

ASAA Return To Gymnastics Protocols as of 8/14/2020

Objective	This document is intended to provide guidance for schools to consider with their stakeholders in designing return-to-activity protocols in accordance with state and local restrictions and or recommendations.
Points of Emphasis	Schools should not allow meetings, practices, events or competitions to take place unless all protocols by coaches and advisors can be followed. Administrators must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home to decrease risk of viral transmission. These protocols are designed to work in conjunction with ASAA Practice and Event Protocols

Gymnastics	Low Risk As determined by school district	Intermediate Risk As determined by school district	High Risk As determined by school district
Facility	<p>Follow ASAA Return To Practice Protocols with special considerations of:</p> <ul style="list-style-type: none"> • Team Areas • Bleachers • Gymnastics Appartus/Equipment • Bathrooms/Portable Toilets • Locker rooms • PA Systems • Judging tables • Entry/Exit • Weight Training Facilities • Athletic Training Areas • Drinking Fountains 	<p>Follow ASAA Return To Practice Protocols with special considerations of the Low Risk designation.</p> <ul style="list-style-type: none"> • Locker rooms are not to be used (arrive appropriately attired and return home to shower) • Drinking Fountains are not to be used 	<p>All indoor and outdoor activities must follow ASAA return to practice Protocols.</p>
Equipment	<p>Follow ASAA Return To Practice Protocols with special considerations of:</p> <ul style="list-style-type: none"> • Remove common chalk bowls • Individual Equipment/Personal Items • Stretching Equipment • Grips, wristbands, tape, disinfectant wipes and braces included Inside personal gym bag • Water Bottles • Each team is responsible for its own towels, hand sanitizer and med kit • Any/all items that is held in the hands or makes contact with the body 	<p>Follow ASAA Return To Practice Protocols with special considerations of the Low Risk designation.</p> <ul style="list-style-type: none"> • Water Bottles – each participant should have their own, identifiable container • Each team is responsible for its own towels, hand sanitizer and med kit (no sharing allowed) 	<p>All indoor and outdoor activities must follow ASAA return to practice Protocols.</p>

Practices	<p>Screenings, face coverings and individual hygiene of all participants should be followed in accordance with ASAA return to practice protocols</p> <ul style="list-style-type: none"> • Maintain the recommended six feet of distancing between individuals • Limit group meetings • No sharing of equipment • Workouts should be conducted in “pods” of students with the same 5-10 always working together • Masks are not to be worn while participating on the equipment, but are recommended before and after practice and when moving to/from each apparatus for everyone (athletes and coaches) 	<p>Screenings, face coverings and individual hygiene of all participants should be followed in accordance with ASAA return to practice protocols as per the Low Risk designation:</p> <ul style="list-style-type: none"> • Masks are not to be worn while participating on the equipment, but are required before and after practice and when moving to/from each apparatus for everyone (athletes and coaches) 	All indoor and outdoor activities must follow ASAA return to practice Protocols.
Events	<p>All meets should be in accordance with ASAA Return To Event Protocols.</p> <ul style="list-style-type: none"> • No pre or post-meet handshakes or fist bumps • Everyone should wash/sanitize hands between rotations to different events • Coaches should not be restricted from spotting an athlete if necessary • A separate bathroom should be provided for Judges/Officials • All event workers should wear masks and gloves <p>ASAA Board of Directors has mandated that all NFHS Gymnastics Rules Considerations be followed.</p>	<p>All meets should be in accordance with ASAA Return To Event Protocols and low risk Gymnastics protocols.</p> <ul style="list-style-type: none"> • Everyone must wash/sanitize hands between rotations to different events • All event workers required to wear masks and gloves • Judges/Officials must come dress to officiate – a locker room will not be provided 	All meets are cancelled