

2020 GIRLS GYMNASTICS CONSIDERATIONS

Revised July 22, 2020

KSHSAA RETURN TO SCHOOL ACTIVITIES – ACTIVITY SPECIFIC RISK MITIGATION STRATEGIES

With support of the NFHS, the KSHSAA Sports Medicine Committee and the KSHSAA Executive Board, we offer this document as guidance to the member schools of the KSHSAA to consider for the 2020 GYMNASTICS season. The considerations outlined are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate and reasonable protective equipment. With the considerations the KSHSAA believes these reasonable accommodations will help with risk mitigation for the upcoming GYMNASTICS season.

GENERAL CONSIDERATIONS:

- Screening (See General Guidelines).
- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Consider wearing a cloth facial covering for non-coaching staff, coaching staff, and student athletes.
 - Student athletes should consider wearing cloth facial covering while in the facility and when moving from each apparatus, but not while participating on the equipment as the mask could come off, move, or become a distraction and increase the risk of injury.
- Social distancing should be in practice while waiting for a turn on the apparatus or moving from one event to another. Communicate gym policies clearly to participants and parents.
- Everyone should wash and sanitize their hands before entering and leaving the gym and must wash/sanitize their hands between rotation to different events.

GYMNASTS:

- Consider making each student responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- See GYM BAG -P2-3-GYM

OFFICIALS/JUDGES:

- Bring personal hand sanitizer. Wash hands frequently.
- Don't share equipment.
- Follow social distancing guidelines.
- Space judges 3-6 feet apart at judging tables.
- Do not shake hands and follow pre and post meet ceremony guidelines established by state associations.
- Judges and meet personnel may wear face coverings.

COACHES, EVENT STAFF:

- Communicate your guidelines in a clear manner to students and parents.

- Athlete safety is paramount. Coaches should not be restricted from spotting an athlete if necessary, to protect the athlete from injury.
- Expectations regarding spotting or alternative teaching/coaching methods should be clearly communicated repeatedly during practice.
- Follow CDC guidelines regarding social distancing.
- Follow the CDC guidelines for cleaning and disinfecting the building.
- Coaches may wear gloves when adjusting equipment.

EQUIPMENT/FACILITY:

- Contact equipment manufacturers for specifics on proper cleaning protocols for their equipment. Continued use of disinfectant chemicals may reduce the life of the product. The application of disinfectant chemicals may have unintended results and place the gymnast at risk of injury.
- Remove common chalk bowls. Chalk bowls frequently become talking places for athletes. Gymnasts will need to provide their own chalk container.
- Equipment should be wiped down with a dry, clean towel between rotations. DO NOT apply a liquid or disinfecting agent. Towels should not be re-used.

PRACTICE:

- Consider conducting workouts in “pods” of same students always training and rotating together on apparatus in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

KSHSAA PROTOCOL /MODIFICATIONS:

- Limit the size of events to quads or less, if possible
- Opening March – maintain social distancing.
- Postseason Meet Awards - Will space gymnasts 6’ apart when presenting awards.
- Coach will give their gymnast their award.

END OF MATCH:

- In lieu of handshakes, please develop and utilize an appropriate sign of respect and sportsmanship that does not include handshake or other physical contact; suggestions include head nod, chest thump, salute, etc.

GYMNASTS BAG - SUPPLIES NEEDED FOR YOUR PERSONAL GYM BAG

1. A reusable **cloth facial coverings/mask** – The mask, must be worn when entering the building and anytime you leave the gym. Once you have entered the workout area, you can put your mask into a baggie inside your gym bag. However, you must abide by the at least 6’ apart rule at all times while in the workout area.
2. **Grips, wristbands** and any **braces** that are normally used during practices will stay in your gym bag.
3. Include a **travel size spray bottle** filled with water to spray your grips. Be sure to keep the spray bottle inside a **Ziploc bag** in case it leaks.
4. **Personal bottle of hand sanitizer** = less chance of possible cross contamination and less time standing around waiting to use a shared gym bottle – be sure to have this inside a **Ziploc bag**, in case it leaks. This will be used before each event and when exiting the building.
5. **Disinfectant wipes** for personal use to disinfect your feet – can be alcohol wipes. These will be used when entering, after each event and before exiting.
6. **1 ½” white athletic tape** and any other tape you normally use during practice.

7. **Fingernail clippers** – flat edge instead of round because they are for cutting rips
8. **Personal water bottles** for drinking– the water fountains will not be in use because of CDC guidelines. Bring two bottles if you think you will drink that much water. **CLEARLY MARK WITH NAME & DO NOT SHARE WITH OTHERS.**
9. Your shoes will also be stored in your gym bag, in a separate compartment or bag that is inside your gym bag. Preventing possible cross contamination with other items in the gym bag.
10. A **Gallon size freezer Ziploc bag** or plastic container big enough to get your hands into. Each gymnast will be given chalk for their personal use. There will not be any shared chalk buckets available in the gym.

Everything inside the gym bag must be disinfected after every practice/meet – before you return to the gym again. Be sure the disinfectant doesn't contain bleach - it could ruin your bag. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection; we don't want to take a chance of carrying any potential virus back and forth.

