



COVID-19 Guidelines for USA Gymnastics National Events & Camps

(Updated January 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 developed and implemented for each venue and location linked to the event/camp. 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/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 prior to camp:
 - a. All confirmed positive cases: Participant must be 10 days from onset of symptoms and must be fever free for at least 24 hours with improving symptoms. If participant did not have any symptoms, they must be 10 days from positive test.
3. All Participants who are not up to date with vaccinations will NOT take part in the event/camp if they 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.
 - a. Not up to date with vaccinations is defined as a Participant who is under 12 yo and is less than two weeks after their second dose of the Pfizer vaccine, or is 12 yo or older and has not completed at least 3 doses (in any combination) of the Pfizer or Moderna vaccine or has not completed the single dose J&J vaccine plus a booster dose, of any kind, of the COVID vaccine. [If a Participant is 2wks to 5 mo from completing a Pfizer or Moderna two dose series, or is 2 wks to 2 mos from completing one dose of the J&J vaccine, the Participant is not eligible for a booster shot and therefore considered up to date with vaccinations]
4. Participants who are up to date with vaccinations do not need to quarantine after exposure if they are asymptomatic. However, testing 5-7 days after exposure is requested even if asymptomatic.
5. 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.
6. **Pre-Event/Camp TESTING:**
 - a. Will be required for all **Participants who are not up to date with vaccinations (those 12 yo+ must also have a booster shot to be considered up to date with vaccinations, if eligible)**. Participants who are up to date with vaccinations are not required to obtain a pre-event/camp COVID test but must show proof of vaccination, prior to receiving credential for event or prior to camp day of arrival. Participants who are up to date with vaccinations are encouraged to upload proof of vaccination in HealthyRoster prior to arrival.
 - b. Participants with a positive COVID-19 test within 90 days from the start of event/camp will not be required to obtain a pre-event negative COVID-19 test but must provide documentation of their positive test.



- c. Participants who are not up to date with vaccinations must obtain their own testing at their own cost, via a PCR/molecular-based testing platform, **within 3 days** of their initial participation at the event (within 3 days receiving credential) or camp (within 3 days of camp day of arrival).
- d. Proof of up to date vaccination (including booster for those 12 yo+ who are eligible), a negative official test report with sample collected within 3 days of initial participation, or positive COVID-19 test within 90 days, showing Participant name, date and time, type, and results of testing must be uploaded to Healthy Roster or presented upon arrival to the event/camp in order to attend the event/camp.
 - i. If pre-event/camp 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.
 - ii. If a pre-event/camp 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 (PCR/Molecular) is required to obtain definitive results.
 - iii. If results of pre-event PCR or Molecular COVID test have not been received by the start of camp, Participant may choose to not participate until results are received, obtain a rapid PCR/Molecular COVID test on their own, or take a Lucira test at the venue (with results in 30 minutes). Those opting for Lucira testing will be invoiced \$100 for the test.

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

During air travel, all Participants should adhere to 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. Number will be influenced by whether or not single room occupancy is arranged. 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. All Participants will wear facial coverings at all times for the duration of the event/camp, while at the venue, at the hotel, during transportation (except for while performing gymnastics, if applicable). [See Addendum A for: *USA Gymnastics Mask Exemption Policy*]
5. Facial coverings should be a KN95 mask, KF94 mask or N95 mask. Cloth masks, bandanas, neck gaiters, or masks with valves are NOT approved face coverings.
6. During all competition and training sessions, coaches must wear a facial covering at all times
7. During all competition and training sessions, athletes must wear facial coverings at all times outside of during the performance of gymnastics.

Shared Equipment:

8. Athletes may share chalk and required equipment, such as spray bottles, trampoline shoes, foam rollers, etc.
9. Participants will avoid sharing towels, clothing, grooming/hygiene products, water bottles, etc.
10. All Participants must bring their own water bottle.

Hand Hygiene:

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

Shelter in Place:

13. All Participants are encouraged to “shelter in place” during the course of the event/camp. Specifically, efforts should be made to avoid any type of public interactions such as going to a restaurant, grocery stores, bars or clubs, using public transportation, etc. It is reasonable for individuals who are up to date with vaccinations to participate in outdoor dining.

Cleaning:

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

Personal Protective Equipment/Medical:

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

Meals:

19. Up to date with vaccinations:



- a. Onsite indoor meals will be allowed.
 - b. Encouraged to remain distanced from those outside of cohort during meals.
20. Not up to date with vaccinations:
- a. Onsite indoor dining must be physically distanced from other Participants.
 - b. Even when distanced, Participants who are not up to date with vaccinations are encouraged to not dine with those outside of their cohort.

Health and Safety Compliance:

21. 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, 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 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 not up to date with vaccinations of their cohort or close contacts who are not up to date with vaccinations (if applicable per CDC guidelines), 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. Pre-event, at home, PCR/molecular-based screening, with test results available prior to departure for event: for all participants who are up to date with vaccinations, within 3 days of participation at event/camp (timing defined above), unless Participant has tested positive within 90 days of the start of the event/camp.
2. 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.
3. 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.
4. 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.

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
 - If interview from remote 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
 - If interviewer present with the athlete:
 - Interviewer will remain at least 6 feet distanced
 - Interviewer will wear facial covering

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. Keep a list of all your contacts and whereabouts.
3. Contact USA Gymnastics event/camp staff.
4. Contact your home physician.

Post-Travel CDC Recommendations:

- Self monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms
- For Participants who are not up to date with vaccinations:



- a. Get tested 3-5 days after returning from travel
- b. Stay at home and self-quarantine, even if negative test at 3-5 days after return
- c. If you don't test 3-5 days after returning from travel, self-quarantine for 10 days
- d. Avoid people who are at risk for severe disease for 10 days
- e. 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/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.