

USA Climbing COVID Countermeasures 2021-2022

All USA Climbing sanctioned events shall adhere to local, state, and federal guidance/regulations regarding COVID-19 mitigation measures and other public health requirements. If USA Climbing, local, state, or federal guidance/regulations should be in conflict around an aspect of COVID-19 mitigation, USA Climbing events should comply with the most stringent or restrictive of the guidance.

BEFORE YOUR ARRIVAL

1. **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.
2. **IF YOU HAVE TESTED POSITIVE FOR COVID-19:**

Applies to EVERYONE, regardless of vaccination status:

If you test positive for COVID-19 and are **asymptomatic**

- Isolate for 5 days from your positive test. Day of positive test is considered Day 0.
- If you continue to be asymptomatic after 5 days, isolation can be discontinued, and you can attend the event as soon as day 6.
- Once isolation is discontinued, you must wear a mask for a minimum of 5 additional days in all public indoor settings.

If you test positive for COVID-19 and you have **symptoms**

- Isolate for 5 days from symptom onset. Day of symptom onset is considered Day 0.
- Isolation can be discontinued after 5 days, and you can attend the event as soon as day 6 **IF** you have been fever-free for at least 24 hours without the use of fever reducing medication and your other symptoms have improved.
- Once isolation is discontinued, you must wear a mask for a minimum of 5 additional days in all public indoor settings.

3. **IF YOU HAVE CLOSE CONTACT WITH SOMEONE WITH COVID-19 and:**

- A. *You are 18 years old or older and are fully vaccinated **AND** have received your booster shot **OR***
- B. *You are 18 years old or older and have completed the primary series of Pfizer or Moderna vaccine within the last 6 months **OR***

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- C. *You are 18 years old or older and have completed the primary series of J&J vaccine within the last 2 months* **OR**
- D. *You are 5-17 years old and you have completed a 2 dose primary series of the Pfizer vaccine*

Then follow these instructions:

1. Wear a mask in all public indoor settings for a minimum of 10 days.
 2. Get tested at least 5 days after you last had close contact with someone with COVID-19. Day of last contact with COVID+ person is considered Day 0.
 3. *If you develop symptoms, isolate immediately and get a tested.*
4. **IF YOU HAVE CLOSE CONTACT WITH SOMEONE WITH COVID-19 and:**
- A. *You are 18 years old or older and you completed the primary series of Pfizer or Moderna vaccine more than 6 months ago and are NOT BOOSTED* **OR**
 - B. *You are 18 years old or older and you completed the primary series of J&J vaccine more than 2 months ago and are NOT BOOSTED* **OR**
 - C. *You are any age and UNVACCINATED*

Then follow these instructions:

1. QUARANTINE at home for 5 days. After that, wear a well-fitting mask in all public indoor settings for a minimum of 5 additional days.
2. Get tested at least 5 days after you last had close contact with someone with COVID-19. Day of last contact with COVID+ person is considered Day 0.
3. *If you develop symptoms, isolate immediately and get tested.*

“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).

If you have had CLOSE CONTACT with a person who has a confirmed case of COVID-19 within 5 days prior to the event and you are NOT fully vaccinated AND boosted, you must inform USAC at events@usacimbing.org as soon as possible and PRIOR to your departure. USAC will require appropriate quarantine measures per CDC and local health department guidelines and will follow whichever set of guidelines is more stringent.

For further detail please see: [CDC's updated COVID-19 Quarantine and Isolation Guidelines](#)

5. **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.**

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DURING THE EVENT

1. 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 onset headache (for anyone with migraines or other chronic headache syndrome, a change from your baseline)*
- *New Loss of Taste or Smell*
- *Sore Throat*
- *New or Worsening Congestion or Runny Nose*
- *Nausea or Vomiting*
- *Diarrhea*

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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.**
 - Facial masks shall cover the nose and mouth and extend below the chin. **Acceptable masks** for use during competition include: *two-layer cloth masks, surgical masks, sport facial masks, and N95 and K94 masks.*
 - Masks that are **NOT acceptable** during competition include: *Leon Paul Face Mask Shields, neck/face sleeves or gaiters, and masks with one-way valves.* Single-use masks will be provided should an individual's mask be deemed inappropriate by USAC personnel.
 - Hand sanitizer, hand-washing stations, regular cleaning of common surfaces will be provided.
 - Hand sanitizing **at check-in**, and subsequent hand sanitizing or washing hands with soap and water **after bathroom visits** will be REQUIRED by all competitors.
 - Competitors are REQUIRED to sanitize their hands **upon entry into the ISOLATION area.**
 - Competitors are strongly recommended to sanitize their **hands while in the field of play** 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.