

July 17-23, 2021

To ensure the safety of the Move United Junior Nationals community consisting of athletes, coaches, officials, classifiers, staff, volunteers, supporters and spectators, COVID protocols and prevention measures will be put into place to reduce the risk of acquiring COVID-19.

No plan can guarantee that an individual will not contract COVID-19. These protocols and prevention measures are intended to mitigate the spread of the virus but not guarantee individuals will not be exposed to or contract COVID-19. Move United and our event partners are committed to minimizing the risk to allow for a safe, fun, and competitive experience for the community. It is the responsibility of everyone onsite to protect their own health, as well as the health of the community.

The protocols in this document contain guidance from various sources to include the Centers for Disease Control and Prevention (CDC), the United States Olympic and Paralympic Committees (USOPC), state and local regulatory agencies, Children's Hospital Colorado and the local venues. Please note these protocols will change as state and local regulations change. Final information will be posted on the event website one week prior to the start of competition.

While it is not required, we highly recommend that anyone who is able to be vaccinated does so with enough time for the vaccine to take full effect before arriving onsite at the event. If not vaccinated, we recommend a negative COVID test within 72 hours of arrival to the event.

For those traveling from outside the Denver Metro Area, please follow CDC guidance for Travel during the COVID-19 Pandemic. Check for any travel restrictions before travelling to and from the event. Please note Metro Denver is 5280 feet in elevation. Please note [Colorado altitude and climate tips](#) to minimize those health concerns in addition to COVID-19.



# GENERAL EVENT PROTOCOLS

## When NOT to attend and/or participate:

If an individual, regardless of their affiliation with the event, experiences any of the following, do not attend and/or participate:



Has tested positive for COVID-19 within 14 days of the start of competition.



Is awaiting COVID-19 test results.



Has a fever or it has been less than 24 hours with no fever without the use of fever reducing medicine.



Has other persisting symptoms common to COVID-19 (difficulty breathing, cough, body aches, etc.).



Has new symptoms common to COVID-19 (difficulty breathing, cough, fever greater than 100.4 F, loss of taste/smell, etc.).



Has been exposed to someone with known or suspected COVID-19 infection within 14 days of the start of competition.



Has recently traveled to an international location with widespread ongoing COVID-19 transmission as determined by the [CDC](https://www.cdc.gov) or travel on a cruise ship or river boat.

## SCREENING

Everyone onsite will go through a health screening and temperature check upon arrival to each venue daily.

Health screening questions will ask about any symptoms of illness in the past 24 hours, if there has been a loss of taste or smell, and if the individual has had any exposures to COVID-19 in the past 14 days.

Temperature checks will be conducted with an infrared thermometer.

If any person displays a temperature of 100.4 or higher or states that they have been around someone who is ill, the individual will be moved to a dedicated space and presented with a paper document that includes testing locations and requirements to quarantine until diagnosis is determined and cleared by health officials.

Within the space, an opportunity will be given to an individual with a temperature of 100.4 or higher to cool down prior to a second temperature check. If the temperature remains high, they will be asked to leave and go home, go to their hotel or to a medical facility depending on the severity of their symptoms.

This screening will also provide a contact list of those onsite to Event Management for contact tracing, if needed, which helps the community and is key to slowing the spread of COVID-19.



## FACE COVERINGS AND GLOVES

Everyone onsite over the age of 2 years old will be required to properly wear a face covering while in and outside the venues and host hotel. If you have a condition that prevents the use of face coverings, please contact the Competition Director and/or Medical Director onsite. Face coverings must fit completely over your nose and mouth. Athletes will be required to wear face coverings; however, may not be required to wear face coverings during their competition. Please see each of the sport specific COVID protocols below. Face coverings may be taken down while in the active process of eating or drinking.

Please bring a supply of personal face coverings that will last the duration of your stay. Disposable face coverings will also be available onsite.

