

Dear Naydenov Team Parents:

While we all are excited for our daughters at the prospect of returning to competitive gymnastics training, it is important to recognize that there could be serious consequences of not complying with safety protocols.

Most infectious disease specialists, with input from epidemiologists, medical practitioners, and public health experts, are still asking people to stay home. Gov Inslee plans to reopen recreational facilities slowly. Kevin has received information that gymnastics facilities can open in Phase 2 if the gym can follow the Phase 2 recommendations. Keeping your gymnast home at this time is still a socially responsible and appropriate decision. However, this needs to be balanced by the many physical and emotional benefits of exercise and competitive sports. Long breaks from high-level sport specific training does increase certain physical and emotional risks to our athletes if these breaks include extended periods of time. This is particularly true of high-level competitive gymnastics. Therefore, Liz (RN), Randi (USAG coach), and I (pediatrician MD) have developed recommendations for a short-term, modified practice to begin in Phase 2. As such, these recommendations comply with Phase 2 criteria, including limiting practice groups to 5 and appropriate hygiene measures. The below recommended protocol will loosen as we move through the state-mandated phases.

## Phase 2 practice protocols

### **Prior to practice:**

- Take your gymnast's temperature
  - Please keep your gymnast home for any temp  $>99.6$  for at least 72 hours (we are being overly cautious here as temperature tends to be lowest in the mornings and peaks around 5 pm with a normal circadian rhythm)
  - Please keep your gymnast home until temp is  $\leq 99.6$  for 72 hours
- Assess for potential COVID symptoms
  - Please keep your gymnast home for any cough, shortness of breath, fever, sore throat, headache, muscle aches not related to exercise, loss of smell/taste, pink eye, vomiting or diarrhea
  - If any of the above symptoms are secondary to allergies, migraines, or another non-infectious etiology, please treat with appropriate medications and note this on the DCA (see below)
- Parents will set and enforce social distancing of their gymnast outside of the gym
  - Gymnasts will limit their contact per Governor Inslee's recommendations
- Parents who do not agree to the above 3 conditions need not send their gymnast to practice at this time
- Parents will fill out a Daily COVID Agreement (DCA), noting the above 3 conditions and sign it as a good faith agreement

- This can look like this written on a piece of paper:
  - 1. Normal temp. 2. No symptoms 3. Agree
  - Signed parent name
- Parents will ensure their gymnast is dressed in a leotard with hair up/done prior to arriving at Naydenov to limit time congregating in the bathrooms
- Parents will ensure their gymnast is well fed and hydrated prior to practice to reduce the need to eat during practice (which increases hand/mouth contact and viral exposure risk)
- Parents will send their gymnast with her own personal water bottle, filled at home. Please use a water bottle that does not require hands/fingers to come into contact with the drinking opening to open/close the water bottle.

#### **On arriving at practice:**

- Line up with markers noted outside the gym, socially distanced if needed
- Masked parent volunteer will look at the DCA and ask gymnast to place it in a basket/receptacle
- If DCA is not available, gymnast will be asked to go to the end of the line and will be excluded from practice until the parent volunteer can call the parent of the gymnast in question. If there is no thermometer in the home, parent volunteer can take temperature with parent's verbal or written permission. Temperature exclusion criteria from above apply.
- Gymnasts, parents, and coaches will wash their hands or get alcohol gel on arriving at practice, maintaining social distancing in the bathroom (alcohol gel is being donated)
- Parents are recommended to observe from upstairs, maintaining 6 feet social distancing. Please limit one parent per athlete. Please keep all siblings home at this time.

#### **Practice organization:**

- Practice groups of up to 5 gymnasts will be assigned based on level and skills
- The practice groups will stay consistent throughout the weeks/months in order to avoid extra contact.
- Each coach will supervise a maximum of 2-3 practice groups, keeping practice groups separated by a minimum of 12 feet and each gymnast within the practice group separated by 6 feet
- Limited or no spotting of gymnasts at this time. Coaches will focus on rebuilding strength, flexibility, and basic skills in the first few weeks. This will help reduce risk of injury and need for medical evaluation or services during this time.
- Club owners are to uphold the gymnast to square-footage ratio at all times. Clubs shall allow no more than 4 gymnasts per 1,000 feet. Example: Naydenov's 28,000 square foot club allows 112 athletes.
- Gymnasts will exit the building through the back door to decrease contact **if there are overlapping or multiple groups coming and going**
- Gymnasts will not wait in lines; they will participate in circuits when possible.

- Any gymnast or parent who will not honor the recommendations in this document will be sent home as these requests are part of the condition of opening up modified practices in Phase 2, per Governor Inslee's orders.

**Additional hygiene measures during practice:**

- Gloves and masks are suggested but not required for coaches and parents.
- Gloves and masks are NOT recommended for athletes for safety reasons
- Gymnasts will go in their practice group to wash hands after bars and between rotations, maintaining social distancing. Gymnasts may use alcohol sanitizer if available between events but not after using chalk.
- Gymnasts will be asked to wash their hands or use hand sanitizer if they sneeze, cough, or spit on or into their hands or put their hands in their nose or mouth
- Gymnasts will be asked to wash their hands before and after eating. However, we are asking gymnasts to eat at practice only if medically necessary to avoid additional potential exposures
- Gymnasts will be asked to avoid any phone use during practice unless it is an emergency. Gymnasts will be asked to wash hands or use alcohol gel before and after any phone contact
- If coaches notice coughing, fatigue, or any concerning symptoms, they will act in the best interest of the team and ask a parent to pick up the gymnast promptly.
- Coaches and parent volunteers will sanitize all surfaces prior to and after each practice session group or as recommended by gym owner.
- Gym owner will open windows and doors if possible to increase indoor ventilation. Athletes should be prepared to dress accordingly with warmer athletic clothes on cooler days.
- The first month of opening, liquid chalk will be used in place of block or free chalk. Liquid chalk contains alcohol similar to hand sanitizer and therefore offers additional hygiene benefits. If athletes are allowed to use block chalk at a future time, the athlete will be required to clean the surrounding surfaces of chalk.

If you have any medical questions, please let me or Liz know. If you have any practice questions, please let Andy know who will compile them to address with Randi.

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