoms of COVID-19
2. Isolation & quarantine guidelines prior to camp will follow all CDC guidelines:
 - a. <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
3. All event Participants should monitor their health daily for 7 days leading up to the event, daily during the course of the event/camp, and for 10 days following the event/camp. Participants should not attend the event if they are experiencing COVID-19-like symptoms and do not have a negative test.
4. Pre-Event/Camp testing, vaccination, or proof of a positive COVID-19 test within 90 days from the start of the event/camp will not be required.
5. Participants who are up to date with vaccinations should bring proof of vaccination to the event/camp.
6. Participants who have had a positive COVID-19 test within 90 days from the start of event/camp should bring proof of a positive test to the event/camp.

PHASE 2: PREPARING FOR TRAVEL AND TRAVELING TO EVENT/CAMP

During air travel, all Participants should adhere to FAA airline guidelines and policies.

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: DURING EVENT/CAMP

LODGING:

- For overnight lodging in a hotel, USA Gymnastics will arrange for one isolation room per fifty event/camp participants. If hotel does not anticipate being booked to capacity during event/camp days, it is not necessary to pre-book isolation rooms. Program should verify hotel capacity expectations one week prior to event/camp and hold rooms if there is concern that isolation rooms may not be available for event/camp participants.
- Double room occupancy is acceptable. If a Participant prefers a single room, the USAG Travel Policy allows Participants to request a single room if the Participant agrees to cover the additional cost incurred by USAG to accommodate the request.
- When possible, roommates should be from the same cohort.



PARTICIPANTS:

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

Health Monitoring:

1. All Participants will self-monitor 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:

2. All Participants are encouraged to maintain physical distancing of at least 6 feet with others who are outside of their cohort, when possible.
3. Participants from different cohorts are encouraged not to intermix during times outside of the event venues, such as during eating and travel to and from the venues.

Facial Coverings:

4. The use of facial coverings are optional for the duration of the event/camp, with the exception of medical spaces.
5. Participants who are not up to date with vaccination, or who are high risk (see below for further discussion) are strongly encouraged to wear a facial covering.
6. The use of a facial covering (KN95, KF94, N95, or surgical mask) is required for all Participants while in all medical zones, during the duration of the event/camp. [See Addendum A for: *USA Gymnastics Mask Exemption Policy*]

Shared Equipment:

7. Athletes may share chalk and required equipment, such as spray bottles, trampoline shoes, foam rollers, etc.
8. Participants should avoid sharing towels, clothing, grooming/hygiene products, water bottles, etc.

Hand Hygiene:

9. All Participants should practice good hand hygiene.
10. Participants are encouraged to bring hand sanitizer and should avoid touching their face.

Shelter in Place:

11. All Participants are encouraged to minimize public interactions, such as going to a restaurants, grocery stores, bars or clubs, using public transportation, during the course of the event/camp.

Cleaning:

12. Appropriate equipment will be cleaned per manufacturer's guidelines.
13. Restrooms and other high touch surfaces will be cleaned regularly throughout the sessions per venue guidelines.
14. Athletes are encouraged to not spit on hands, grips, or any other objects and surfaces.

Personal Protective Equipment/Medical:

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

Meals:

17. Onsite indoor meals will be allowed. Participants are encouraged to remain distanced from those outside of their cohort during meals.
18. Participants who are not up to date with vaccinations are encouraged to physically distance from other Participants

Health and Safety Compliance:



19. Participants may report any suspected violation of the COVID-19 mitigation measures to the Event/Camp Director or medical staff.