Non-latex gloves will be required for all classifiers, officials and/or other support staff who need to transfer equipment from one person to another person and in other areas determined by the Competition and Medical Director. Gloves will be provided by the local organizing committee and it is recommended that gloves be changed often and in between each equipment transfer. Others that would like to wear gloves are encouraged to bring a personal supply. Non-latex gloves are suggested due to allergies among the population.

## PHYSICAL DISTANCING AND EVENT CAPACITY

Everyone onsite will be required to maintain minimum physical distancing guidelines in all areas as mandated by state and local authorities. High fives, fist bumps, and handshakes are not suggested. Please follow the flow of traffic, directional arrows and signage throughout the event.

As of May 1, the projected capacity for an event in Colorado in July is 500 people. This number is complex in nature depending on the event area and categories of those individuals onsite in terms of athletes, officials, spectators and so on. This will be monitored throughout the planning period. To be cautious, we are currently advising 1 spectator per athlete at each event. Spectators must remain in designated spectator areas with physical distancing in place between families.

As much as possible, avoid crowds and indoor spaces that do not offer fresh air from the outdoors. Move United will monitor and adjust based on the CDCs event gathering recommendations.

## SANITIZATION

All event equipment will be sanitized directly before and directly after use. Any shared equipment used during the session will be sanitized multiple times during the session.

Materials such as pens, clipboards, stopwatches and general supplies used by event management will be sanitized before and after each use.

Tables and chairs for lunches and special events will be sanitized after each use.

Touched surfaces will be cleaned on a daily schedule by the venue and hotel staff using disinfectant products from EPA's List N: Disinfectants for Coronavirus.

Refrain from cheering, chanting and/or loud singing when closer than 6-8 feet from others.

Avoid sharing personal items with other individuals outside your immediate household such as water bottles, food and beverages, towels, tissues and so on.

Avoid touching your eyes, nose, and mouth.

Hand sanitizer and wipes will be available at each venue entrance as well as other key locations onsite. Please also bring your own hand sanitizer for ongoing personal use.

If you need to spit or blow your nose, please use a tissue and dispose of the tissue into a trash receptacle immediately after use and then immediately sanitize your hands.

Handwashing must be done frequently with soap and water for at least 20 seconds. If soap and water are not in the immediate area, hand sanitizer that contains at least 60% alcohol should be used. Rub your hands until dry after application.

# EVENT SPECIFIC PROCEDURES

Please read on to explore specific procedures that relate to classification and sport in addition to the general event protocols to be followed by everyone.

## COVID-19 Procedures: Classification

National classification will be offered in archery, para powerlifting, swimming, and track & field. Classification is by appointment only and secured through the online registration process. General event protocols must be followed during classification plus...

-  Athletes and classifiers must wash and sanitize their hands just prior to their appointment.
-  Athletes should not arrive more than 10-15 minutes before their appointment.
-  A maximum of one accompanying person (as necessary) may be present with an athlete for their appointment.
-  The classification equipment and table will be sanitized between each appointment by the classifiers.
-  Classifiers will wear non-latex gloves for each appointment, and gloves will be changed between athletes.

## **What to do if you develop symptoms common to COVID-19 onsite?**

- Report those symptoms to the Competition Director and/or Medical Director.
- Quarantine yourself from the event and other attendees.
- Move United will provide a list of available local testing locations.
- You will no longer be permitted to participate in the event.
- Move United recommends that you follow [CDC guidance](#) if symptoms develop.

Utilization of the [CDC's Coronavirus Self-Checker](#) is encouraged.

## **What to do if you develop symptoms common to COVID-19 immediately after the event upon returning home?**

- If an individual tests positive within 48 hours from the last known competition they must notify the Competition Director.
- Event Management will notify the applicable individuals as a result of contact tracing.
- Follow [CDC guidance](#) if symptoms develop.

## **What should you bring with you?**

- Face covering
- Hand sanitizer
- Water bottle
- Sunscreen
- Hand towel
- Hat and shade
- Personal food
- Other items of need

Thank you for your patience, flexibility and commitment to your health and safety and the health and safety of our community as we embark on these COVID-19 protocols together. Contact information will be shared to with all registrants one week prior to competition.

