

Warrior Gymnastics-- COVID Protocols

General Guidelines

- Season Timeline --- January 4th- March 11th.
- If you have had a fever or cold symptoms in the previous 24 hours - you will not be allowed to take part in workouts and should contact your doctor.
- Notify Head Coaches of any symptoms or COVID-19 exposure right away.
- Participating in MSHSL activities is voluntary.
 - While participating in MSHSL activities, all protocols related to COVID-19 must be followed.
 - Athlete acknowledges the contagious nature of COVID-19, and understands that there is risk of injury and/or illness from participating in MSHSL activities, including the risk to have direct or indirect contact with individuals who have been exposed to and/or diagnosed with COVID-19.
 - Athlete agrees that if she is exposed to, or infected by, COVID-19 during the period of participation, they will immediately cease participation and follow MDH protocols for schools and activities and MSHSL guidelines for notification and return to participation.
- Gymnasts will wear masks during periods of no tumbling/rotating – stretching, dance, light conditioning, etc.
- Gymnasts do NOT have to wear masks during any equipment practice, aside from dance or non tumbling training.
- Coaches will wear masks at all times.

Cleaning/Mitigation --

- Hand sanitizer will be available and used when entering the gym.
- Coaches will use sanitizer between rotations, even if staying on the same equipment for the next rotation.
- Gymnasts will use hand sanitizer between rotations.
- Disinfectant wipes available to use on feet when needed
- Gymnasts will have access to their own personal supplies
 - Personal chalk options to minimize congregating
 - Travel-size spray bottle for spraying grips
 - First aid kit items, such as pre-wrap, athletic tape and band-aids
 - Hand sanitizer
 - Hand wipes
 - Disposable Face Masks
- Equipment will be cleaned between rotations and each night after practice.

Practices ---

- Attendance will be kept of all individuals present at practices and competitions for contact tracing
- Workouts will be conducted in “pods” – following current MDH Return-to-Play guidelines. Pods are small groups of students always working out together.
- Physical distancing of at least 6 feet should be maintained at all times, except when a coach is spotting a gymnast.
- If community chalk bins/bowls are provided, only one gymnast uses the bin at all times.
- Warm-up tumbling lines will be spaced out
- Gymnasts will remain physically distanced when waiting for equipment.
- Equipment will be cleaned between rotations.

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Meets

- A record should be kept of all individuals present at practices and competitions(contact tracing).
- Equipment should be cleaned between rotations.
- Depending on the Site of competition or Governor's orders- --- Spectators may or may not be able to attend.

WHEN and WHO needs to Quarantine ---

- Gymnast who was within 6 feet of a Covid positive/contagious person for 15 minutes or more over the course of a day.
- Siblings or persons who live in the same household as someone with COVID-19.
- People who had direct physical or intimate contact (e.g., kissing, hugging, other types of physical contact) with a person who is sick with COVID-19.
- People who provide care for a person who is sick with COVID-19 at home.
- People with direct exposure to respiratory droplets from a person contagious with COVID-19.
- **People who have traveled outside of Minnesota, other than crossing the border for work, study, medical care, or personal safety and security.**

HOW to Quarantine -

- Stay home for 14 days after the exposure ended.
- Do not come to practice or any other place outside the home
- Do not invite guests from outside your household into your home
- If symptoms develop, contact a health care provider and get tested for COVID-19.
- Get tested for COVID-19 five days or later after the exposure, even if you do not have symptoms. If test results are positive, follow recommendations on Information for Confirmed Cases and Contacts

LENGTH of Quarantine --

- 14 days after the COVID-19 exposure ended.
- 10 days IF ALL the following are True--
 - The person has NOT had symptoms of COVID-19 during the quarantine period.
 - The person does NOT live with someone who has COVID-19
 - The person does NOT live or work in a high-risk setting, including a long-term care or assisted living facility, correctional facility, shelter, or other congregate living facility.
 - A person in the home does NOT work in a healthcare facility
 - The person had a defined exposure, meaning a known exposure with a beginning and an end
 - For someone who is under quarantine after traveling outside of Minnesota for reasons other than crossing the border for work, study, medical care, or personal safety and security, the "exposure" period ends upon arrival back home.
- 7 days with a Negative Covid Test -- **if** the test occurred on day five after exposure or later.