

## 2020 CSG Martial Arts-Karate General Guidelines

Remember to:

**STAY HOME IF YOU HAVE ANY OF THE [COVID-19 SYMPTOMS](#) SET IN PLACE BY THE CDC AND LINCOLN-LANCASTER CO. HEALTH DEPARTMENT**

**If you are awaiting test results for COVID-19, DO NOT come to any of the CSG events**

**Cover mouth when coughing or sneezing**

**Wash hands or use alcohol-based hand sanitizer**

**Avoid touching eyes, nose and mouth**

**Avoid close contact and distance yourself from other people**

- **CSG Opening Ceremonies:** The CSG Opening Ceremonies will not be held in person
- **Self-Screen at Home:** We are requesting you to screen at home, this includes taking your own temperature and verifying that it is under 100.4 degrees Fahrenheit
- **Waiver:** All athletes must sign the online waiver which includes Covid-19 language prior to the competition
- **Plan:** NSC Staff and the NSC Medical/Safety Committee will work with all facilities on a restroom/equipment/seating sanitization plan
- **Preparation:** Athletes will be asked to arrive at the location dressed and stretched with a bag for a change of shoes if needed
- **Masks:** Masks are required in Lancaster County when indoors.
  - Spectators are required to wear masks at all times when indoors (5+ in age)
  - Athletes are required to wear masks before and after competition, but not during
- **Clean:** All athletes and spectators will be reminded to wash hands often and use hand sanitizer stations where applicable
  - All high-touch areas will be sanitized with spray or wipes at least every two hours
- **Spectators:** All athletes will be encouraged to only allow immediate family to join them at the competition site.
- **Separation:** Provide spacing (Bleachers & Common Gathering Points)
  - Regular social distancing announcements will be made
  - Volunteers will be enforcing social distancing
  - At high traffic/indoor facilities, X's will mark 6 foot distancing requirements on the ground and bleachers where necessary
  - Where needed floor arrows will mark flow of traffic
- **Capacity:** Onsite staff will monitor maximum capacity guidelines at each sport venue

## **Sport Specific Notes:**

**Staff:** Hands will be washed regularly or sanitized if unable to wash after touching contact surfaces.

- Glove use is per your discretion, but gloved hands that touch a contaminated object, a face, etc, are able to transfer a virus the same as bare hands.
- Regularly washing and/or sanitizing is the most important, especially when touching an item touched by an athlete.
- Face coverings should be worn whenever staff is unable to socially distance from athletes, spectators, or other volunteers.

**Equipment:** All athletes must provide and use their own equipment. No equipment will be provided by staff. Scorecards used by staff will be disinfected with 70% alcohol wipes and will be used by one judge or referee only throughout the competition.

**Restrooms:** The Graduate Hotel staff have committed to cleaning the restrooms and all other high-touch surfaces at least every two hours throughout the event with a suitable alcohol or chlorine-based disinfectant.

**Competition Format:** Contact sparring has been eliminated from this event. Kata (forms) and weapons kata will be the only events this year. Competitors will be lined up at least six feet apart at each ring and will enter the ring individually to compete.

**Medal Awards:** Medals will not be placed around the neck of the athlete, but will be handed to the athlete directly from their plastic bag. The judges and referee will wear a mask and gloves. No hand shaking will be allowed when handing out awards. A medal stand will not be provided for athlete use.

**Venue set-up:** The Graduate Hotel has said their maximum capacity at 50% occupancy is 200. Attendance is not expected to be that high. Chairs will be set out in groups of two or four and spaced to keep family units at least six feet apart. Staff will remind everyone at least every hour to maintain six foot distancing from non-family members. Separate doorways will be used to enter and exit the venue area and an adjoining room will be available for athletes to warm up away from spectators and with six-foot spacing.