



2020-21 Gymnastics Requirements and General Recommendations

With the support from the national governing body, USA Gymnastics, whose rules the OHSAA uses for interscholastic competition, and the Ohio High School Athletic Association, the considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. **Ohio schools are required to follow state COVID-19 general guidance for “Youth, Collegiate, Amateur and Professional Sports”**

<https://coronavirus.ohio.gov/static/responsible/Youth-Collegiate-Amateur-Club-Pro-Sports.pdf>

Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your area.

Visit the COVID-19 General Guidance Document for further requirements and recommendations that apply to all sports, including gymnastics. Please know that some of the requirements and recommendations in this sport-specific document duplicate state guidance.

*A **requirement** must be adhered to and followed. A **recommendation** is a consideration to the sport and allows for optional guidelines. Recommendations are not required but are permitted.*

REQUIREMENTS

Requirements for Coaches

- Coaches shall wear face masks at all times, including arriving and departing the facility and during warmups and competition.

Requirements for Facility Hosts

- Inform the local health district when events are scheduled and establish a plan to handle those persons who fail a symptom assessment or temperature check or exhibit signs and symptoms of COVID-19.
- Limit personnel on the competition floor and in the warm-up area to participants, coaches, medical staff and event staff.
- Do not provide any congregation areas at the facility.
- If possible and if necessary, provide designated space (locker room, classroom, etc.) for judges' pre-competition activities. If the designated space cannot accommodate six-foot social distancing of all officials, then a separate space should be provided where judges can observe six-foot social distancing and be removed from spectator/team interaction.
- Clearly review prior to the meet mandates, best practices and school/host facility policies with visiting team(s) administrators and/or coaches and judges as they relate to, but are not limited to, parking; entrances and exits; medical care; spectators; ticketing; locker rooms/showers; athletic training rooms and restrooms; water; towels; and equipment.

RETURN TO COMPETITION

GENERAL RECOMMENDATIONS

BEFORE YOU PARTICIPATE

- The OHSAA and the USAG Medical Advisory Group highly recommend competitive gymnasts ease their way back into training prior to competition. Given the layoff from competing, gymnasts, especially those who do not participate in non-interscholastic or club programs, will be more susceptible to under-training, over-use and other injuries.
 - The OHSAA strongly recommends at least three weeks of both in gym and outside of gym conditioning before competition begins.
- Do not participate if any of you:
 - Are exhibiting any symptoms of the coronavirus. According to the CDC, people with COVID-19 have had a wide range of symptoms reported—ranging from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.
 - Have been in contact with someone with COVID-19 in the last 14 days.
 - Are a vulnerable individual and your area is in Phase One or Phase Two. A vulnerable individual is an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy. (For areas in Phase Three, a vulnerable individual can resume public interactions, including participation in gymnastics, but should practice physical distancing.)
- Gymnasts and coaches from visiting teams and judges should arrive at the contest facility dressed in partial or full uniforms or coaching/officiating gear and should plan to leave the contest facility in partial or full uniforms or coaching/officiating gear (e.g. not dress or change in visiting locker rooms).
- Consideration should be given to limiting contests against only teams in your local area or, if out-of-state, against teams located in counties that are contiguous to Ohio.
- Coaches should not share any equipment used for coaching purposes.
- Judges should not share any equipment used for officiating purposes.
- When conducting temperature checks, take into account the potential for environmental factors causing an elevated temperature. Should the temperature be elevated, it is appropriate to isolate the individual and recheck the temperature after 5-to-10 minutes of sitting in a cool environment. A temperature of 100.4 F or higher indicates a potential infection, and the individual should be immediately isolated.

PREPARING TO PARTICIPATE

- Wash your hands with soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the gym.
- Follow CDC cleaning guidance (see www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html).
- Read the labels of cleaning products and follow directions on the label. Some products need to sit wet on a surface for several minutes before being wiped off in order to properly sanitize.
- Check the EPA website for selected EPA-Registered Disinfectant. Click here <https://www.epa.gov/pesticide-registration/selected-epa-registered-disinfectants> to view.
- Remember to wash first, then disinfect, and use caution when mixing cleaning chemicals.
- Buy in bulk to ensure that your school has several months' supply.

