

## Clubs and Coaches -

Welcome to 2022 CA FLOWER POWER Invitational – This is a live event with Clubs, Coaches & Judges and **TWO (2) Spectators per family.** Please do not bring small children unable to wear a mask or stay seated the entirety of the session. Any child attending must always stay with their parent.

Please see our COVID-19 Policy, Session Schedule, and Important Meet Reminders below. Thank you!

## CA Competition COVID-19 Policy

- Masks are required inside the venue for athletes, spectators, coaches, judges, and volunteers.
- Athletes are not required to wear masks when warming up or on competitive equipment.
- TWO (2) Spectators per family with social distancing policies in effect inside the venue to minimize health risks.
- Individuals should not enter the venue if they: (i) have been diagnosed with COVID-19 and remain infectious according to CDC guidance; (ii) have symptoms of COVID-19; (iii) have otherwise been sick; or (iv) have been in close contact with an individual diagnosed with COVID-19 or have symptoms of COVID-19.
- Please do not bring a sick athlete to the meet. Do not enter the venue if you are sick or showing any symptoms. All participants and spectators are encouraged to wash hands, use hand sanitizer, and have a clean mask on. Participants should bring an extra mask in case theirs gets wet or damaged.



# 2022 CHANTILLY ACADEMY GYMNASTICS FLOWER POWER INVITATIONAL - APRIL 1<sup>ST</sup> – 3<sup>RD</sup>, 2022

	SESSION 1: Friday, 4/1/2022	SESSION 2: Friday, 4/1/2022	SESSION 3: Saturday, 4/2/2022	SESSION 4: Saturday, 4/2/2022	SESSION 5: Sunday, 4/3/2022	SESSION 6: Sunday, 4/3/2022	SESSION 7: Sunday, 4/3/2022
Session Assigned Levels/Divisions	Level 4 & Level 5	XCEL GOLD	Level 2 & Level 3	XCEL SILVER	XCEL BRONZE	XCEL PLATINUM & DIAMOND	XCEL BRONZE
TEAMS - Required Coaches	BRAG-2, CAG, MEGA-DC	APEX, ASTRO, ARLINGTON AERIALS, DULLES, BRAG, CAG	BRAG-4, MEGA-DC, ARLINGTON AERIALS, CAG	APEX, ASTRO, DULLES, ARLINGTON AERIALS, BRAG-3, CAG	APEX-3, ASTRO, BRAG	APEX, ARLINGTON AERIALS-3, DULLES, BRAG, CAG	CAG-2, ARLINGTON AERIALS-3, DULLES
Gym Opens	1:30PM	6:00PM	1:30PM	6:00PM	7:45AM	11:45PM	4:15PM
Open Stretch	2:00PM	6:30PM	2:00PM	6:45PM	8:15AM	12:15PM	4:30PM
Timed Warm Up/Compete	2:15PM	6:45PM	2:15PM	7:00PM	8:30AM	12:35PM	4:45PM
INDIVIDUAL & TEAM AWARDS	4:30PM	9:15PM	4:30PM	9:15PM	10:45AM	3:00PM	7:00PM

- **VISITING CLUB COACHES:** PLEASE PARK in the back of CAG in reserved spaces & follow meet signage. Boxed or Packaged Coaches Hospitality will be available at the meet site. Limited food Qty Based on Registered MRS coaches -be sure all coaches attending are entered into USA GYM Meet Reservation System. Check in at head table and pick up Leotard Meet Gifts (please bring your own size list for individual athletes as we do not have that information). Bring music downloaded on a digital device and be prepared to show your USA Gym Pro Member Card to be scanned.
- **Meet Format** – To allow for more competition floor space for gymnasts, coaches and judges CAG has gone to a Modified Traditional meet format. One piece of equipment per event. You will notice on your rotation sheets there are 4 squads. Clubs may warm up half of their group and compete and warm up the 2nd half of the group and compete. Compulsory or XB, XS & XG 13 or more may split and XP & XD over 9 or more may split groups. Squads should continuously rotate as soon as the next event becomes available.

