



**COVID-19 RECOMMENDATIONS**  
COMPETITION AND EVENT CONSIDERATIONS

20210121



UNITED STATES PARKOUR ASSOCIATION

## COVID RECOMMENDATIONS

The US Parkour Association is dedicated to ensuring the health, safety, and welfare of parkour practitioners and community members. Over the past year, COVID-19 has been a considerable challenge for parkour businesses and organizations. In-person events were cancelled, delayed, or pivoted across the country, with many organizers hosting online competitions (TMPST, Fight or Flight, Krete and more).

As of December 4th, 2020, the cases of COVID-19 continue to rise while individual states modify their response strategies. We recognize that many parkour organizations have begun to resume operations and are considering in what way events and competitions can be hosted safely.

According to the World Health Organization (WHO) and due to being an individual sport, Parkour is considered a lower-risk activity as long as physical distancing advice is followed by athletes, coaches, and spectators.

We developed a list of considerations and recommendations for organizations to evaluate when considering when and how to host an event and if it can be held in compliance with local government guidelines.

### DISCLAIMER

- This is not an exhaustive list of considerations or recommendations. Communities have different requirements and restrictions unique to their local ordinances and regulations, physical location, and their respective re-opening schedules.
- The COVID-19 situation is rapidly changing. All guidelines are subject to change at the recommendation of the CDC and based on the current status of the virus. Always review the latest information published by the CDC and applicable state and local governments and health authorities
- Even with taking all precautions, there will still be a risk of transmitting illnesses. Everyone must stay vigilant about the health of members and be ready for potential disruption

E-mail: [contact@uspk.org](mailto:contact@uspk.org)

Website: <https://uspk.org>



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# GENERAL RECOMMENDATIONS

## RECOMMENDATIONS FOR HOSTING A PUBLIC EVENT

When making a decision to hold an event or competition during the COVID-19 pandemic, parkour event organizers should rely on a risk-based approach. Precautions to consider include actions to reduce transmission between individuals, exposure reporting, where to hold the event venue, and how to modify all elements to make for a safer environment.

Reducing the risk of spreading COVID-19 at events is an organizational effort. We also have recommendations for practitioners, students, and parents. Key, top level recommendations are to:

- **Downsize event** or session capacity and limit entry to participants from specific regions, states, fellow organizations, etc.
- **Allow time and space for deep cleaning and social distancing** in between sessions and events.
- **Require COVID-19 testing** leading up to the event and/or vaccination(s) once available.
- **Require all participants pass a health screening** in order to participate or enter the event grounds, including a temperature check and questionnaire. Vaccination or testing, if reasonably available.
- **Adopt a contact-tracing protocol** in-case of exposure. Track all attendance data including full name and two methods of contact for every person in your facility, including phone and email. Inform participants about their responsibility to self report in case of illness within 7 days of the event.

Above all, review and follow all recommendations by federal, state and local health agencies and government. The spread of COVID-19 can be mitigated by organizations taking safe considerations and appropriate actions.

USPK strongly recommends that parkour organizers plan for event or competition disruptions by developing a risk mitigation strategy.

# GENERAL RECOMMENDATIONS

## RECOMMENDATIONS BEFORE HOSTING

Parkour gatherings, jams, and competitions are high-touch events, which can make them difficult to plan for. What precautions should you take to prevent the spread of COVID-19 among participants?

- Start by reading and understanding what requirements you will have to follow in order to be compliant with local, state, and federal guidelines. Review the return-to-school or return-to-business modifications in the state to assist with your decision.
- **Determine a “no-go” deadline** in the case of high exposure or spread warnings that would require you to re-schedule or cancel an event.
- **Create a written health and safety plan** based upon local and state requirements.
- **Evaluate the conditions of surrounding communities** or states to determine when others may be able to attend or if you will establish any restrictions on attending.
- **Develop an operational venue map** for physical distancing that outlines expectations. Discuss with facility management the overall event footprint to ensure appropriate staffing, signage, and cleaning protocols.
- **Establish participation requirements**, including health screening components and whether or not you will require pre-testing or vaccination.
- **Investigate additional resources** by meeting with industry peers and local partners for their insight, experiences, and resources.

