

Participants attending competitions should be considering the following protocols. If the local health unit’s requirements differ from below, make sure to take that into consideration when planning to attend a competition. “Participants” refer to coaches, athletes and spectators.

Areas	Recommendations
Participant Awareness	<ul style="list-style-type: none"> • Prior to coming to the competition, all attendees should use the self-assessment tool. • Anyone feeling unwell MUST STAY HOME. • Participants and their families may not enter the facility if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days. • A maximum of one spectator per gymnast will be allowed inside the facility who should remain physically distant. Athletes and spectators will be required to check-in upon arrival to the competition. • Athletes are not permitted to share personal training equipment (e.g. chalk, rhythmic apparatus, grips, slippers, wrist bands, wrist supports, ankle braces, tape, etc.). The host club will not provide personal equipment. • Athletes and coaches must bring a small gym bag to keep all personal items inside when not in use during the competition. • Athletes should arrive at the competition in their competitive attire. • There will not be any public water fountains in the gym that athletes or spectators can drink directly from. All participants and spectators must bring their own water bottle and there will be no sharing. If water filling stations are provided individuals must wash their hands before and after use. • Self-serve vending machines and/or food sales may be removed from the facility so participants and spectators should be prepared to bring their own food. • All participants and spectators should maintain physical distancing. • Once competition is over all participants and spectators need to leave the facility immediately, no lingering around, chatting or grouping for pictures will be permitted. • Participants and spectators must only attend the session they are scheduled for. • No awards ceremonies will be held at the competition. Awards will be picked up by the coach after each session or competition.

Additional COVID-19 Resources:

[COVID-19 Reference Document for Symptoms \(Government of Ontario\)](#)

[COVID-19 Self Assessment \(Government of Ontario\)](#)

[How to Wash Your Hands \(Public Health Ontario\)](#)

[Face Coverings and Face Masks \(Government of Ontario\)](#)