

WELCOME to the Region 7 Level 9/10 Regional Championships

On behalf of Region 7, Dynamats Gymnastics and The Miller Center, we would like to welcome you to the 2021 Region 7 Level 9 and 10 Regional Championships.

We have a lot of updates and information for you, and we ask that you read through this entire document and to continually check our Region 7 website for the most up to date information at:

<https://www.region7usagym.com/meets>

Before we begin, we would like to share our goals for this competition with you - in the hopes you will help us to follow through with them as we do our best to give the athletes the best chance for success.

Our goals are:

- To provide the safest environment possible as we created a pathway for the athletes to qualify to their national level competitions. This includes: COVID related safety, as well as all “normal” safety measures.
- To create as even a playing field as possible for everyone as they attempt to qualify to Easterns/Nationals, while also attempting to mirror the national level competitions as safely and best we can.

MASK MANDATE:

USA Gymnastics has issued a mask mandate for all State/Regional competitions. Please review this document on the Region 7 website at: <https://www.region7usagym.com/meets>

Region 7 will also follow all guidelines set in place by the venue, The Miller Center for Recreation and Wellness. Please make yourself aware of these COVID protocols of the venue attached at the end of this document.

Cleaning/Sanitation Considerations:

- We will follow the CDC guidelines for proper cleaning and disinfecting to include:
 - Ensure all equipment is properly disinfected wherever possible.
 - NO CHALK bowls, water bottles, scrapers, etc. provided. Please bring your own!
 - Cleaning and disinfecting frequently touched surfaces within the venue.
 - Spectator areas will be disinfected after each session.
 - Gymnasts, coaches, judges, volunteers and spectators should bring their own hand sanitizer.

Social Distancing Considerations:

- Masking is required for all in attendance.
- 6' social distancing will be monitored; however, we ask that each person entering the facility do their part to adhere to the 6' social distancing requirement.
- There are 2 viewing areas within the facility. A mezzanine and a floor level section. Please space yourself 6' apart from non-family members between the 2 viewing areas at all times.

GENERAL INFORMATION:

Check in time: Refer to the schedule for details on all start times.

<https://www.region7usagym.com/meets>

Gymnasts and Coaches ONLY: 20min. before scheduled open stretch.

Spectators: 2/gymnast*: At scheduled start of Open Stretch of your session**
Please wait outside or in your car until this time.

*We are now allowing for 2 spectators PER ATHLETE. You will be asked to sign in at admissions notifying us which athlete you are there to watch. No exceptions.

**For Example: Session 1 athletes/coaches: Check in is at 7:40am for an 8:00am Open Stretch.

Session 1 spectators: Admission begins at 8:00am – ne exceptions.

Entrance/Exit:

- Please review the venue map attached to this document for specific directions as to where to enter and exit the building. Please note: Gymnast drop off and spectator entry are at the opposite end of the building than the exit.
- Entrance begins with gymnasts and coaches. No spectators will be admitted until the time listed on the schedule for the start of open stretch of that session. Please wait outside or in your car until the appropriate time for your admission.
- Gymnast, coaches, volunteers, and event staff will receive a credential for entry. Temperatures will be taken, and a wellness assessment screening will be completed. Masking is required. NO EXCEPTIONS.
- Once in the venue, we ask that you do your part in being personally accountable for following the 6' social distancing.
- Please plan to bring your own hand sanitizer.
- All athletes, coaches and spectators will exit the facility at the completion of every session for cleaning. NO EXCEPTIONS.

ADDITIONAL INFORMATION & PROTOCOLS:

Gymnasts Protocol:

- Arrive NO MORE than 20 minutes prior to your scheduled Open Stretch time. If you are early, please wait outside or in your car until the accurate time.
- USA Gymnastics has issued a mask mandate for all sanctioned State and Regional events. Unless on an apparatus during warm-up or competition, gymnasts are required to wear a mask.
- Gymnasts will receive admission into their competitive session **ONLY**.
- Each gymnast will have their temperature taken and asked the wellness assessment questions. If a gymnast answers yes to any of the questions they will not be allowed entry into the competition area.

- Gymnasts are responsible for bringing their own hand sanitizer and we ask they sanitize their hands at entry, before and after each rotation, after use of the restrooms or when leaving the competition area for any other reason.
- Gymnasts will be required to bring their own drinking water, spray bottle and personal chalk in a secured container.