## EVENT DURATION

The more people an participant interacts with at an event and the longer that interaction lasts, the higher the potential risk of becoming infected with COVID-19 and COVID-19 spreading. Limit time indoors for event attendees to a maximum of \_\_\_ and rotate groups through the facility for specific competition times, when indoors.DA

# GENERAL RECOMMENDATIONS

## EVENT DIVISIONS, SESSIONS, & HEATS

Split up your attendees into different divisions or heats with different starting times in order to allow for cleaning between each session and effective social distancing.

Limit the number of indoor competitors sharing the course to 5-10 at a time.

## EVENT ATTENDANCE

Based on the size of your designated event space, social distancing requirements, and current state restrictions, calculate the maximum possible occupancy. Social distance spacing guidelines must be in place for check in, spectating, and the participating competitors.

Require pre-registration to attend and participate.

Develop a flexible refund policy for events that involve a participation fee. Communicate this up front on your website.

## EVENT CHECK-IN

The management of arrivals by participants and staff plays an important role in securing onsite health and COVID-19 safety for parkour events and competitions. Parkour organizers that use the appropriate preventative steps will ensure the health and safety of everyone as we adjust to new ways of participating and training parkour

- **Require pre-registration** for the event to ensure that occupancy limits will be followed.
- **Require health checks or screenings** upon entry. Check the temperature of each individual including event staff and athletes. Survey for COVID-19 symptoms or potential contact to individuals who have been infected.
- **Ensure social distancing** while checking in and consider multiple stations as this is likely to be a bottleneck near the start of the event. Stagger athlete and guest check-ins so that participants have wider window times in-between each verification. Timed entries or outdoor check-ins will control event movement and traffic flow.
- **Digital check-ins may streamline the process** by reducing hands-on management and allow participants to get through quickly. Digital records will also provide time stamps and let you know who is on-site at

# GENERAL RECOMMENDATIONS

any given moment.

- **Pre-assign groups** for officials, athletes, and staff that stay together for the duration of an event. Be sure to hold those groups responsible.

## EVENT SPACE & VENUE LAYOUT

Outdoors locations are preferred to indoors locations, and should be utilized to the greatest extent possible to allow for maximum fresh air circulation and social distancing. If playing inside, ensure ventilation systems or fans operate properly. Increase circulation of outdoor air as much as possible, for example by opening windows and doors.

**Create a detailed floor plan and create zones** throughout your facility where restrictions will change. Recommended zones include:

- **Competition Zone** - Areas where participants will be actively moving and competing on courses or obstacles. If outdoors and permitted by state guidelines, competitors may remove their mask while in the competition zone, being mindful of boundaries and other competitors. No more than 5 (?) people in a competition zone at a time and a staffer must be monitoring the zone at all times.
- **Waiting/On-Deck Zone** - Areas where participants will be waiting to enter the competition zone, either next to a challenge or waiting to run a course. Limit number allowed in any zone. Masks must be on and distancing if possible. Hand sanitizer or hand washing station should be set up.
- **Spectator Zone** - Areas where spectators should stay
- **Registration Zone** - Areas where people register, should be kept clear.

**Provide physical guides**, such as tape on floors or signs on walls, to ensure that individuals remain at least 6 feet apart in lines, know where zones are, and at other times.

**Install physical barriers**, such as sneeze guards and partitions, in areas where it is difficult for individuals to remain at least 6 feet apart, such as at cash registers or check-in locations.

**Use multiple entrances** and exits and discourage crowded waiting areas.

**Close shared spaces** such as locker rooms, if possible; otherwise, stagger use and clean and disinfect between use.

# EVENT PARTICIPANTS

All visitors who enter the event site should submit contact information for contact tracing (two methods of contact) as well as pass a health screening which includes a questionnaire and temperature check the day of the event. We have a sample questionnaire for download on our website.

Keep a roster of every athlete, staff and volunteer present at each practice, training session, and contest to assist with contact tracing in the event of a possible exposure.

## **SPECTATORS**

- Calculate the maximum number of spectators based on social distancing requirements and prepare to turn spectators away.
- Permit only 1 spectator per athlete. No spectators allowed for individuals 18 and older.
- Encourage spectators to bring their own mask and require they wear a mask at all times.
- Clearly designate spectator zones and seating.

## **PARTICIPANTS**

- Restrict participation from outside states or regions to limit travelling and minimize spreading.
- Encourage participants to bring their own mask to the event and provide on-site reminders to minimize touching of the mask.
- Require participants to wear a mask when not actively in the competition zone\*
- Participants not either on deck or actively competing should not be indoors in the facility.
- Discourage participation by students and spectators at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems.
- Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.

