



ACKNOWLEDGEMENT OF HEALTH STATUS

COVID 19 is an infectious virus that is potentially dangerous and can even be life threatening. Current information states airborne transmission is most common, although there may be risk of transmission by touching infected objects.

Our goal is to continue sport as safely as possible during these challenging times realizing that it is impossible to completely remove all risk. If everyone participates in the following recommendations, there is less risk to transmit or contract any illness (including COVID) during the event.

Avoiding public areas such as quarantining at home is a safe option if you are uncomfortable with the strategy explained.

The CDC's current recommendations are:

- **Wear masks whenever possible.** This includes all coaches, staff, parents, guests above 5 years old, and athletes. During sport, the athlete has the option to NOT wear a mask.
- **Socially distance.** This means staying at least 6 feet away from anyone that is not a family member of yours.
- **Wash hands** and avoid touching hands to face. Frequent use of a hand sanitizer with at least 60% alcohol (or other solution approved to kill COVID) or soap.

Our current protocol requires:

- **No entry into the facility if you have tested positive for COVID within the last 10 days.** A note from a health care provider is required to participate in sport if you have been tested positive for COVID within the last 30 days.
- **No entry into the facility if you are ill** including ANY ONE of the following within the last 24 hours- fever (above 100.4 F), cough, shortness of breath, new onset loss of taste or smell, new onset muscle achiness or fatigue, or other viral symptoms (such as headache, stomachache, diarrhea, or vomiting). This includes individuals that have NOT tested for COVID and those that have tested NEGATIVE for COVID.
- **No entry into the facility if you have been exposed** to a family member, close contact, member of your car-pool, or someone you spent more than 10 minutes within 6 feet or closer that has tested positive for COVID in the last 14 days.

Upon entry:

- **You will be required to wear a mask-** this includes coaches, staff, family members, guests above 5 years old, and athletes.
- **Your temperature may be checked depending on the event-** and you will be asked to leave if it is above 100.4 F.
- **You will have access to hand sanitizer.**
- **You will be asked to remain 6 feet apart from others** (unless it is with your family member)
- **You will be asked by a staff member to socially distance in hallways, seating areas, common areas, and bathrooms if it noticed that you are closer than 6 feet apart.** (this is part of the staff's job so please be kind and respectful)

Any person not following the above expectations will be asked to immediately leave the facility. In certain cases, it may also result in the athlete and/or coach connected to that individual to be disqualified from future events sanctioned by USA Gymnastics Oklahoma for a period of time decided on by the regulatory committee.

Thank you for helping us keep your family as safe as possible and helping us continue the sport during these challenging times!

**** I have read and understand the material presented above and will participate in USAG Oklahoma Competitions as recommended.**

Parent/Guardian Signature and printed name

Date

Athlete's signature and printed name

Date

Athlete's Gym