

## **Gymnastics COVID-19 Protocol**

The main purpose of Lincoln International Academy is to guarantee that COVID-19 prevention measures are in place in order to keep gymnasts, coaches, and parents safe during training sessions to make sure they are effective and of high quality for our team.

Having said the above, it is important to mention that things will continue to be different this year and that great efforts are being made to train, have friendly meets and participate in official events as we follow the recommendations given by the Centers for Disease Control and Prevention (CDC), the American Association of Pediatrics (AAP), the International Gymnastics Federation (FIG) and the National Federation of High Schools (NFHS). All of these organizations agree that gymnastics is a low risk sport since it does not require physical contact by participants and can be done keeping a safe physical distance.

Next are procedures for gymnasts, coaches and parents for this returning phase to training.

### **Gymnasts**

- Stay home if not feeling well or have COVID-19 related symptoms.
- Follow the instructions given by teachers and coaches when changing to go to the training to make sure they are not in crowds or in situations that may put their health at risk.
- Return to school in their training outfit if they go home at the end of classes and follow the entrance health protocol at gate A
- Wait for training session to start in order. Students who are not training will not be allowed in the sports facilities.
- Wear a facemask all the time except for exercises which do not require them to do so, as long as there is a safe six-foot physical distance.
- Bring additional facemasks in case they need to change the one they are wearing.

- Bring at least two water bottles for each training session, properly labeled with their names.
- Not to drink directly from water fountains or sharing water bottles is not allowed.
- Place belongings at least six feet away from each other.
- Wash/Disinfect hands before and after using any of the apparatuses, other equipment, during breaks or at the end of the session.
- Place training equipment at the designated spot at least six feet away from each other.
- Wear facemasks during breaks, talks with coaches or team meetings
- Not to pick up equipment at the end of the training session.
- Remain at the safe distance of six feet as required.
- If in need of using restrooms, follow the no more than two people at a time rule
- Leave the school premises as soon as training session is over making sure all personal belongings are with them.
- Follow all COVID -19 indications given by the Athletics Department
- Follow all safety regulations established at gymnastics events. Violators will not be allowed to participate in the competition and may be removed from the team.
- Not to high five, shake hands or hug.

COVID-19 is a very serious disease. Student-athletes who joke about it and who do not respect the regulations in this protocol will be removed from the team immediately.

If a gymnast is sick during training, he/she will be removed from the area and will be sent to the COVID-19 room in the LIA clinic.

These procedures will be updated as needed throughout the sports season.

- **Procedures for Coaches**

- Be at school 30 minutes before the beginning of the training session to be ready to receive student-athletes at their area of training. They must check at Gate A and follow the access to campus health protocol
- Make sure student-athletes wash their hands frequently throughout the session using the pedal sink, soap, paper towel, and alcohol dispensers.
- Sanitize training equipment before and after each training session using the appropriate disinfectant,
- Hold all activities such as training sessions, meetings, talks, etc., outdoors.
- Wear face-masks all the time and keep a safe six-foot-distance from gymnasts and other coaches.
- Each coach is assigned a maximum of 10 gymnasts to work with.
- Follow all health protocols established for competitions in and out of school.
- Check with gymnasts if they have had a fever in the past 24 hours or if anyone in their household has had any COVID-19 related symptoms.
- Check that gymnasts have two water bottles for the training session, properly labeled with their names.
- Place cone markers in the training area at a safe six-foot- distance each. One gymnast per cone marker is allowed.
- Not to hug, shake hands or high five gymnasts. Acknowledgements for a good job must be done verbally or by applauding.
- Avoid touching the training equipment as much as possible.
- Make sure gymnasts do not collect training equipment at the end of session.
- Make sure gymnasts have all their belongings with them at the end of the training session.
- Take gymnasts to the pick-up area making sure they keep physical distance and leave right away.



### **Procedures for Parents**

- Check their children body temperature on a daily basis before they come to school.
- No to bring their children to school or training if they are sick and inform the school about it.
- Make sure their children bring two bottles of water properly labeled with their names for each training session.
- Pick up their children at the designated time since social gatherings are not allowed.
- Be patient as they wait for their children to be delivered to them. Parents are not allowed into the sports facilities. They must remain in their vehicles all the time.
- Make sure their children get cleaned up/shower once they get home.

The school does all in its reach to guarantee that the best prevention and safety conditions are in place at our facilities. Therefore, and because of COVID-19, we urge parents, coaches and student-athletes to agree with the procedures in this health protocol by sending an email to the school or they will not be allowed to participate in our after school activities.

Sincerely,  
Athletics Department