\*Some states require masks at all times, even during competition or sports participation. Check your local guidelines.

# EVENT PARTICIPANTS

## EVENT STAFF

- Educate staff on when they should stay home.
- Assign staff to zones, where they should stay for the majority of the day.
- Train Staff on safety management and given clear expectations and authority to enforce safety guidelines.
- Provide all staff with information on proper use, removal, and washing of masks. Ensure staff know that masks should not be on (1) children 2 and under (2) people with breathing difficulties, and (3) anyone unconscious.
- Increase staff capacity to assist with cleaning, health screenings, space monitoring, etc. Establish a cleaning schedule and accountability process such as checklists.

## EVENT STAFF

Limit exposure to those outside the household unit during travel. Encourage only those in the same household to travel together, and if not in the same household, travel in separate vehicles if possible

# COMMUNICATIONS

Regardless of your local reopening phase, you are encouraged to meet with your facilities' managers to gauge the realities of hosting an event

Ensure public health advice is available before and during the event to all participants, staff, and personnel of all relevant stakeholders. Requirements for all participants should be communicated well in-advance.

- **Health Screening** - We recommend performing a temperature check and health questionnaire as a part of the day-of entry process.
- **Facial Coverings** - Determine where and when masks will be required and enforced. Some states require masks at all times, including during movement. Communicate in advance and frequently about these requirements. Determine how you will handle conflict and provide staff training. See additional recommendations under Cleaning and Sanitation Considerations
- **Clear Signage** - Display clear and visible signs to inform spectators and support staff about ways in which they can prevent themselves from getting infected with COVID-19 and passing the virus to others. See our resources.
- **Schedule** - Event schedule should be posted on websites, emailed to all participants, and posted on entry doors of facilities.
- **Contact-Tracing Plan** - Develop a strategic plan in the case of a confirmed positive case that respects HIPPA privacy laws, protects the privacy of individuals, and notifies anyone that may have been directly affected. Staff should be trained to understand the procedures
- **Virtual Meetings** - Hold meetings virtually to relay any important information for event participants. This may include competition briefings for athletes, coaches, judges, and/or event staff. If not possible, host brief socially-distanced meetings
- **Conflict Resolution Training** - Train staff on how to communicate and deal with difficult client interactions, including guests who refuse to

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# RECOMMENDATIONS FOR GYMS

comply with your requirements. This can be an incredibly sensitive and difficult situation to navigate.

# CLEANING & SANITATION

The United States Parkour Association has been closely monitoring the COVID-19 situation, reviewing federal and state recommendations that are being issued as well as researching best practices and responses by fellow sporting governing bodies. We released a more comprehensive set of guidelines earlier this year, available for download on our website.

Below are several key recommendations to factor in as you plan to host any gatherings, competitions, or jams.

## CLEANING

- **Ensure you have adequate supplies** to clean your facility ahead of the event including soap, water, sanitizer, extra masks, a way to dry hands (paper towels), tissues, disinfectant wipes, etc.
- **Clean and disinfect frequently touched surfaces** in the venue such as door handles, sink handles, grab bars, registers, pens, etc. as well as major countertops or tables.
- **Ensure that all equipment is properly disinfected** after each session.
- **Provide hand sanitizer** at public entry/exit of the facility and at each station; require use at entry and before each rotation.

## EQUIPMENT USE

- **Remove any equipment not being actively used** for the event from access by spectators or participants.
- **Cover and obstruct foam pits** to ensure that they are not accessible. Mark the area with learn signage.
- **Water fountains should be closed** for water bottle refill-only. Water bottles should be made available. Consider having a refill station.
- **Remove chalk bowls**; participants should bring and use their own chalk, bucket and/or bag.

## POLICIES

- **Require and provide face coverings**, and mandate face coverings be worn when required by state or local law.
  - **Non-coaching staff**: must use mask or facial covering at all

# CLEANING & SANITATION

times while indoors the facility.

