

COVID-19 PROTOCOL

For Meet Director, All Coaches, Athletes & Spectators who will be attending AAU Gymnastics Meets:

In order to provide a safe environment for the gymnasts, coaches, staff and spectators, the following is a list of some of the precautions that will be taken during the competition:

1. All gymnasts, coaches, judges and spectators, must wear a facial covering upon entry into the gym. Only gymnasts may remove their facial coverings when general stretch begins. ALL OTHER PERSONS, INCLUDING COACHES, JUDGES AND SPECTATORS must keep face masks on during the competition and awards. I know that some gyms require face masks on coaches during training and others do not. We will have many different people from different gyms. I myself still actively coach and I wear a face mask while doing so. And I have survived it. It is impossible in our sport to maintain required distance from others, in fact in some instances, it could be detrimental to the physical safety of the gymnast. Therefore the wearing of a mask is a small price to pay to help ensure the well being of all of our athletes and our fellow professionals. If you have a severe medical condition that completely prevents you from wearing a mask, you must have a written physicians excuse to show the meet director. In other words, I expect everyone to comply with this important rule. I wish we didn't have to wear masks at all. But I think of it this way, if those wonderful medical workers who have to suit up in complete gowns, N95 masks that cut grooves in their faces, face shields, gloves and head coverings on a daily basis for 12-14 hour stretches, we can wear a soft, slightly uncomfortable face mask for a couple of hours. If you do not bring a face mask, the meet director will have disposable ones available for a \$2.00 purchase. I myself have quite a wardrobe of trendy masks that have become my fashion statement. In fact, we will have a contest at each session for the best "MASKED COACH" with a special prize for the winner at each session. (And we won't even make you sing!) Judges will be, well...the judges. (You can only win once, tho!)
2. Touch-free temperatures will be taken upon entering the building of every person. Those show a temp of 100.4 or higher, will wait a few minutes and have temp retaken. If the temp is still 100.4 or above, that person will be denied entry into the gym.
3. Hand sanitizer will be provided to everyone at entry of gym. There will be hand sanitizer stations set up at each event, along with a sanitizing product for the vault, bars and beam events that will be used on equipment Immediately after completion of the rotation and before the first gymnast in the next squad performs.
4. Each gymnast must bring a back pack that she carries with her to each event with the following item:
 - A. Bottled WATER only! Absolutely no Gatorade, kool-aid, soda or colored beverages. The meet will be held in a gymnastics training facility and spillage and resulting staining of carpeting will not be tolerated. Coaches must inspect gymnasts drinks to ensure there is nothing but water in back packs. Extra bottled water may be purchased from the gym.
 - B. A container/plastic ziplock bag with gymnasts personal block of chalk. There will be no community chalk available. The container/ bag must be marked with gymnasts name and be large enough so that a

gymnast can chalk hands and grips without making a mess on the floor. It must remain stored in the back pack until it's used then returned to backpack.

C. Gymnasts shoes worn into the gym should be slip on only and fit into her backpack. Shoes will be removed once gymnast moves onto the floor mat for General stretch. Gymnasts should maintain as much distance as allowable during stretch and competition.

D. We encourage support among the gymnasts; however, please use elbow bumps, secret touchless signals or just plain big smiles rather than personal contact among gymnasts and coaches.

E. Awards will be socially distanced and may be away from competitive area and may be held in groups. Each age group division will be given out so that that group may leave and provide more space for distancing. The meet director will announce the awards format before the ceremony starts.

F. As of this time, each gymnast is allowed one adult spectator with one child. However, each facility is different and if after the deadline when scheduling is completed, the meet director sees that there is room for any more spectators, he or she will be in contact with the clubs entered. Seating for spectators will be distanced and ALL SPECTATORS are required to wear face coverings AT ALL TIMES. If spectators do not have a mask, disposable ones will be available for purchase for \$2.00 each. Children under 2 are exempt from face masks. Parents who bring a non-gymnast child with them must ensure that the child stays seated and socially distanced from others.

G. If the facility has a separate entrance and exit door for coaches, gymnasts and spectators, they will be utilized. Those spectators waiting to enter the building should practice 6 feet of distance between each other while waiting.

These policies are what is practiced in most gyms during training and they work. Competitions can be successful and safe if everyone strictly adheres to these rules. If we all respect the health and safety of not only ourselves but of all others, especially our athletes, we can, in this terribly challenging time, still be able to experience what our gymnast's train so hard for....competition. It is my hope that your club will join in and be one of those who will set the stage for our season and be a source of encouragement to others by working together as the mighty Team Florida. With your support, our kids can have a wonderful, positive season. Different, yes-but even better than before because we found a road to go down that we've never been down before but it will certainly be the road to success.

The AAU National officers have traveled that same road to success just lately by hosting the 2020 Junior Olympic Games in Cocoa Beach, Florida and also a National AAU Volleyball invitational. Both required diligent planning and total cooperation between hosts and participants. Joe Gura, 2nd Vice President of the AAU, holds the sport of gymnastics near and dear to his heart as a long time competitor, gym owner, coach and judge. Joe has been one of Team Florida's most ardent supporters and has sent me a letter that he would like me to share with all of you. Please read it and see what success the National board has had with some of the sports that AAU encompasses. It is so very encouraging. And if those sports can do it, then gymnastics can achieve it too.