

2021 Region 7 Level 8 Regional Championships update

On behalf of Region 7, Centre Elite Gymnastics and The Nittany Valley Sports Centre, I would like to welcome you to the 2021 Region 7 Level 8 Championships.

We have a lot of updates and information for you, and we ask that you read through this entire document and to continually check our Region 7 website for the most up to date information at: <https://www.region7usagym.com/meets>

USA Gymnastics mask mandate:

USA Gymnastics has issued a mask mandate for all State/Regional competitions. As many of our athletes are still not age eligible for the vaccine, USA Gymnastics mask mandate remains in place for all sanctioned events. If you have any questions about the policy, please review this document on the Region 7 website at: <https://www.region7usagym.com/meets>

Cleaning/Sanitation Considerations:

- We will follow the CDC guidelines for proper cleaning and disinfecting to include:
 - Ensure all equipment is properly disinfected wherever possible.
 - NO CHALK bowls, water bottles, scrapers, etc. provided. Please bring your own!
 - Cleaning and disinfecting frequently touched surfaces within the venue.
 - Spectator areas will be disinfected after each session.
 - Gymnasts, coaches, judges, volunteer's and spectators should bring their own hand sanitizer.

Social Distancing Considerations:

- Masking is required for all in attendance.
- 6' social distancing will be monitored; however, we ask that each person entering the facility do their part to adhere to the 6' social distancing requirement.
- The space we are using in the venue is over 60,000 square feet with plenty of room to socially distance. Please space yourself 6' apart from non-family members between the 2 viewing areas at all times.

GENERAL INFORMATION: (use this address for directions)

Address for map quest:

The Nittany Valley Sports Centre
177 Champion Drive
State College, Pa 16803

****Please note: There is road construction right before you arrive at our facility. Follow the detour signs carefully, and plan approx. 10-15 min of extra travel time. Sorry for the inconvenience****

Check in time:

Refer to the schedule posted on the Region 7 website.

<https://www.region7usagym.com/meets>

Gymnasts and Coaches ONLY:

30-45min. before scheduled open stretch.

****Leotard distribution:** Athlete's will pick up their leotard at check in and will be asked to use the changing rooms inside Centre Elite Gymnastics' workout area. All athletes and coaches will remain here until released into the field of play to prepare for their session.

Spectators:

You will be allowed entrance into the facility approximately 15 min. before the scheduled start time of your session.

Entrance/Exit:

- Gymnasts and coaches will enter on the left side doors of the front of facility (Please look for the white boards indicating which entrance to use).
- Spectators will have a separate entrance on the other side of the front entry area.
- Gymnast, coaches, volunteers, and event staff will receive a credential for entry. Masking is still mandated at the State/Regional level by USA Gymnastics.
- Once in the venue, we ask that you do your part in being personally accountable for following the 6' social distancing.
- Please plan to bring your own hand sanitizer.

ADDITIONAL INFORMATION & PROTOCOLS:

Gymnasts Protocol:

- Arrive NO MORE than 30-45 minutes prior to your scheduled open stretch time. If you are here early, please wait outside or in your car until the accurate time.
- At check-in you will receive a Region 7 tank leotard to be worn during the competition. You will also receive tshirt as a gift from the Region. A picture of the leotard is posted at the end of this packet. Please plan to wear either a nude, white, black, or clear strap bra if possible.
- Once checked in, you will be directed to the training gym of Centre Elite Gymnastics where you can use the changing rooms to change into your leotard. It is here you will wait until it is time for you to make your way to the arena for your open stretch. Gymnasts and Coaches only will be allowed in the gym at this time.
- NO USE OF EQUIPMENT WILL BE ALLOWED WHILE IN CENTRE ELITE GYMNASTICS TRAINING FACILITY, (Exception: You may use the floor area for stretching only)

- USA Gymnastics has issued a mask mandate for all sanctioned State and Regional events. Unless on an apparatus during warm-up or competition, gymnasts are required to wear a mask.
- We ask all gymnasts please sanitize their hands before, during and after competition.
- Gymnasts will be required to bring their own drinking water, spray bottle and personal chalk in a secured container.

Coaches Protocol:

- Coaches should report to the coach check in area and initial the USA Gymnastics coach sign in form to receive their credential or pass for each session.
- After checking in for the first time of the weekend, you will need to stop at the head table for subsequent sessions to get a new credential.
- Coaches must abide by the mask mandate. Please note: If the mask mandate is not followed, we risk losing our sanction.
- Please bring your own hand sanitizer.
- **Please note: The Open stretch is only 25 minutes.** Please plan accordingly. Also, be prepared to attend a coach's meetings almost immediately after the start of the open stretch.
- **Coach's hospitality for the competition will be limited to bottled beverages and light snacks. However, each coach's credential/pass will double as a voucher for food at the concession stand.** Please note: each credential/pass is only valid for during or directly after the session it is assigned. As you exit the venue between sessions, make sure you stop by the concessions to use your credential/pass as a voucher. IF YOU REQUIRE SPECIAL DIETARY NEEDS, PLEASE PLAN ACCORDINGLY.

Event Staff Protocol:

- USA Gymnastics has issued a mask mandate for all sanctioned State and Regional events. Judges, volunteers, event staff, venue staff and meet officers are required to wear a mask.
- Please bring your own hand sanitizer.

Admission Protocol:

Spectators:

- Admission to each session will be no more than 15 min. before the scheduled start time of Open Stretch of that session. (Please refer to the schedule for the specific time of your athlete).
- Cost of admission is \$10.00/adult (ages 14 & up), \$8.00/seniors, \$5.00/child (6-14). Multiple session passes will also be available.
- A virtual viewing option, professionally produced through Datman Productions, will also be available at the cost of \$10.00 per session. The link to the virtual tickets is on the Region 7 website here: <https://www.region7usagym.com/meets>
- USA Gymnastics has issued a mask mandate for all sanctioned State and Regional events. All spectators are required to wear a mask.
- Please bring your own hand sanitizer.
- The concession stand at the Nittany Valley Sports Centre will be OPEN during the competition.

- Vendors include - Chris Aldous photography, GK leotards, Champion Designs Co (event apparel), and a Region 7 goody bag station/apparel (please note items for purchase here is limited to available stock, and we will not be able to order additional items – thank you for understanding).
- We will have 2 bouncy houses, a popcorn machine and face painting throughout the weekend.
- Please remember, it is your responsibility to maintain your own 6' of social distancing throughout the competition. Bleacher seating is available throughout the arena, as well as tons of standing room. Please help us by remaining 6' apart from anyone not in your family while observing the competition.
- Awards are scheduled after each session and will be conducted in the back corner of the venue.

Leotard update:

Please see the picture attached for reference of what the back of the competition leotard will look like. We have spoken to the judge's and they are aware the athletes may not have enough time to find just the right bra to wear under this. The recommendation is nude, white, black or clear strap bras. Please make the best effort you can with such short notice. We are not showing the front of the leotard to keep that a surprise to the athletes.

