



USA Climbing COVID Countermeasures

The requirements in this document take precedence over the guidelines of the local health department where the sanctioned event is being held and are required for **all attendees**.

BEFORE YOUR ARRIVAL

- FOLLOW ALL CDC RECOMMENDATIONS FOR LIMITING COVID-19 EXPOSURE FOR A MINIMUM OF 14 DAYS PRIOR TO YOUR EVENT/ARRIVAL AT THE VENUE** :correct and consistent mask use, maintain at least 6 feet of distance from people that do not live with you, avoid crowds (**including restaurants and social gatherings**), avoid poorly ventilated spaces, practice proper hand sanitation and proper disinfection of shared surfaces and objects. **Visit your climbing gyms/training facilities for training purposes during non-peak times when possible.**
- If you have tested positive for COVID-19 ANYTIME in the 90 days** preceding the event, you must inform USAC at events@usacimbing.org as soon as possible and prior to your departure.
 - For **symptomatic** cases: you must have completed a 10-day isolation **from the day you started having symptoms** in order to attend.
 - For **asymptomatic** cases: you must have completed a 10-day isolation **from the day you tested positive** in order to attend.
 - If you tested **positive more than 10 days prior to your event**, you must provide a **hard copy of your positive results** at check-in. Per CDC guidelines, you will not need to retest for **90 days** from the day you started showing symptoms from the initial infection.
- If you have had CLOSE CONTACT with a person who has a confirmed case of COVID-19 within 14 days prior to the event, you must inform USAC at events@usacimbing.org as soon as possible and PRIOR to your departure.** Close Contact is defined as spending more than 15 minutes within 6 feet over a 24-hour period with someone who tests positive for COVID-19 while that person is sick or during the 48 hours before the onset of that person's symptoms (or if that person never had symptoms, during the 48 hours before the positive COVID-19 test). **USAC will require appropriate quarantine measures per CDC and local health department guidelines.**
- Signs and Symptoms Monitoring:** If you are experiencing any of signs or symptoms of COVID-19 at any time prior to your trip, delay your trip until you can see your healthcare provider to ensure you do not have COVID-19. Do not travel while sick.

DURING THE EVENT

- CONTINUE TO LIMIT YOUR EXPOSURE AS ABOVE AND:**
 - Keep physical interaction with others to a minimum. Avoid high-fiving, handshakes, hugging and other forms of physical contact.
 - Avoid high-risk situations: dining in public restaurants, community events, social gatherings
 - Hold team meetings and debriefs in outdoor or well-ventilated spaces, remain 6 feet apart, wearing acceptable masks.
 - Stay within your "bubble" both at and away from the venue.
 - Lodge with the same people during the entirety of the event. Limit visitors from outside your bubble.
 - Limit transportation with people outside of your bubble.
 - Limit use of public transportation when possible.

- *Avoid sharing food and drink. No common food or drink will be provided at the venue.*
- *Avoid sharing personal equipment.*
- *Teams or individuals are to bring their own rope for lead climbing.*
- *Avoid cheering/shouting during the event.*

2. ILLNESS WHILE AT THE EVENT: In the case that a participant begins showing symptoms consistent with COVID-19 (see below) that individual will need to be evaluated by the Designated Medical Professional for the event. When appropriate, the individual will be removed from the host facility, the need for further medical care/COVID-19 PCR testing will be assessed and appropriate transmission mitigation and contact tracing procedures will be performed.

- *Fever or Chills*
- *New or Worsening Cough*
- *Shortness of Breath or Troubled Breathing*
- *Fatigue*
- *Muscle or Body Aches*
- *Headache*
- *New Loss of Taste or Smell*
- *Sore Throat*
- *New or Worsening Congestion or Runny Nose*
- *Nausea or Vomiting*
- *Diarrhea*

3. If you develop symptoms consistent with COVID-19 during the event you are obligated to report those symptoms to jurypresident@usaclimbing.org as soon as possible.

4. PERSONAL PROTECTIVE EQUIPMENT (PPE) USE:

- **Masks are required at all times during the event.**
 - Surgical and multi-layer cloth masks are acceptable.
 - *Masks that are NOT acceptable: N95 masks, Leon Paul Face Mask Shields, Neck/face sleeves, buffs or gaiters, masks with one-way valves.*
- Hand sanitizer, hand-washing stations, regular cleaning of common surfaces will be provided.
- Competitors are required to sanitize their hands upon entry to the field of play, in transition to the sequential problems/routes, and upon departure from the field of play

AFTER THE EVENT

- 1. CONTINUE TO LIMIT YOUR EXPOSURE PER CDC AND YOUR LOCAL HEALTH DEPARTMENT GUIDELINES.**
- 2. FOLLOW ALL GUIDELINES OF YOUR LOCAL HEALTH DEPARTMENT REGARDING POST-TRAVEL COVID-19 TESTING AND POSSIBLE SELF QUARANTINE.**
- 3. MONITOR FOR SYMPTOMS OF COVID-19 FOR A MINIMUM OF 14 DAYS AFTER YOU RETURN HOME.** If you become symptomatic, isolate and seek testing and advice from your healthcare provider. Stay in isolation until you receive your test results and, if necessary, work with your local health department for contact tracing purposes.