

January 20, 2021 (updated Feb. 9, 2021)

Dear Winter Cup events staff, volunteers, media participants and vendors,

Thank you for your dedication to supporting our Winter Cup event which includes the Elite Team Cup and the Nastia Liukin Cup! We are looking forward to welcoming athletes, their families and coaches and all of you to Indianapolis, Indiana in February for our first premier competition since COVID-19 entered our lives. USA Gymnastics' events team has worked closely with USA Gymnastics' medical team, experts in public health and infectious diseases, the local department of health and the Indy Sports Corp to develop protocols to reduce the risk of COVID-19 transmission during this event. We acknowledge that there is no way to completely eliminate the risk of COVID-19 transmission and we encourage each of you to review these protocols and to stay home if you feel that the risk of infection to you or a family member is too high. This letter will provide some highlights of our protocols, but we do encourage you to review the attached protocol in full to help you determine whether or not you will attend the event.

For the purposes of this document, "Participant" is defined as anyone with access to the event floor such as athletes, coaches, judges, event staff and select volunteers, equipment techs and medical who may come within 6 feet of an athlete.

Media personnel, USADA techs, event staff without floor access and EMTs are considered "Non-Affiliates" and will be subject to employer-specific and venue protocols.

To reduce the number of attendees to this event, **attendance will be limited to up to 2 parents / spouse of the qualifying athlete pending restrictions by the local health authority.** If both parents will not attend, the extra ticket is void and may not be used for a sibling, grandparent, teammate or friend.

All event Participants and Non-Affiliates will not take part in the event if they have any signs or symptoms of COVID-19 or have been in close contact (per CDC definition – less than 6 feet, for 15 minutes in total over a 24-hour period, without personal protective equipment) in the past 14 days with someone who is known or suspected of having COVID-19 disease.

All Participants and Non-Affiliates will be required to wear a 3-ply cloth mask or a surgical mask at all times. Bandanas, neck gaiters, or masks with valves are NOT approved face coverings. Athletes are required to wear face coverings at all times except during performance of gymnastics routines. All Participants and Non-Affiliates must maintain 6 feet of physical distancing from anyone not in their current cohort, at all times, except for emergency situations. Cohorts are defined as those living in the same household, or athletes, coaches, and/or officials who train and work in the same gym on a regular basis. Everyone must use good hand hygiene and wash their hands or use hand sanitizer frequently. Hand sanitizer will be present throughout the facility. Health and Safety Compliance Officers will be present throughout the venues to ensure that all COVID-19 protocols and rules are being followed. Those who need repeated reminders to maintain precautions may be asked to leave the venue.

All Participants and Non-Affiliates must “shelter in place” during the event. Meals should be takeout or delivery and eaten in hotel rooms with only members of your current cohort present; not in restaurants or with those outside of your cohort. Participants and Non-Affiliates who are not local to Indianapolis should not leave the “bubble” of your hotel and venue except to pick up food or necessities. Local Participants and Non-Affiliates may return home when not required to be at the event but should limit contact with others outside of the event during this time.

Temperature checks will be conducted daily for everyone prior to entry to the facility. All persons will be required to complete a health screening prior to entry. Participants will be required to complete a brief health screening daily from 2 weeks prior to the event throughout the event and for 2 weeks after the event for contact tracing purposes. The Participant survey will be texted to Participants and must be completed daily.

**Additional info on this will be forthcoming.*

All Participants will be required to show proof of a negative PCR COVID-19 test that has been completed within 5 days of travel to the event. **Rapid antigen or LAMP testing will not be accepted.** Athletes will also be tested again upon arrival and on day 4 of the event, if they have ongoing participation.

Examples:

If you are departing for Indianapolis on:

- Feb 23: Your PCR testing must be completed no earlier than Feb 18
- Feb 24: Your PCR testing must be completed no earlier than Feb 19
- Feb 25: Your PCR testing must be completed no earlier than Feb 20
- Feb 26: Your PCR testing must be completed no earlier than Feb 21

Please note that when scheduling your PCR test, please verify with the testing site that your results will be ready prior to your arrival date/time. Participants will not be given credentials until proof of a negative test is shown.

Parents of minor Participants should contact their child's physician regarding options for obtaining a PCR test. Adult Participants may choose to use their physician, a pharmacy (CVS, Walgreens, etc.) or a home test that can be ordered online and delivered to your home. **PLAN AHEAD FOR YOUR TESTING!** Our experience has shown that appointments for testing often fill quickly. If you are an adult Participant and choose to order a home test online, please order it at least 1 week prior to when you plan to use it to ensure timely arrival.

We have generally found for **ADULTS** that **Pixel by LabCorp** is a reliable at home test with timely delivery of results (but this cannot be guaranteed). This test can be obtained for no charge if you follow these instructions:

- Click: <https://www.pixel.labcorp.com/at-home-test-kits/covid-19-test-home-collection-kit>
- Click "Get Started"
- Answer the first question based on your symptoms
- Answer second question with "Testing Recommended"
- Answer third question based on your risk profile
- Choose payment option "I'd like to use my insurance or I am Uninsured" in order to avoid any costs
- Enter your demographic information and insurance information and click "Place Order"

**Additional instructions on how to submit your official COVID-19 PCR test results to USA Gymnastics will be forthcoming.*

We encourage everyone to read the enclosed Winter Cup COVID-19 Guidelines thoroughly, so that you understand our full protocol including what would happen should you test positive or develop symptoms and need to quarantine or isolate after arrival to the event. The document also contains important information for staying healthy during air travel.

We look forward to a healthy and fun competition!

Sincerely,

A handwritten signature in black ink, appearing to read 'Kim Kranz', with a large, stylized flourish at the end.

Kim Kranz, PT, DScPT, SCS, FACHE

Chief of Athlete Wellness
USA Gymnastics