

NAIGC Sanctioned Events Guidelines (COVID-19)

The National Association of Intercollegiate Gymnastics Clubs (NAIGC) is not sanctioning or encouraging in-person competitions at this time due to the COVID-19 pandemic. NAIGC will continue to monitor circumstances surrounding national and state COVID-19 cases to determine an appropriate timeline at which sanctioned competitions could be safely hosted with adherence to state and federal guidance. When this determination is made, an announcement will be made to our membership, and the guidelines and documentation contained within this document will govern decision making processes when reviewing sanction applications for approval. This information is being provided to allow future meet hosts to consider necessary planning and requirements necessary to mitigate risk and maximize safety for all participants prior to moving forward with executing a competition. NAIGC does not condone the hosting of any in-person gymnastics competitions at this time.

Due to the dynamic nature of the impact of and response to the pandemic, these guidelines are subject to change at any time. Please note that this is not a comprehensive list, and any future meet host must first and foremost follow the rules and regulations in their local area, per state and local guidelines. Moreover, the NAIGC cannot offer public health or legal guidance specific to any particular location. Please refer to any federal, state, and local directives and guidance that apply when determining whether to host competitions during the ongoing COVID-19 pandemic.

Pre-meet Documentation

The NAIGC requires all clubs interested in hosting a sanctioned event to complete a **Verification Document** along with their initial sanction request. This document must be signed by the school club sports office and by gymnastics club officers. The Verification Document will ascertain a host's acknowledgement of risk and verify adherence to all school as well as **State and local** policies. Clubs not affiliated with a school must adhere to the guidelines of the facility they are using in addition to any state and local guidelines.

Sanctioned Event Guidelines

To be considered for a sanction, potential hosts must follow these guidelines:

- All Liability Waivers which will include COVID-19 specific language must be signed by all participants before attending any sanctioned event.
- If any participant has a fever, is demonstrating *any* other signs or symptoms of COVID-19 (outlined in the latest CDC guidance here <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>), or believes they have been in close contact with an individual who tested positive for COVID-19 or demonstrated symptoms of COVID-19 in the past 14 days, they should inform their coaches and teammates and refrain from attending.



- All participants must have their temperature checked before entering the event facility. (If your gym does not have access to a **no-contact** thermometer, please email events@naigc.org). Any individual with a temperature above 100.4 degrees Fahrenheit or exhibiting any other signs of illness should not be admitted.
- All individuals in the facility must maintain 6-ft distancing at all times.
 - Only one person may chalk up at a given chalk station at a time.
- All individuals in the facility must wear a [mask](#) at all times when not actively engaged in gymnastics. Please make sure your mask fully covers your nose and mouth.
 - Non-competitors (coaches, athletic trainers, and judges) **MUST** wear masks at all times
 - Competitors that need to remove their mask for competition or other safety reasons must maintain 12 ft social distancing when doing so.
 - If coaches **NEED** to spot a gymnast for safety reasons, we ask that the coach wears a mask and sanitizes their hands before **AND** after assisting the gymnast. Coaches may only spot gymnasts on their own team to avoid cross contamination.
- Please utilize mats, blocks or other cleanable equipment when possible to reach high bar and rings instead of having another individual assist with a mount.
- Sanctioned events should not include spectators or offer refreshments (food and drinks); and participants should not share water or utilize water fountains.
- All participants must wash their hands frequently including before and after each event.
 - Participants must maintain 6ft social distancing while washing hands, and may use hand sanitizer if hand washing station is not readily available.
- The meet host must wipe down equipment when possible after each rotation.
 - Meet hosts should also group rotations by schools/clubs rather than by levels, in order to avoid cross contamination.
- Please follow all CDC recommendations for safe travel to or from high risk states and counties.
- Gyms must utilize appropriate ventilation procedures when possible, including but not limited to:
 - Leaving doors and windows open.
 - Only using fans that introduce **outdoor** air into competition space - i.e. forced air systems or window units
 - Avoid the use of recirculated air, and use 100% outdoor air ventilation whenever possible

Other Safety Considerations

- Please be cognizant of reduced training time and do not throw or attempt any skills you cannot safely and confidently perform.
- Please do not attempt to compete if you have not been able to practice in the last several months.
- When returning to practice, please review the NAIGC [Return to Play Guidelines](#)