# SPORT SPECIFIC PROCEDURES

## ARCHERY

General event protocol must be followed during the archery competition plus...

 Face coverings must be always worn by athletes, except when an athlete is at their assigned target. The method of storing a face covering while competing will be discussed in the coaches meeting prior to competition.

 Athletes can arrive no more than 30 minutes prior to their assigned round and stay no more than 30 minutes after their round is completed.

 All targets will be more than 6 feet apart and only 2 athletes will be assigned to each target with an A-B shooting rotation.

 No shared equipment will be used unless absolutely necessary, in which case equipment will be sanitized between each new shooter. Athletes must sanitize their hands before and after using equipment.

 If an athlete needs an assistant or volunteer, the said assistance will assist with a face covering on and will use hand sanitizer just prior to and after assisting.

 Volunteers assisting with scoring and arrow retrieval will wear a face covering and use hand sanitizer while retrieving arrows and score.

 A plexi glass divider will be used between athletes that use a mouth tab release.

## PARATRIATHLON

General event protocol must be followed during the paratriathlon competition plus...

 Athletes will have their own transition area space that is at least 6 ft. from the next athlete transition space. Only athletes and their assistant/handler/guide are allowed in the athlete transition space.

 If an athlete requires assistance, such as assistance getting on or off a cycle or race chair or entering and exiting the pool, the assistant will wear a face covering and will use hand sanitizer just prior to assisting and after assisting. This will be an exception to the physical distancing guidelines.

 Only credentialed coaches, athletes, officials, staff, assistants and volunteers are allowed on the pool deck area. Family and spectators will not be allowed on the pool deck.

 Athletes must comply with the face covering requirements, except when the athlete is in the water, on the bike or on the run course competing. Once the event has been completed, they are to sanitize their hands and put their face covering back on. The method of storing a face covering during competition will be discussed in the coaches meeting prior to competition.

## POWERLIFTING

General event protocol must be followed during the powerlifting competition plus...

 Face coverings must be always worn by athletes, except when an athlete is bench lifting. Immediately prior to bench lifting, upon arrival at the bench, the athlete will take off their face covering. Once the event has been completed, just prior to leaving the bench, they are to sanitize their hands and put their face covering back on and equipment in the bag. The method of storing a face covering during competition will be discussed in the coaches meeting prior to competition.

 The official/spotter directly behind the lifter's head will have an exception to the minimum physical distancing guidelines. The official/volunteer will wear a face covering and use hand sanitizer just prior to each new athlete.

 If an athlete requires assistance, such as with positioning on the bench or with mobility to approach the bench, the assistant will wear a face covering and will use hand sanitizer just prior to assisting and after assisting. This will also be an exception to the physical distancing guidelines.

 The competition and warmup lifting bar and bench will be sanitized between each athlete as well as all other shared equipment.

 Face coverings must be worn by athletes utilizing warm up benches.

## SHOOTING

General event protocol must be followed during the shooting competition plus...

 Face coverings must be always worn by athletes, except when an athlete is at their assigned firing point. Athletes will remove face coverings at the firing point and put their face coverings back on when leaving the point for any reason. The method of storing a face covering during competition will be discussed in the coaches meeting prior to competition.

 Athletes can arrive no more than 30 minutes prior to their assigned relay and stay no more than 30 minutes after their relay is completed.

 Athletes will have their own shooting table to maintain physical distancing.

 If an assistant or volunteer is needed for loading, the said assistant will assist with a face covering on and will use hand sanitizer just prior to assisting.

 Shared equipment will be sanitized between each new shooter.

 It is highly recommended that shooters bring their own safety glasses and foam mat for the shooting table.

## SWIMMING

General event protocol must be followed during the swimming competition plus...

 Face coverings must be always worn by athletes, except when an athlete is at the starting blocks/starting end of the pool or in the pool. Face coverings must be removed once the athlete is at the starting blocks/starting end of the pool. The athlete will place the face covering in a marked zip-lock bag and seal the bag. A volunteer will move the sealed zip-lock bags on a tray to a table at the pool exit, where the athlete can collect their face covering and dispose of the bag. Once an athlete exits the pool and retrieves their face covering, they must sanitize their hands and put their face covering back on.

