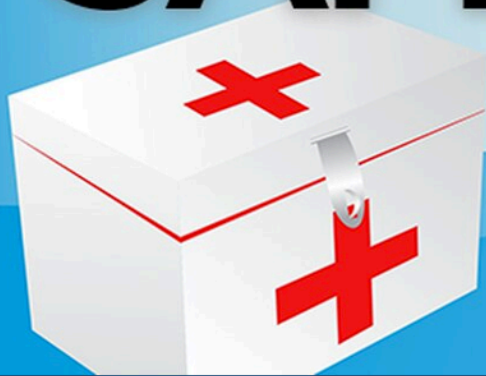


# NAWGJ

# SAFETY KIT



- **K**now the safety guidelines for the community
- **I**mplement the guidelines
- **T**rust your colleagues to be safe; remind them if they forget

The NAWGJ Safety Kit is intended to promote awareness of some of the considerations related to judging in the COVID era. Always refer to federal, state, and local directives and guidelines for more definitive information.

The Safety Kit is not an exhaustive list. There may be other steps you can take to protect yourself and to prevent the spread of the virus to others. Because the COVID-19 situation is rapidly changing, these suggestions may become outdated. Be sure to review the latest updates from local, state, & national agencies.

## General Considerations

- Accepting a contract is a personal decision. Carefully assess your individual and family situation before making a decision to judge. See Meet Director checklist, if available, to assist with your decision.
- In addition to your own safety, consider the safety of other judges and participants at the meet. Masks and other safety precautions are not just for you. They are also intended to protect those around you.
- If you are ill or have been potentially exposed to COVID before a meet, contact your assigner or Meet Referee (per your state's procedure) so a replacement can be found. Potential exposure is defined as having contact within 48 hours before the individual became symptomatic (CDC).
- If you test positive for COVID shortly after a meet, work with your local health department regarding notification procedures. Although the current law does not require you to disclose your health status, you are encouraged to report a positive test result to the Meet Director for public health and safety reasons. HIPAA requires that your name not be revealed.
- If you are not assigned to a meet and are available to judge on a particular weekend, let your assigner know that you are willing to be on-call to substitute for a judge who may be unable to fulfill a contract.
- Update your emergency contact information in your assigning system or with your assigner.

## At the Meet Site

- Wash and/or sanitize your hands upon every entry to the gym and periodically throughout the day.
- Bring hand sanitizer, disinfecting wipes, tissues, and small bars of soap with you to the meet.
- Avoid hugging your colleagues or shaking hands.
- When you arrive at the meet, review the seating arrangement for your judging table and, if needed, explore options for providing distance between you and other judges/volunteers.
- Wipe your table and data-entry devices periodically throughout the meet. Ask the Meet Director to describe the preferred method to clean data-entry devices to avoid possible damage.
- If snack/candy bowls are provided on the table, cover them during the competition. During breaks, remove them or put them under the table. You may prefer to bring your own snacks and water.
- If the gymnasts presenting to the judges table appears to be a safety concern for them or those at the table, consult the Meet Ref/Meet Director for alternatives to confirm gymnast order and scratches.
- Comply with local guidelines regarding masks. Even if you are in a geographic area that does not require a mask, consider wearing a mask when you are in close proximity to others. If you are coughing or sneezing due to allergies or other non-COVID conditions, wear a mask to reduce spray.
- Place a sign at your table asking participants and meet personnel not to sit at your table during breaks or while you are walking from Gym A to Gym B. Be prepared to wipe down your table and chair.
- Maintain social distancing practices during pre-competition meetings and during meals.
- Avoid loud talking. Loud talking generates larger amounts of droplets that spray further distances than soft talking. Likewise, refrain from speaking closely to judges or whispering in their ear.
- Wash/sanitize your hands before touching any serving utensils during meals. If serving lines are used, refrain from talking while in line to reduce the possibility of spray/droplets and wear your mask.
- When you enter a restroom, use a paper towel to open stall doors, touch commode handles, and turn on faucet handles. Consider bringing paper towels to the meet in case supplies run out in the restrooms.
- If you need to use an elevator to navigate between the judging room and competition floor, plan extra time to get on the elevator to allow for social distancing.
- If you are concerned about hotel arrangements that require you to share a room with another judge, make a decision based on your comfort level. If you are not comfortable with the hotel accommodations, decide if it would be best for you to decline the meet. If you use tv in hotel rooms, bring a large ziplock bag with you and place the remote control in it and/or sanitize it when you arrive.

## Traveling to Another State?

- Check the CDC website for the latest information regarding air travel safety: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>
- Ask the Meet Director about safety screening practices at the local airport; allow extra time if needed.
- Maintain all safety precautions while traveling: hand washing, social distancing, face covering.

## Documents Consulted

- American Federation of Teachers. Safely Reopen America's Schools and Communities. <https://www.aft.org/reopen-schools>
- Bromage, Erin. The Risks: Know Them-Avoid Them. <https://www.erinbromage.com/post/the-risks-know-them-avoid-them>
- Centers for Disease Control and Prevention.
  - Coronavirus (COVID 19): How to Protect Yourself. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
  - Workers Who May Have Potential Exposure: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/critical-workers-implementing-safety-practices.pdf>
- Gawande, Atul. Amid the Coronavirus Crisis, A Regimen for Reentry. The New Yorker: <https://www.newyorker.com/science/medical-dispatch/amid-the-coronavirus-crisis-a-regimen-for-reentry>
- NASO's 13 Point Plan to Get Back to Officiating Sensibly. <https://www.naso.org/nasos-13-point-plan-getting-back-to-officiating-sensibly/>  
National Association of Sports Officials
- OSHA. Occupational Health and Safety Administration: Guidance for Preparing Workplaces for COVID 19. <https://www.osha.gov/Publications/OSHA3990.pdf>