



## Recommendations for a Competition during COVID Pandemic

### CDC General Guidelines:

- **Vaccinate** If 12 years of age or older consider vaccination
  - **Wash hands** Soap or Sanitizer with at least 60% alcohol
  - **Wear masks** Masks should be worn full time (optional during exercise for athlete)
  - **Social distancing** Stay 6 feet away from those that aren't in your family
  - **Quarantine** **-Stay at home if you have symptoms regardless of vaccinated or not**  
**-NOT vaccinated: Stay at home if you are exposed to someone with COVID**
  - **Test** **-If vaccinated and exposed, continue practice in a mask (as long as no symptoms)-test at day 3**  
**-If not vaccinated and exposed, quarantine and test at day 5 or after, return to practice after day 7 if negative and no symptoms**  
**-If you have symptoms get tested regardless of vaccinated or not**  
  
**-POSITIVE tests should remain quarantined for at least 10 days, and return when no fever and improving symptoms regardless of vaccinated or not, clearance from a doctor that it is safe to exercise is recommended**
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### wellbodyKC Recommendations

#### Before Competition:

- Is the facility large enough to allow spectators to be 6 feet away from others?
- Is there a way to allow New Session to enter at a different entrance than the previous session leaving?
- Do bathrooms, vendor tables, and walkways allow for social distancing and have hand sanitizer available?
- Would a Health Status Form be helpful to educate those attending (and who shouldn't attend) as well as ensure all know the expectations for the event
  - SEE HEALTH STATUS FORM

#### During Competition:

- Consider "pods" to keep athletes in smaller groups (8-10) without intermingling other pods during event
  - If an athlete gets a positive COVID result after the competition- only the "pod" that the athlete was in needs to be contacted for contact tracing rather than the entire session
  - Consider documenting "pod" for later use
  - SEE POD AND TRACER LOG FORMS
- Hand sanitizer at every table
- Wear masks full time (optional for athletes during exercise)
- Coaches to use hand sanitizer between athlete contact/spotting



## Recommendations for a Competition during COVID Pandemic

### For Spectators:

- Chairs 6 feet apart to allow for social distancing if not in same family
- Wear masks full time
- Arrows on floor to assist with walkways and access to vendor tables to allow for social distancing
- Common courtesies with social distancing in facility including in bathrooms, walkways, vendor tables

### For Vendors:

- Space for limited number of visitors to allow for social distancing
- Wear masks full time
- Sanitizer at each table
- Arrows to assist with walking throughout facility to allow for social distancing
- App on phone to pay (rather than cash transaction)

### In Between Sessions/Competition:

- Current attendees exit from a different door than next session attendees entering
- Allow prior session to leave before allowing next session attendees in
- Clean area (60% alcohol) including seating area, vendor areas, bathrooms
- Clean mats and equipment that is safe to clean with 60% alcohol cleaning agent