 Athletes can arrive no more than 30 minutes before their start of the competition. When an athlete has completed all their events, the athlete and spectator will leave the venue.

 Only athletes and the Clerk will be allowed in the staging area at the pool.

 Warmup clothing is not allowed into the staging area. There will be no athlete bins to place personal items.

 When an athlete needs assistance with entering/exiting the pool, requires a tapper during their event, or needs assistance with mobility, there will be an exception to the minimum physical distancing guidelines. Assistants will wear a face covering and use hand sanitizer just prior to and after working with the athlete.

 All starting blocks and chairs will be sanitized after each use.

 Athletes will need to stay in the pool until the previous athlete is completely out of the water and exits approximately 6 ft away.

## TRACK & FIELD

General event protocol must be followed during the track & field competition plus...

-  Athletes must wear a face covering except when an athlete is competing.
  
-  If an assistant or volunteer is needed for set-up or for mobility, the said assistant will assist with a face covering on and will use hand sanitizer just prior to assisting. This will be an exception to the physical distancing guidelines.
  
-  Athletes, coaches and assistants will need to leave the competition area at the completion of their event.
  
-  Officials will use an electronic whistle vs. blow whistle if using a whistle at all.

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### Spectators for Track & Field

For field competition, only athletes, a coach or assistant will be allowed into the athlete's area near the pits. The spectator area near the ambulatory shot-put pit and discus cage will be limited. For track competition, spectators will remain in the bleachers and physically distanced in the team tent area. All team and individual tents must be physically distanced from other team and/or household tents.

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## Field Events



Upon start of an athlete's throw/jump, each athlete will be allowed to remove their face covering. Once their event has been completed, they are to sanitize their hands and put their face covering back on properly. The method of storing a face covering will be discussed in the coaches meeting prior to competition.



Prior to the first warm-up, athletes will sanitize their hands.



Shared field chairs will be sanitized between athletes.



Each pit will have event-provided implements. These implements will be sanitized prior to use in competition.



For athletes checking in personal implements, those implements will have to be sanitized prior to check-in. The check-in point will spray all implements on receipt of the implement.



Once an implement has been used, it will be sanitized prior to being put back in the pit box for use.



The implement retriever volunteer will be provided with gloves. The retriever will use the shot/hammer retriever tool provided to return the shot put to the cleaning station for the ambulatory pits and to the athlete at the seated pits. After the last throw at a seated pit the implement will be delivered to the cleaning station. This volunteer will be assigned this job for the entire session. The volunteer will change gloves after each athlete completed their throws.



Personal implements will be sanitized by a volunteer prior to being returned to the owner.

## Jumping Event



The pit will be sprayed by the venue staff prior to the competition.



All athletes will maintain a safe distance of at least 6 feet apart from the other competitors during warm-ups and remain with their face covered until it is their turn to jump.



During the competition jumpers will be called to the runway individually at which time they may remove their face covering to compete.



Athletes must individually secure their face covering and retrieve it immediately after their jump.



Upon completion of the event, the athlete must sanitize their hands and put their face covering back on fully over their nose and mouth.



Officials and volunteers will be assigned to one job for the entire competition. Tape pullers will be assigned one end of the tape during the event. The recorder will maintain the clipboard...etc.

Track Events

 Only athletes will be allowed in the staging tent at track. Face coverings are required in staging.

 Racing chairs will be checked in the call room.

 T61 & T62 will have their MASH checked prior to each event in the call room.

 Warmup clothing is not allowed into the call tent. There will be no athlete bins to place personal items.

 Face coverings may be removed once at the start line. The method of storing a face covering will be discussed in the coaches meeting prior to competition. Upon completion of the event, the athlete must sanitize their hands and put their face covering back on fully over their nose and mouth.

 All starting blocks will be sanitized after each use.