



COMPETITION

ROCK STAR PROCEDURES & PROTOCOLS

Our goal is to provide a safe and healthy environment for our athletes, coaches, judges, and staff. We have worked with the VA Department of Health and the Christiansburg Rec Center to ensure we are following the latest recommendations and guidelines. Please review the procedures below before arrival at the meet.

GENERAL GUIDELINES

- Wash your hands often with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol.
- Athletes are encouraged to bring their own hand sanitizer for personal use.
- Avoid touching your eyes, nose and mouth.
- Athletes, coaches and officials not in the same household are required to maintain 6 feet distance at all times inside and outside of the facility.

WELLNESS

- Athletes and coaches should stay home if they have tested positive or have been exposed to Covid-19.
- There is a mandatory health check upon entering the rec center. Using thermal technology systems, anyone with a temperature over 100.4 will not be able to enter the facility.
- Anyone with flu-like or COVID-19 symptoms cannot enter the facility. Stay home if you have chills, fever, coughing, runny nose, shortness of breath, sore throat, headache, or vomiting.
- If an athlete or coach does test positive for Covid-19 after the competition, the VA Department of Health contact tracers will notify anyone with exposure. This will not be handled through the Parks & Recreation Department or VA Techniques Gymnastics.

DROP OFF & PICK UP

- One team chaperone will assist with drop off and pick up. Chaperones will be subject to wellness check and must abide by all Covid-19 protocols.
- Athletes should not arrive more than 15 minutes before the start of their scheduled session. They should wait in their car until it is time to enter the facility (guardians will be notified via text if the preceding session is running late).
- While waiting in line outside, athletes should be dressed properly for the weather, be masked, and maintain a 6 foot distance from other competitors.
- Gymnasts from the previous session will be out of the building before the next session's athletes may enter the facility.
- All athletes and coaches should enter through Door 9 on the Cambria St. side of the Recreation Center (see map).
- Athletes and coaches should vacate the facility as quickly as possible at the conclusion of their session through the front of the building (see map).

COMPETITION FLOOR GUIDELINES

- Physical distancing of six feet must be maintained during all interactions between athletes, judges, meet directors, and coaches.
- Athletes must wear face coverings while waiting, but not during warm-up or competition.
- Coaches, meet personnel, and officials must wear face coverings at all times.
- Mats and equipment will be sanitized regularly throughout the competition.
- When not on an apparatus, coaches and gymnasts will be assigned chairs for sitting to promote distancing.
- Teams will be assigned a location for open stretch upon arrival. Gyms will be spread out on all events to promote distancing.
- A modified awards ceremony will take place after each session. Athletes and coaches will stay at their last competitive event in the main gym (no separate awards area) for the presentation of awards. Gymnasts will be acknowledged and receive medals but will not use an award stand to maintain proper distancing.
- Athletes must bring their own bar supplies including chalk, scraper, spray bottle, etc.
- Athletes and coaches must bring their own water bottle. Water fountains will be closed.
- Teams should not share any snacks or food. Athletes should bring individual, pre-packaged food, if needed.
- Coaches and judges will be provided hospitality between sessions. Meals will be individually wrapped and distributed by a volunteer in proper PPE. Distancing will be encouraged while eating meals.
- The team chaperone and/or coaches will help athletes with any personal needs that may arise during the meet.



COMPETITION

ROCK STAR PROCEDURES & PROTOCOLS

LIVE STREAMING

- The entire competition from open stretch through awards will be broadcast on Zoom.
- Viewers must register for the Zoom broadcast using links available on RockStarInvitational.com. Coaches have passwords to access the site.
- Broadcast links cannot be shared or accessed via multiple devices. Pre-registration is required for each device that desires access.
- To ensure access, viewers should pre-register by Thursday, January 14.
- Each viewer should join the meeting muted and without video. Participants who unmute or turn on video may be removed from the meeting. Removal from the meeting will also block you from re-joining the meeting.
- Each viewer will have access to live streaming for four squads (either Flight A or Flight B). Each camera will be assigned to a squad and follow that squad throughout the meet from warm-ups to awards.
- To increase the size of a particular window and see your athlete's squad in full screen, you should "pin" that video by double clicking the video or selecting the three dots in the top right corner and selecting pin.
- For the best viewing experience we recommend downloading the Zoom app and making sure it is the latest version.
- We will not be able to help you troubleshoot Zoom issues before or during the meet. If you are not familiar with Zoom, please visit <https://support.zoom.us/hc/en-us> for help.

VIDEO RELEASE

- Athletes must have a release on file to be broadcast via the Zoom meeting.
- Guardians should sign this release by visiting RockStarInvitational.com as soon as possible and no later than Thursday, January 14.
- Athletes that do not have a release on file will not be shown on the broadcast.

COMMUNICATION VIA EZ TEXTING

- Meet Directors will communicate significant updates to parents throughout the meet via EZ Texting.
- One guardian for each athlete should add their cell phone number in the appropriate box when registering for Zoom - this will get them added to the EZ Texting list.
- Texts will be sent if a session is running late and when athletes are dismissed from awards (athletes will be dismissed by age groups).
- Cell phone numbers will only be used for important communications regarding the Rock Star Invitational.
- We will be unable to respond to incoming texts using EZ Texting.

TRAFFIC FLOW

