



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

IHSA 2020-21 GIRLS GYMNASTICS CONSIDERATIONS

This document is intended to provide guidance for schools conducting practices and competitions during the 2020-2021 IHSA Girls Gymnastics season. The guidelines explained in this document are intended to decrease potential exposure to respiratory droplets and potential for illness through safe practices such as social distancing, proper hygiene, and appropriate protective equipment. This is not an exhaustive list, and school officials may take additional measures based on requirements set forth by their school district and/or local health officials. Please understand that even with this guidance, there is still risk of transmitting illness at events such as gymnastics practices and competitions. Additionally, with the changing nature of the circumstances surrounding the COVID-19 pandemic, these guidelines may change.

Modified Season:

- On July 29, the IHSA Board of Directors modified the IHSA Girls Gymnastics season along with all other sport seasons in response to the circumstances surrounding the ongoing COVID-19 pandemic. The modified competitive girls' gymnastics season is as follows:
 - **November 16 – Girls Gymnastics Tryouts May Take Place and Practice May Begin**
 - **November 30 – First Contest May be Held**
 - **February 13 – End of Season (with or without a State Series)**
- Currently, State Series events are *To Be Determined*. The IHSA will make every effort to conduct some form of State Series event and will announce decisions related to this as they become available.
- It is recommended to keep February 1-4 as open dates on your schedules for the purpose of a potential date for some form of State Series event.
- Girls Gymnastics Teams still must follow IHSA By-law 3.054 Participation Limitations and are required to engage in at least six (6) dates to participate in a team competition in Association- sponsored meets. If a team will not meet the requirement of (6) dates they will need to appeal to IHSA Craig Anderson (canderson@ihsa.org) for an exemption.



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In- Person Requirements and Considerations for Contest Hosts

- All guidelines of IHSA Return to Play Phase 4 must be adhered.
- **Competition Capacity** – Gymnasts, coaches, judges, competition personnel, and media are restricted to a combined total of 50 people inside of a (i.e. gymnasiums, field houses, all-purpose rooms).
- **Pre-contest Meeting**
 - Consider using methods to keep coaches socially distanced during coaches' meetings.
 - Electronic or virtual meetings are encouraged when possible even a day before the competition.
 - Face coverings for all officials and coaches are required at pre-meet coaches' meetings.
- **Spectators** – If competition hosts allow spectators, they must always wear masks and maintain 6-foot social distancing throughout the entire event as outlined above and in the IHSA Return to Play Phase 4 Guidelines and IDPH guidance and are counted as part of the 50 individuals throughout the entire event as outlined above and in the IHSA Return to Play Phase 4 Guidelines and IDPH guidance. NOTE: Some sites may not permit spectators.
- **Warm-up Spaces** – For meets auxiliary spaces (i.e. gymnasiums, field houses, all-purpose rooms, etc.) can be used as holding areas for gymnasts, meet personnel, spectators, etc. as long as all auxiliary spaces allow for social distancing and are kept at 50 people or less. Remove chalk bowls from common areas, athletes are required to supply their own.
- **Competition Gym**- Gymnasts, coaches, competition personnel, and media for a combined total of 50 people. Remove chalk bowls from common areas, athletes are required to supply their own.
- **Timers**- Can be gymnasts not competing on an event to reduce the number of people in a space.
- **Invited Team(s)**- Per IDPH guidelines, competition is limited to intra-conference or intra-EMS-region (See IDPH COVID EMS-Region Map link below in resources). Small events make it easier to space those in attendance to the appropriate social distancing. Small events must adhere to the event capacity guidelines outlined in IHSA Return to Play Phase 4.
- **Locker Rooms**- Should be used as little as possible. Gymnastics should wear competition attire to competitions to limit use of locker rooms.
- **Awards**-



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- Avoid meet protocols that cause coaches, participants, and spectators to congregate closely together (results boards, awards ceremonies, water stations, chalk bowls, etc.).
 - Consider using an online platform for results and awards announcements.
 - Ask athletes to bring their own water and have their own plan for retrieving their water after competition.
- **Transportation** - For transportation to and from extracurricular events, schools may adhere to the same guidance provided by ISBE regarding transporting students to and from school.
- **Sanitation:** Have sanitation materials (disinfecting wipes, sprays, hand sanitizer, etc.) in prime locations. **Follow manufacture protocol to disinfect apparatuses. (See resource links below)**

Virtual Requirements and Considerations for Contest Hosts

- Must be judged by IHSAA licensed Officials
- Must use IHSAA specific scoresheet
(<https://www.ihsa.org/documents/gyg/GYG%20Scoresheets.pdf>)
- Virtual contests count towards IHSAA By-law 5.232
- Contact Tracie Henry (thenry@ihsa.org) if you are looking for a virtual platform.