- Consider using a pump sprayer (sometimes referred to as a garden sprayer) to spray down large areas quickly.
- Contact equipment manufacturers for specifics on proper cleaning protocols.
- When possible, wipe equipment down after each person; if not possible, ensure that all equipment is properly sanitized after each rotation.
- Document the time when each apparatus or specific area is cleaned; like public restrooms.
- Sanitize frequently used items and surfaces on a regular basis; including light switches; door handles; counter tops, matting.
- Provide hand sanitizer at entry/exit of the facility and at each station; require use at entry and before each rotation.
- Remove chalk bowls; participants should bring and use their own chalk, bucket and/or bag.
- Require participants to bring their own water bottles so water fountains are not shared.
- Mark 6 ft. separations in viewing areas; consider using walking or standing areas instead of seating or mark off seating.
- When not actively competing, please adhere to all proper personal protective equipment (PPE) and facemask protocols.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Arrive as close as possible to when you need to be there.

DURING TRAINING/COMPETITION

- Put in writing policies describing how your practice and competition area will
 - achieve physical distancing in the facilities
 - incorporate enhanced cleaning protocol
 - teach and coach while continuing to maintain physical distancing
 - inform of the expectations and responsibilities of athletes in implementing these measures.
- Breakdown how you are going to social distance these athletes/students during training and competition, and clearly convey your plan to athletes and parents.
- Organize team as cohorts: assembling, rotating and training together as an exclusive group
- Include an explanation of your cleaning protocol, the expectations on the athletes; and how to keep a 6 ft distance.
- Talk with your coaches about how to teach/coach in new environment and help participants keep a safe distance.
- Provide each student a personal chalk that they keep in their own plastic container, that only they use.
- Each athlete transports her own gym bag from station to station with bags being kept 6 feet apart.
- Athletes should be made aware of the school's new safety protocols and the athlete's role in maintaining safety guidelines for themselves and others; Districts may consider having athletes sign the OHSAA pledge, which is an educational tool, not a waiver, and is found here <https://ohsaaweb.blob.core.windows.net/files/Sports/2020/OHSAAAcknowledgementAndPledgeForm.pdf>
- Encourage athletes/students to keep 6-foot distance from teammates/coaches (when feasible), using hand sanitizer; wash hands frequently, not to share water bottles or other personal items; tell coaches immediately when they are not feeling well.
- Remind athletes to refrain from "spitting" in grips to cut down on the transmission of germs on the apparatus.

AFTER TRAINING/COMPETITION

- Leave the gym area as soon as reasonably possible.

- Wash your hands thoroughly or use a hand sanitizer after coming out of the gym.
- Do not use the locker room or changing area. Shower at home.
- No extra-curricular or social activity should take place. No congregation after participation.
- All athletes should leave the facility immediately after participation.

SPOTTING

- Athlete safety is paramount, and coaches should not be restricted from spotting an athlete if necessary, to protect the athlete from injury.
- While spotting remains an important element to athlete safety, consider alternative teaching/coaching methods that align with social distancing protocols.
- Clearly communicate any alternative teaching/coaching methods so they are understood by the athletes and their parents.
- Coaches should consider the use of gloves for personal contact, with a goal of switching gloves between athletes.

OHSAA Facility Host Recommendations

- If applicable, stagger the entry of all participants, coaches, judges, student event-day auxiliary groups and spectators to adhere to six-foot social distancing.
- Consider multiple points of entry to help ensure there is six-foot social distancing.
- Use contact-less payments where possible.
- Consider making each student responsible for her own supplies, including bringing and maintaining her personal gym bag, chalk, water bottles, hand sanitizer, etc..
- Appoint an individual(s) who is responsible for assisting the host facility manager(s) in logging all incidents and action plans when mandates have not been followed and/or incidents occur; logging recommendations for improving the host facilities' game-day strategies, and creating reports on said items that were logged.

ADDITIONAL RESOURCES

- Ohio Department of Health coronavirus website (coronavirus.ohio.gov)
- U.S. Centers for Disease Control and Prevention (cdc.gov/coronavirus)

Both the OHSAA website here <https://www.ohsaa.org/Home/OHSAA-COVID-19-Correspondence> and the USA Gymnastics website here www.usagym.org publish additional documents for your reference.

- Considerations for a safer reopening
<https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/safereopening.pdf>
- Physical and Mental Guidance for a Safe Re-Integration of Gymnastics
<https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/reintegration.pdf>
- AAI Cleaning Tips
 - https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/aai_cleaning.pdf
 - [Vinyl Mats & Shapes](#)
 - [Suede Beams & Vault Boards](#)
- [Spieth America Equipment Cleaning Practices](#)