

Suggestions & Recommendations for Hosting In Person Competitions in PA

ENTRY TO COMPETITION FACILITY:

- One entry point & one exit for gymnasts and/or spectators.
- Make families aware of entry time into the facility.
- Athletes/ coaches and/or spectators enter through separate doors.
- Take temperatures of all persons as entering the building.
- Offer hand sanitizer at all entrance points for gymnasts, coaches and spectators.
- Encourage spectators to have exact change for entry fees.
- Advertise how many spectators per gymnast can enter facility.
- Require all spectators to wear masks while inside the facility.
- Space chairs 6 feet apart and in groups of 2-3 so spectators in the same family may sit together.

VOLUNTEERS:

- Health screen volunteers prior to entering the facility for their working session.
- Require volunteers to wear masks while working.
- Ask volunteers to stay in their space until completion of session.

COACHES & JUDGES:

- Mark areas for coaches & judges to remain 6ft apart during breaks.
- Coaches and athletes should do their best to maintain 6' distancing whenever possible.
- Ask coaches to wear masks but can remove them when spotting if needed.
- Ask coaches to refrain from sitting at judges' tables while judges are on break and between events/sessions.

GYMNASTS:

- Ask gymnasts to wear masks (highly encourage gators) when entering & exiting facility and until they arrive at their specified event on the competition floor.
- Ask gymnasts to wear masks between rotations and while not actively participating in warmups or competition.
- Do not write competition numbers on hands and ask coaches to follow a competition rotation or give a paper to write down their own rotations and hand to each individual judge.
- Have sanitizer readily available at each event for the gymnasts and coaches.
- Ask gymnasts to provide their own personal water bottle- bottle must remain in their bag when not being used. Close drinking fountains in facility.
- Encourage gymnasts to provide their own chalk bag/ box, spray bottles, brushes etc. Coaches may receive a block chalk at each session as needed but do not utilize common chalk bowls.
- Ask gymnasts to carry bags from event to event and leave it in a specific bag stations during competition.
- Ask gymnasts to NOT present to judges as a group before events.

COMPETITION FLOOR:

- Limit athletes, coaches, judges, and volunteers on the competition floor to allow for social distancing.
- Have hand sanitizer available at each event and in the spectator area for all to utilize.
- No march in, have gymnasts and coaches report to their first event for competition announcements and the playing of the National Anthem.
- Skip presentation to the judges before events.
- Advertise that the equipment, matting and judges' tables will be cleaned and sanitized between rotations or sessions (if that will be done)
- Advertise that the spectator seating will be cleaned and sanitized between sessions (only if that will be done).
- Encourage gymnasts and coaches to refrain from high fives, handshakes, hugs etc.
- Dismiss athletes & spectators separately to the awards area (if awards are presented).

AWARDS:

- Hold awards in a separate area from the competition area.
- Individual medals and team awards will be handed out following the conclusion of the competition.
- Podium spots should be spaced 6 feet apart to ensure distancing.
 - Option 1: Mail out hardware, but do an awards ceremony.
 - Option 2: Hand out hardware with volunteers wearing gloves and masks.
 - Option 3: No awards Ceremony and Mail out places and awards.
- Call sections at a time to leave the awards area

GENERAL INFORMATION:

- Close water fountains during the competition. Athletes should bring personal water bottles.
- Advertise that the bathroom facilities will be monitored and cleaned every hour (or as scheduled). Lines for restrooms will maintain social distancing. Limit the number of persons permitted in the restrooms at one time depending on the restroom size.
- Use separate entrance and exit points during the competition and have hand sanitizer available at all entrance and exit points.
- Encourage ALL spectators to be respectful of all athletes, coaches, judges, volunteers, and other spectators and will be asked to promote a positive and encouraging atmosphere.

For more Information or updates from USAG, refer to
<https://usagym.org/pages/aboutus/pages/coronavirus.html>