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, and liver disease.
2. In addition to the above mitigation strategies, high risk individuals should consider:
 - a. Pursuing COVID-19 vaccination, including booster shots, if not already up to date with vaccinations
 - b. Utilizing an N95 or KN95-rated mask
 - c. Maintaining physical distancing at all time, even within the same cohort, when possible.
 - d. Utilizing face shield
 - e. Ensuring single room occupancy
 - f. In-room dining only
 - g. Disinfect personal space often
 - h. Wash hands often

SYMPTOM DEVELOPMENT AND/OR COVID-19 ILLNESS

- If a Participant 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. Chills
 - c. Cough
 - d. Shortness of breath
 - e. Fatigue
 - f. Muscle, body aches outside the scope of training
 - g. Congestion, runny nose
 - h. Loss of taste or smell
 - i. Headache
 - j. Diarrhea
 - k. Sore throat
 - l. Nausea, vomiting or abdominal pain
 - m. Any other symptoms that are concerning for COVID-19
- If a Participant develops any of these signs or symptoms, they should isolate in their room and notify the event/camp medical staff immediately.
- Further clinical evaluation and analysis will be made by 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/camp medical staff. (See *Isolation Protocol* below)
- If COVID-19 illness IS suspected:
 - The Participant with symptoms will be isolated and rapid onsite testing will be performed by medical staff. Isolation duration will follow current CDC guidelines.



- If a rapid onsite test is positive, Participants within the athlete's cohort and other close contacts, who are not up to date with COVID-19 vaccination will be placed in quarantine, and all affected will not attend training, competition, meals, or other event/camp activities.
- Quarantine duration will follow current CDC guidelines.
- If clinically appropriate, a confirmatory PCR test will be facilitated by the Local Organizing Committee.
- If COVID-19 illness IS NOT suspected:
 - The Participant with symptoms will be isolated and monitored by the medical staff and allowed to return to activity when it is deemed safe.
 - The remainder of their cohort and other close contacts will NOT be quarantined.
 - Testing will be considered based on clinical decision-making.

GENERAL TESTING PROTOCOL

1. COVID-19 testing will be available for onsite testing of symptomatic individuals. If confirmation testing is required, a PCR test will be facilitated by the Local Organizing Committee.
2. If the case is a person under investigation (high risk symptomatic case) and onsite testing is negative, the case should remain in isolation, until confirmatory PCR/molecular-based testing can be arranged.
3. Asymptomatic onsite testing for events/camps is not required at this time, but the appropriate application of this testing will continually be evaluated and protocols will be adjusted based on the course of the COVID-19 pandemic, the demands of our events/camps, and the public health agency guidelines.

ISOLATION PROTOCOL

If an event/camp Participant 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. By choosing to attend the event/camp, all event Participants 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 event/camp medical staff 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 event/camp medical staff should be notified.
- Once the symptomatic Participant has been assessed by the medical staff, USAG and event/camp staff will be notified whether or not the Participant is suspected of having COVID-19 disease.
- If COVID-19 disease is suspected, the medical staff will work with USAG event/camp staff to facilitate isolation of the Participant.
- If COVID-19 disease is suspected, the medical staff will work with USAG event/camp staff to perform appropriate contact tracing and determine the need for quarantining of other Participants who are not up to date with vaccinations.



- 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/camp has concluded.
- Isolation and quarantine of individuals during camp will follow current CDC guidelines.

PHASE 4: POST EVENT/CAMP

All event/camp Participants will be advised to follow all Phase 2 considerations for their return home. If any event/camp Participant develops symptoms of COVID-19 within ten days of the event/camp:

1. Participant should isolate, avoid all contacts, and get tested.
2. Contact USA Gymnastics event/camp staff.
3. Contact your home physician.

Post-Travel CDC Recommendations:

- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html#after-travel>

CANCELLATION OF EVENT/CAMP – COVID-19 HEALTH & SAFETY

USA Gymnastics medical, event, camp, 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/camp. An event/camp may be cancelled if the production of the event/camp is deemed unsafe due to the local status of the pandemic or the ability to fully implement the above COVID-19 Guidelines for USA Gymnastics National Events & Camps.



Addendum A:

Mask Exemption Policy for National Events and Camps

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.