

# **WCGA suggestions for regular season competitions during the COVID 19 pandemic**

National, state, and local government regulations and conference and institutional protocols must be followed.

These suggestions are available to assist institutions in preparation for competition season and communicating with visiting teams.

## **I. Communication**

- a. The host institution will provide the following information to visiting teams 2 weeks prior to the competition. Please send updates if changes occur within the 2 weeks of the competition date.
  - i. Testing protocols required
  - ii. Testing protocols required for officials
  - iii. Arrival and departure procedures at the host venue
  - iv. Cleaning protocols: include the required cleaning procedures at the host venue and who will be responsible for cleaning
  - v. Mask protocols at the host venue
  - vi. Fan protocols at the host venue
  - vii. Meet timeline (including any additional time for cleaning/ COVID 19 mitigation if necessary)
  - viii. Training room and locker room policies
  - ix. Warm up, competition and post-meet procedures
  - x. Please indicate if you will provide the visiting team(s) with a sting mat, 4-inch mat and 8-inch mat to travel with that team throughout the warmup and competition. This is not required.
  - xi. Any additional changes to venue to promote physical distancing, masking or any other COVID 19 mitigation protocols.

## **II. Cleaning, Sanitizing and Pre-Event**

- a. Host venue will clean and sanitize all spaces prior to the arrival of visiting teams and officials.
  - i. Visiting team(s) are responsible to maintain cleanliness of the locker room and other spaces throughout the event.
- b. Host venue will provide cleaning supplies and sanitizers as required by the host institution. Visiting team may also use their own supplies.
- c. In -Meet Cleaning
  - i. Cleaning supplies and techniques must not damage the equipment.
  - ii. Any required in-meet cleaning must be communicated to visiting teams and officials prior to the event and meet the requirements of the host venue, institutional or conference protocols.
    1. Example of a protocol description: All event matting should be swept, wiped down, and sterilized after each team use. Vault Board and Hand Mat should be wiped down and sterilized after each team use.

### **III. Buses and Equipment, Ingress and Egress**

- a. The host institution will set a secure perimeter for the buses and equipment to unload and load. The travel party, bus drivers and security are permitted in this area.
- b. Travel party must wear face covering and physically distance while entering and exiting.
- c. Access to the venue the day before or day of competition will be determined by the host institution and must be included in the pre-meet information.
- d. Effort must be made to sanitize equipment and items being brought into the venue by the visiting team(s).

### **IV. Equipment**

- a. The host institution will provide chalk.
  - i. It is suggested that each team will be provided with their own chalk tray, water bottle and scraper, however the visiting team may also bring their own.
  - ii. It is suggested the host institution attempts to provide the visiting team(s) with a sting mat, 4-inch mat and 8-inch mat to use throughout warm up and competition if possible.

### **V. Teams/ Participants**

- a. The travel party listing is made available to the host institution prior to the arrival to the venue to accommodate limitations within the venue by state, local government or institutional or conference policies.
- b. Team bench areas, constructed with physical distancing protocols in mind, will be designated for each team and remain throughout the competition.
- c. Protocols for team bench areas must be communicated in advance.
  - i. Ex: limiting these areas to coaches, student-athletes, athletic trainers etc...
- d. All personnel (coaches, athletic training etc...) on the floor of the competition must wear masks. Student-athletes and staff will follow the protocols required by the host institution.

### **VI. Athletic Training Facility/ Pre-Meet**

- a. Spaces will be designated to promote physical distancing for all teams competing.
- b. The host institution will communicate in the pre-meet information or from the athletic training staff the protocols for use of the athletic training facilities.
- c. Gymnasts may NOT mount the equipment or use it for gymnastics-specific or inverted skills prior to the start of the 20-minute open stretch.

### **VII. Warm up- (Social Distancing)**

- a. Host institution will provide requirements in the pre-meet information.
- b. 20-minute warm up followed immediately by a 2-minute transition period. To avoid close contact, it is suggested that two-teams maximum use the floor

exercise space to warm up and stretch. If there are more than two teams, it is suggested that teams starting on bars and/ or beam can use the matting around those events for warm up. It is suggested that this time is used for warm up and stretch and not open use of the equipment unless agreed upon by the host and visiting institutions and meeting institutional, conference and state protocols.

- c. 15-minute event warm-up on each event in each team's competitive order, to be followed immediately by a 2 to 5-minute transition (to include required cleaning if necessary) dictated by the host venue and provided in the pre-meet information for the last 3 event warm-up rotations.
- d. During the 2 to 5-minute Cleaning/Transition period (as dictated by the host venue), gymnasts are allowed to use matting around the apparatus to stretch, invert and prepare as needed. If cleaning is required during this time, consider the wet surface of the mat prior to use. The apparatus must not be mounted or used for gymnastics skills during this time. On floor exercise, jumping, bouncing, running, stretching type of warm up activity is allowed. Gymnasts may use the vault runway to prepare for vault during this time.
- e. It is suggested event areas are cleaned prior to march-in for the competition. Host venues cleaning protocols will be followed.

## **VIII. Competition**

- a. Host institution will provide any changes to the traditional competition meet timeline required for COVID 19 mitigation if necessary.
  - i. Seating and standing areas for the teams, staff, meet-day personnel and officials should consider physical distancing protocols.
  - ii. Masking protocols during the competition need to be shared with all participating.
  - iii. Cleaning procedures, if necessary, during the rotations must be communicated with visiting teams.

## **IX. Post-Meet**

- a. Any protocols required post-meet must be communicated to the visiting institutions in advance (example: teams NOT permitted to high five or shake hands post-meet after the announcement of results)
- b. Encouraging physical distancing and masking post-meet and avoiding large groups gathering post-meet should also be considered and protocols shared with the visiting teams.
- c. If a positive case arises that is traced to the event, the host institution needs to notify all judges of the positive case and any additional pertinent information as soon as possible while also following local government regulations regarding contact tracing. Time is of the essence in this scenario to give the officials an opportunity to decide if they would like to get tested and consider self-quarantine to protect those in close contact.