

# COVID MEET PROCEDURES



POWERHOUSE GYMNASTICS TRAINING CENTER

8/26/2020

## What to do at the competition

A lot of individuals have been wondering how competitions will be different during this compulsory season. Listed below are the policies that the competition will adhere to in order to provide a facility that is both safe and healthy for all participants. Please adhere to all the rules so that all athletes are able to enjoy the competition. We appreciate your patience and look forward to when we can resume normal competitive procedures again.

### Arrival at Powerhouse Gymnastics Training Center

- Upon arrival, all athletes, coaches, judges, meet workers and spectators will need to pass a temperature check at the check-in table
- All individuals will need to apply hand sanitizer after passing a temperature check
- After passing the temperature check and applying hand sanitizer, parents may proceed to the seating area, and athletes can go to their designated warm up areas.
- A maximum of 2 spectators per athlete will be enforced at the door for a maximum of 80 spectators per session. If there are additional spectator spots available once all athletes arrive, individuals may use those spots on a first come first served basis.

### Parents Seating

- Parents will be able to sit either upstairs or downstairs. Chairs will be spaced apart for social distancing. The bleachers will have designated areas for seating. Please remain in your seats as much as possible.
- Throughout the competition, you are free to visit the bathroom and snack bar, but you must adhere to social distancing and you must wear a mask at all times.
- When consuming snacks and drinks, remain socially distant (6ft+) from those around you. Replace mask immediately when not eating or drinking.

### Warm Ups

- After an athlete passes the temperature check and applies hand sanitizer, she may go to her team's designated warm up area. There will be a sign posted with the gym name to indicate where each team will warm up.
- Athletes will wear a mask until open stretch begins
- When open stretch begins, teams will remain in their area for stretching, including the warm up jogging. All teams will need to remain separate throughout this time.

### Competition

- Unless the athlete is in line to warm up, actively competing, or on deck to compete, she will be wearing a mask.
- Before each event, each athlete, coach, and meet worker will apply hand sanitizer prior to touching the apparatus.
- Each team will need to wait until 'rotate' is called before rotating to the next event.
- Coaches and meet workers will wear a mask throughout their entire time in the facility.
- Judges will have a 'buffer' zone indicated by a taped boundary on the floor. Coaches/gymnasts should not enter this area. All inquiries will be handled by the meet director/meet referee.

# Procedures cont.

## Awards

- At the conclusion of the competition, athletes and coaches should return to their designated warm up area.
- Achievement athletes will receive their awards as per normal. Placement athletes will be called to the award stand by their All Around ranking. They will receive their All Around and individual event awards and recognition at the same time.
- Teams award winners will be recognized once all athletes in their level have completed competition. Each team may send one representative to receive the team award.

## Leaving the facility

- At the conclusion of the meet, all spectators and athletes will leave through the side door into the parking lot.
- Individuals should maintain social distancing when exiting, and avoid congregating in groups.

**Powerhouse TNT Gymnastics**  
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Visit us on the web at  
[powerhousetntgymnastics.com](http://powerhousetntgymnastics.com)

**We look forward to seeing you here!**