Requirements and Considerations for Coaches:

- **Face coverings are always required.**
- Communicate practice and all competition guidelines in a clear manner to student participants and their parents.
- Consider conducting workouts in “pods” of same students always training and rotating together on apparatus
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Always have a plan to maintain social distancing amongst your team and coaching staff.
- 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.
- Require athletes to arrive at the competition venue already in competitive attire. If locker rooms must be used, ensure athletes can maintain social distancing.



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- It is recommended to always have sanitation materials available (i.e. hand sanitizer, disinfecting wipes, etc.) for the team and coaching staff.
- Educate your student athletes on proper hand washing and sanitation.
- Coaches should wear face coverings at all practices and meets.
- Follow CDC and IHDP guidelines regarding social distancing.
- Follow the CDC and IDPH guidelines for cleaning and disinfecting the building.
- **Follow manufacture protocol to disinfect apparatuses. (See resource links below)**

Requirements and Consideration for Officials/Judges:

- **Communicate the format and protocols in the officials' contracts.**
- **Face coverings are always required.**
- **Officials should be spaced 6ft apart.**
- Bring personal hand sanitizer and wash your hands frequently.
- Do not share equipment.
- Follow social distancing guidelines
 - Communication with coaches, participants, invitational managers, or other judges must be done at the appropriate social distance.
- Refrain from shaking hands, hugs, fist bumps, etc.

Requirements and Considerations for Student Athletes:

- **Gymnasts are required to wear face coverings while in the facility and when moving from each apparatus, but not while participating on the equipment.**
 - Any mask modification requests, due to a documented medical condition, must come through an Accommodation Request through the IHSA School Center.
- Student athletes should be responsible for their own supplies such as a water bottle.
- Students should wear their own appropriate practice clothing and not share clothing or costumes with anyone. All equipment and attire should be washed immediately upon returning home.
- No hugging, shaking hands, or fist bumps for support/encouragement.
- Hand washing and the use of hand sanitizer should be frequent at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Athletes must supply their own personal chalk bag/bin.

Requirements and Considerations for Parents:



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- Make sure your gymnast and immediate household members are free from illness before participating in practice and competition (if there is any doubt, stay home).
- Provide personal items for your gymnast and clearly label them.
 - Gym bag, water bottle, grips, tapes, pre-wrap, wrist guards, personal chalk bag etc. (See NFHS gym bag document linked below in resources)
 - Individual chalk bags, plastic bins, buckets or other storage containers should be used and stored in the athlete's gym bag.
- Help make sure that your gymnast is washing/cleaning clothing and personal items after each use.

Eating and drinking:

- Ensure 6- ft distance whenever athletes are eating or drinking.
- Replace face coverings immediately after eating or drinking.

Questions:

- Questions may be addressed to IHSA Gymnastics Administrator, Tracie Henry (thenry@ihsa.org).

Resources:

IHSA Return to Activities 2.0 -

<https://www.ihsa.org/documents/CovidGuidelines/Return%20to%20Activities%202.0.pdf>

IDPH Sport Safety Guidance - <http://dph.illinois.gov/covid19/community-guidance/sports-safety-guidance>

IDPH COVID-19 EMS-Regions Map -

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:37ae0de3-609b-4853-8622-b3b9c6d41781>

USA Gymnastics Cleaning Guide-

https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/aai_cleaning.pdf

Spieth Equipment- https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/spieth_cleaning.pdf

AAI Equipment-

- a. Cleaning tips:
https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/aai_cleaning.pdf
- b. Vinyl Mats and shapes:
https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/aai_vinyl.pdf



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c. Suede Beams and Vaults :

https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/aai_suede.pdf

Gymnastics Gym Bag- <https://www.ihsa.org/documents/gyg/NFHS%20Gym%20Bag.pdf>