

2021 Gravitational Invitational Safety Guidelines

Hi Coaches, Parents and Judges,

Welcome to the 2021 Gravitational Invitational. We are glad you will be joining us this year. Things may look a little different, but we are going to work hard to bring you a great meet! At G-Force, we will be following all of our normal Social Distancing Guidelines

(https://docs.google.com/presentation/d/1OwtUc6-zUrPqv2kgv_wBVhlwhrFirkxfCgdggjTb5v4/edit#slide=id.p) as well as some additional competition precautions.

Here are some things you should know before coming to the meet.

- 1) We will be hosting very small sessions, averaging under 40 athletes per session. This will not only limit the number of people inside the gym, but also allow for very short and fast sessions.
- 2) We will allow 1 supporter per gymnast in the session. The admission will be \$20 per session.
 - a) Any spectator wanting admission to the meet must use the QR code and fill out the Contact Tracing Questionnaire NO MORE THAN 1 DAY PRIOR TO THE MEET. No admittance will be permitted without a Contact Tracing done within 24 hours of the Session Start Time. This QR code will also be posted outside the building and is on our website at www.gforcegymnastics.com on the Gravitational Invitational Page



- 3) We will be limiting the number of coaches per session.
- 4) Each person in the building must wear a mask at all times. Athletes will be required to keep their mask on for the entirety of the session with the exception of the time that they are competing routines.
- 5) Every person entering our building will be required to have their temperature taken, then must wash their hands or use hand sanitizer prior to entering the gym floor or seating area. Please remind families that if themselves, their athletes, or anyone they have been in contact with is feeling sick, please DO NOT BRING THEIR ATHLETE TO THE MEET! We are also strictly following the NM Travel restrictions. If a family has traveled prior to competition, they MUST self isolate for 14 days and MUST NOT come to the competition.
- 6) There will be a volunteer assigned to each event who will be responsible for cleaning the equipment between rotations.
- 7) Athletes will be required to use hand sanitizer between rotations.
- 8) Judges will be placed further away from the events than normal. Athletes will not present to the judges prior to the event as a group.
- 9) Athletes will not have a march in, they will salute at their events.
- 10) Athletes will have seating at each event in the effort to separate athletes on the floor.
- 11) Every effort will be made to keep teams in separate rotations (this may not always be possible due to levels and numbers, but we will make this a priority when possible).
- 12) No concession will be served. Bottled water will be available for \$2.00 per bottle.
- 13) Judge and coach hospitality will be kept to a minimum. All foods will be individually wrapped and served (wrapped breakfast burritos, box lunches, bagged chips or cookies, etc).

- 14) Spectator seating will be done by gym in sections. Each chair will be distanced and groups will be distanced from each other. Each will have enough chairs for 1 supporter per athlete in their section. For example, if G-Force has 6 athletes in the session, there will be 6 chairs in the G-Force section. These will be separated from the chairs designated for other gyms.
- 15) Each event, and all seating areas will be sanitized between sessions. The lobby, restrooms and high touch surfaces will be sanitized throughout the session.
- 16) Athletes are asked to bring their own equipment in order to reduce the amount of sharing and touching of surfaces. Please ensure that your athletes bring their own block of chalk and a ziplock baggie to keep it in. If necessary, we will have chalk available for purchase at the gym. Chalk blocks can be purchased for \$4.00.
- 17) Please ensure that your athletes bring their own water bottle. Drinking fountains will be taped off and not available for use. Water bottle filling stations are available at the front and the back of the gym for athlete, coach, parent or judge use.
- 18) Although we love our former athletes and we know they love cheering on our current athletes, no athlete that is not registered in the session will be allowed entrance to the meet. This includes injured or "scratched" athletes from any team.
- 19) A soft landing will be used for Optional Level 8-10 vault. This will be solid matting over our pit area in the attempts to keep our Optional Level Athletes safe at this first meet.
- 20) Awards will be done at the completion of the meet. Gymnasts will have designated corners on the floor by team that they must remain in during the awards ceremony.

G-Force is committed to the athletes of New Mexico. We know that the girls have worked extremely hard and overcome many obstacles throughout the year and we want them to be able to show. Overall, we are doing our best to ensure that NM gymnasts have a safe place to compete this season. Realize that we have all faced many challenges and are working to accommodate as much as possible. Please be patient and understanding with us as we work to re-create what a competition will look like under these circumstances. We want to take all precautions to ensure that our gymnasts, coaches, parents and family members are safe during this time. Please help us by following the guidelines set forth by our state and by our gym in order to make this happen.