- **Coaches:** must use mask or facial covering at all times unless deemed a hazard during spotting.
- **Judges:** must use facial covering (mask, shield, both) at all times;
- Spectators: require the use of masks or facial coverings at all times while indoors the facility.
- **Athletes:** Require all athletes/students wear masks or facial coverings while entering the facility. Once arriving at their initial physically-distanced station, the athlete can then remove the mask or facial coverings, place it into a paper/plastic bag, and keep it isolated with their personal items throughout the event or competition. The mask or facial coverings should be worn while using other areas of the facility (i.e. bathrooms) and while exiting the facility after competition.
- **Adopt policies to ensure social distancing** in bathrooms, such as limiting the number of individuals in a bathroom, closing stalls, and making handwashing facilities available. Clean and disinfect bathrooms regularly.
- **Emphasize proper hand-washing** for anyone using the restroom and post signage.
- **Post signage at all entrances** prohibiting entry by individuals who are sick or at risk of spreading COVID-19 from entering the competition. This signage should prohibit entry by an individual (including an athlete) who:
  - Has been diagnosed with COVID-19 (and remains infectious according to CDC guidance),
  - Has symptoms of COVID-19 (including fever, cough, shortness of breath, loss of taste or smell) or has those symptoms within 72 hours of the competition
  - Has otherwise been sick, or
  - In the past 14 days, has been in close contact with an individual who has been diagnosed with COVID-19 or who has symptoms of COVID-19.

# CLEANING & SANITATION

- **All staff should be trained to enforce face coverings.** Someone should be appointed to oversee temp checks, health screening, and any on-site illnesses.

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# COMPETITIONS

## GENERAL RECOMMENDATIONS

- Schedule transition times for practice and competition when switching between divisions/sessions/heats in order to minimize individuals in the facility, if indoors.
- Schedule ample time for course cleaning between events.
- Assign staff/volunteers to assist with the cleaning process and post the schedule with a method of accountability, such as initialling or check-listing.
- Enforce social distancing guidelines are followed by participants and spectators.
- Enforce minimal contact during post round celebrations (hugging, high fives, etc).
- Thoughtfully review the different zones of your facility and their different requirements to all participants and spectators.

## SPEED AND STYLE COMPETITIONS

### *Practice/Warm-Up*

- Limit practice heats to five (5) or less athletes.
- Briefly clean and sanitize between practice heats.
- Deep clean and sanitize after all practice is complete.

### *Competition*

- Restrict one competitor at a time on the course, with no more than 5 participants in a waiting zone.
- While not in the competition zone, all athletes should be wearing masks.
- Require athletes to wash hands before and after competing
- Deep clean and sanitize after all competitors have gone.

## SKILL COMPETITIONS

- Plan for dedicated waiting areas for each challenge that do not interfere with any of the competition / challenge zones.
- Adjust skill challenge periods to account for longer waiting times.

# COMPETITIONS

- Minimize the number of participants allowed to be actively moving between challenge / competition zones.
- Clearly mark on the floor the number of competitors allowed in a zone.

## **CHASE TAG COMPETITIONS**

- Minimize contact between teams.
- Clean between matches.

# QUICK CHESTLIST

## Should we host?

- Review current local state, CDC and WHO guidelines
- Review regional risk and exposure levels
- Review surrounding school and business modifications
- Consider testing and vaccination availability

## Signage

- Post signage at all entrances prohibiting entry by individuals who are sick or at risk of spreading COVID-19 from entering the competition.
- Emphasize proper hand-washing for anyone using the restroom.
- Facial covering requirements posted at all entrances

## Staff, Judges, & Organizers

- Email communications about safety requirements
- Host virtual meetings when possible
- Specify expectations for enforcing guidelines
- Training for check-in/management of spectators to guide them to appropriately distanced locations

## Cleaning & Sanitation

- Ensure hand sanitizer is available upon entry
- Ensure that approved cleaning supplies are used for cleaning mats, obstacles, etc between each session of competition
- Consider having disposable masks available

## Other

- Predetermine emergency contacts with local health authorities.

# ADDITIONAL RESOURCES

## **Additional Resources:**

CDC Interim Guidance for Small Business Response to COVID

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

CDC General Pandemic Guidance for Small Business / Employers

<https://www.cdc.gov/flu/pandemic-resources/archived/business-planning.html>

CDC Business Planning for Pandemic Checklist

<https://www.cdc.gov/flu/pandemic-resources/pdf/businesschecklist.pdf>

CDC Interim Guidance for Event Planners & Community Gatherings

<https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/index.html>

# ★ BECOME A MEMBER ★

Become a member to support our mission. Be strong to be useful. Together we can strengthen our community, raise awareness, educate the general public, protect the integrity of the sport, guide and represent parkour in the United States. Our membership benefits include:

- Nationwide voting on relevant topics
- Discounted parkour insurance
- Access to national network of USPK members
- Member committees
- Starting special interest groups

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