**ATTENTION CLUBS - ACTION REQUIRED** - Please read the information attached thoroughly to have the best experience possible for all attending. Be sure to forward all information to your parents. Please Do NOT arrive to Assigned Session any more than 15 minutes prior to designated "Gym Open" times listed. There are visiting club meet reminders included with COVID-19 Wellness Requirements for entry into the facility. We must work together to keep our event healthy, safe & successful. Thank you!

- **VISITING CLUBS & SPECTATORS ARRIVAL & DEPARTURE PROTOCOLS -**
  - ARRIVE AND PARK IN FRONT OF CAG MAIN ENTRANCE. ENTER THROUGH INDICATED ATHLETE/SPECTATOR DOOR.
  - **TWO (2)** Spectators per family are allowed into the venue. **Please do not bring small children unable to wear a mask or stay seated the entirety of the session. Any child attending must always stay with their parent.**
    - Do not park in NO PARKING ZONES or MARKED PARKING SPOTS or you will be towed.
  - REGARDLESS OF VACCINATION STATUS, EVERYONE IS REQUIRED, TO WEAR A WELL FITTED MASK PROPERLY COVERING THEIR NOSE AND MOUTH. Masks must remain on for the duration of your stay.
    - **Exceptions:**
      - Athletes may remove masks while on equipment for timed warm up and competition. We ask that athletes promptly put their masks back on after warm-up and competitive turns, while going to the restrooms or while speaking to coaches & teammates on the competitive floor. Athletes may also remove masks to get a drink from their water bottle or to have a light prepackaged snack while socially distanced.
      - Spectators may remove mask momentarily to take a drink.
  - **TEMPERATURES** will be taken & **COVID-19 WELLNESS QUESTIONS** asked. We appreciate your cooperation and support.
  - **AFTER CLEARED FOR ENTRY:** ATHLETES REPORT TO THE COMPETITIVE FLOOR and go to WASH their hands or use hand sanitizer. SPECTATORS use hand sanitizer upon entry and report to designated spectator seating areas.
- **ATHLETES PLEASE BRING: GYM BAG FOR PERSONAL ITEMS/GYM/MEET GEAR/A LABELED WATER BOTTLE & a LABELED ZIP LOCK BAG with chalk & spray bottle FOR BARS/SMALL PREPACKAGED SNACK.**
- **PLEASE PRACTICE SOCIAL DISTANCING & PROPER RESPIRATORY ETIQUETTE.** NO SPITTING.
- **SANITIZING STATIONS** are available throughout the gym.
  - **CLEANING THROUGHOUT THE EVENT IS SCHEDULED.** THOROUGH CLEANING BETWEEN SESSIONS. **CA is equipped with the Airphx air sanitizing/filtering system.**
  - **WATER FOUNTAINS ARE CLOSED INDEFINITELY. FILTERED WATER DISPENSER IS AVAILABLE FOR REFILLS.**
- **ATHLETE BATHROOMS/CHANGING AREAS:** Gymnasts should come dressed to participate. Two SafeSport monitored bathrooms are available one for coaches & judges and one for athletes.
- **SPECTATOR BATHROOMS.** There are two unisex bathrooms available to spectators.
- **A SAFESPORT CERTIFIED ATHLETIC TRAINER IS SCHEDULED FOR ALL SESSIONS.**
- **SPECTATORS** may bring their own water bottle into the event. Unless medically necessary NO EATING will be allowed by spectators in the building. We recommend that you go to your car to eat AND visit a local food establishment prior to & after departing.
- **LIVE SCORING** is available on **My USA Gym & Meet Scores Online**
- **AWARDS** - Socially Distanced Individual, All Around and Team Awards will be presented at the conclusion of each session. Please depart immediately following awards so we can do necessary cleaning and clear the parking lot. Thank you!
- **CAG COVID PROTOCOLS** - GO TO [WWW.CHANTILLYACADEMY.COM](http://WWW.CHANTILLYACADEMY.COM) FOR DETAILS. Note: As a licensed childcare facility in Fairfax County, CA follows Fairfax Co. Department of Health and both VDH & CDC recommendations and guidelines.
- **VIEWING: SESSION SPECIFIC ZOOM LINKS** ARE AVAILABLE BY ASSIGNED SESSION for parents of registered and competing participants unable to attend.
- CAG staff have a green light background check, are SafeSport certified & vaccinated.
- [www.chantillyacademy.com](http://www.chantillyacademy.com)

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