Event Staff Protocol:

- USA Gymnastics has issued a mask mandate for all sanctioned State and Regional events. Judges, volunteers, event staff, venue staff and meet officers are required to wear a mask.
- Please bring your own hand sanitizer.
- Temperature check and wellness assessment questionnaire will be conducted.

Admission Protocol:

Spectators:

- Admission to each session will be at the scheduled start time of Open Stretch of that session. (Please refer to the schedule for the specific time of your athlete).
- Cost of admission is \$10.00/spectator.
- **Each athlete will be permitted 2 spectators.** You will be required to check in at admissions and confirm which athlete you are there to watch.
- A virtual viewing option, professionally produced through Datman Productions, will also be available at the cost of \$10.00 per session. Please look for that information on the Region 7 website soon.
- Each spectator will have their temperature taken and asked the wellness assessment questions. If a spectator answers yes to any of the questions they will not be allowed entry into the spectator area.
- USA Gymnastics has issued a mask mandate for all sanctioned State and Regional events. All spectators are required to wear a mask. NO EXCEPTIONS.
- If you are unable to wear a mask, you will not be granted access into the venue. Please plan to use our virtual viewing option instead. Details for the virtual access will be on the Region 7 website soon.
- Please bring your own hand sanitizer.
- Concessions will be available and when possible, consumed in the outdoor eating area.
- It is your responsibility to maintain your own 6' of social distancing throughout the competition. Seating is available on the mezzanine level and at the competition floor level on bleachers. Please help us by remaining 6' apart from anyone not in your family while observing the competition.
- Awards are at the back of the building on the soccer field. This space is sectioned off by a large net. **We ask that only 1 spectator per athlete come inside the net area during awards.** Additional spectators should still be able to see into the awards area from the mezzanine and from just outside the netting.

Coaches:

- Coaches should report to the coach check in area and initial the USA Gymnastics coach sign in form to receive their credential or pass for each session.
- Coaches must check in FOR EACH SESSION. Each coach will have their temperature taken and asked the wellness assessment questions. Should a coach answer yes to any of the questions, they will be denied entry into the competition area.
- **Each club will have up to 2 full credentials, and as many additional coach's passes as you need.** Please note: We will only be allowing 2 coaches per club in the field of play at a time. Any coaches above the 2 per club in the field of play, will be asked to wait in the designated corral/waiting area until you switch out credentials for them to enter the field of play. If you have any questions regarding this procedure, please feel free to email me at JBortz7rac@gmail.com. We will go over this at the coaches meeting as well.
- Coaches must abide by the mask mandate. Please note: If the mask mandate is not followed, we risk losing our sanction. If we lose our sanction, none of the athletes would be eligible to qualify to their national competition. This is also a requirement for using the Miller Center, and we would like to maintain a great relationship with them for the future...so please wear your mask and wear it properly.
- Please bring your own hand sanitizer.
- All coaches must EXIT the facility between each session. (sorry)
- Open stretch will be on the floor. Please plan for warm-ups and consider whether you would be able to pull your athletes off the floor and onto other equipment for the initial run/stretch to allow for additional social distancing. We are going to need to work together during the time in which everyone likes to do basic tumbling.
- **Please note: At LEVEL 9 Only – the Open stretch is only 20 minutes** to accommodate cleaning between sessions. Please plan accordingly. Also, be prepared to attend a coach's meetings almost immediately after the start of the open stretch.
- **Coach's hospitality on the competition floor will be limited to bottled beverages and light snacks. However, each coach's credential/pass will also be a voucher for food at the concession stand.** Please note: each credential/pass is only valid for during or directly after the session it is assigned. As you exit the venue between sessions, make sure you stop by the concessions to use your credential/pass as a voucher. IF YOU REQUIRE SPECIAL DIETARY NEEDS, PLEASE PLAN ACCORDINGLY.
- *****IMPORTANT: ENTRY FEES TO EASTERNS/NATIONALS*****
 - **When your athlete(s) qualify to Easterns or DP National's please plan ahead to have a club check with you to pay for this year's entry fee to the Eastern/National meets.** This is different than in the past few years so please pay attention!
 - **Level 9 Easterns entry fee: \$135.00/athlete**
 - **Level 10 DP Nationals entry fee: \$150.00/athlete**
 - **One check per level – payable to "Region 7" with the name of the competition in the memo line.**
 - We will go over the procedures for entry during each Coach's meeting.