



COVID-19 EVENT RULES

The health and safety of our coaches, athletes, staff, and their families are XXB's top priority. We continue to monitor the Coronavirus/ COVID-19 and closely watch information / guidance from health authorities such as Center of Disease Control (CDC). XXB is also taking proactive measures for our employees and contractors as we are adopting CDC's best practices for prevent the spread of illnesses. We are fully aware things can change rapidly and the situation remains fluid. XXB has implemented a safety team to ensure we make informed decisions that are in the best interest of our participants. If there are updates to events it will be based on the guidance of public health organizations such the state and local health authorities, the CDC to name a few entities.

Health Information for Persons in Attendance at Events (Coaches, Spectators, Athletes and Event Staff)

- Anyone that feels sick, must remain home, and follow the [CDC guidelines regarding isolation](#).
- Anyone living with a house member who is currently sick, feels sick, or shows any symptoms of COVID-19 listed by the CDC, has been diagnosed or presumed positive for COVID-19, or has been around someone who has been diagnosed or presumed positive for COVID-19, currently or within the last 14 days, must [follow the guidelines for Quarantine](#).
- To better understand the difference between [Quarantine and Isolation](#), tap the hyperlink.
- Anyone that develops symptoms while at competition must immediately inform XXB personnel and comply with the procedure of removal from the competition area.
- Anyone with pre-existing conditions/compromised immune system should speak with their doctor and get clearance from their doctor before attending the competition.
- Coaches, Athletes, and Staff will monitor themselves for symptoms of COVID-19 listed by the CDC, and check their own temperature each morning, both 7 days prior to attending competition and every morning before attending competition. If the person displays any COVID-19 symptoms or a temperature of over 100° Fahrenheit, during the 7 days before competition, they must remain home. If the person displays any COVID-19 symptoms or a temperature of over 100 Fahrenheit on any morning of competition, they must remain home and report their symptoms and temperature to the appropriate competition contact.
- Engage in physical distancing of at least 6 feet when feasible, or other distance imposed by state and local guidelines, from people outside your household.
- Masks are not required for attendees or spectators who have been vaccinated, except where required by state, local or venue guidelines. We strongly recommend that those who are not vaccinated continue to wear masks.
- Those who are not vaccinated should wear masks if required by state, local or venue guidelines. If masks are required, the following mask exceptions apply:
 - a. Masks are not required while actively eating.
 - b. Athletes are not required to wear masks when stunting, tumbling, or engaging in vigorous physical activity, unless otherwise required by state, local or venue guidance. Should state, local or venue guidance require masks be worn by athletes during stunting, tumbling or other vigorous physical activity masks should not impede vision or movement.
 - c. When masks are worn, each person must provide their own face mask. Masks should fit snugly around and cover the nose/nostrials, mouth, and chin, and with no large gaps around the sides of the face. Masks should be at least two layers made of a soft/pliable and breathable fabric. Face shields may be worn in addition to a mask but not as a substitute for a mask.
- Follow all best practices for personal hygiene and respiratory etiquette, such as covering coughs and sneezes with a tissue or inside of elbow, avoid touching face mask, eyes, nose, or mouth, and washing hands with soap and water for at least 20 seconds.



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Coaches & Team Information

- Teams must enter the building no earlier than 45 minutes before their scheduled warm up time.
- All coaches and athletes must wear a mask to enter the building and throughout the transitions between the practice and performance floor. Masks are not required while on the practice or performance floor. If your program chooses to wear masks while performing, it will not affect your score.
- Plastic face shields are not considered masks and may only be worn in addition to a mask.
- Athletes will be stationed in physically distanced holding pods with their team members while they wait to perform.
- All athletes need to bring their own water bottle labeled with their name. Water bottles will not be able to be refilled inside the venue.
- All athletes & spectators will need to leave the facility immediately after each performance session to limit the number of people allowed in the facility and allow for proper cleaning. Unless crossing over to a team competing within the hour, dancers should exit the building with their parent or guardian.
- Team rooms will not be available. There will be limited spaces to change costumes, please have a plan for your dancers to change quickly in small spaces. Space logistics will be explained on the day of arrival.
- Physical distancing protocols will be maintained.
- It is the Organization's sole responsibility to ensure its compliance with all federal/state/county/city orders applicable to the Organization, including but not limited to health, safety and distancing requirements and travel restrictions.
- A coach or other authorized adult must be always present with their team(s) and responsible for the enforcement of the established rules, including recognizing when a performer should be removed from the event for signs/symptoms of COVID-19 or violation of rules.

Venue / Facility Information

- Be aware of federal/state/county/city COVID-19 rules, restrictions, orders, and guidance for open businesses.
- Coaches and/or Safety reps should establish a designated holding area for any person(s) to go to if feeling ill or to isolate while coordinating exit from facility or transport offsite.