



2020-21 Gymnastic Considerations

NHIAA Gymnastics Committee Adopted for 2020-21 Season

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Gymnastic Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

Return to Competition

General Considerations:

- Communicate gym policies clearly to all entering the facility.
- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Contact equipment manufacturers for specifics on proper cleaning protocols for their equipment. 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. Athletes should provide their own chalk.
- A cloth facial covering should be worn by non-coaching staff, coaching staff and officials at all times.
- Student athletes should wear a 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.
- Everyone ~~should~~ must wash and sanitize their hands before entering and leaving the gym and at the completion of each event.

Considerations for Coaches:

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

- Consider conducting workouts in training groups of same students always training and rotating together on apparatus in practice.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Athlete safety is paramount and 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.

Considerations for Students:

- Students are responsible for their own supplies.
- Students should wear their own appropriate workout clothing and bring their own towels and personal equipment (do not share clothing). 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.

Considerations for Judges:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines.
- Space judges 6 feet apart at judging tables.
- Do not shake hands and follow pre and post meet ceremony guidelines established by state associations.
- Limit the number of touches on a scoresheet.