

# PREVENTION POLICIES

## One-on-One Contact

One-on-one contact is defined as interaction between one Adult Participant and one Minor Athlete. One-on-one interactions between Adult Participants and Minor Athletes is not permitted under any circumstance and applies to all situations, both In-program and Out-of-program contact, except as stated in this policy.

## Exceptions

USA Gymnastics recognizes the following exceptions to the prohibitions against one-on-one contact:

1. Emergency circumstances such as fires, medical emergencies, or minors left without parental supervision after practice or at a competition. In all emergency circumstances every effort must be made for the one-on-one policy to be maintained.
2. When a Dual Relationship exists, and parent/guardian has provided written consent annually; or
3. When the Close-in-Age Exception applies; or
4. If a Minor Athlete needs a Personal Care Assistant, and:
  - the Minor Athlete's parent/guardian has provided written consent annually to the Member Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
  - the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
  - the Adult Participant Personal Care Assistant has complied with USA Gymnastics background check policy.
5. In other circumstances specifically addressed in this policy that allow for certain one-on-one interactions if USA Gymnastics receives parent/guardian consent.

## Observable and Interruptible

Contact is not one-on-one if it is observable and conducted at a distance allowing for interruption by another adult. One Adult Participant and one Minor Athlete alone in a USA Gymnastics Member Club or facility violates this policy.

## Individual Training Sessions

One-on-One individual training sessions between an Adult Participant and Minor Athlete are not allowed. All

individual training sessions with Minor Athletes must adhere to the following:

- Observable and interruptible at all times
- A minor's legal guardian must be allowed to attend the individual training session
- All individual training sessions require advance, written consent from the Minor Athlete's parent/guardian at least annually, which can be withdrawn at any time. This includes all one-on-one sessions as stated above
- Closed Circuit Broadcast and web-based viewing is not considered observable and interruptible under this policy. Another adult must be in the building and able to see and overhear all session activities.

*\* Consent forms may be found on the USA Gymnastics Safety and Response area of the website.*

USA Gymnastics recognizes the following exceptions to the prohibitions against One-on-One Individual Training Sessions:

- When a Familial Dual Relationship exists, and parent/guardian has provided written consent annually or
- When the Close-in-Age Exception applies.

## Meetings with Mental Health Professionals and Health Care Providers:

If a licensed mental health care professional or licensed health care provider meets one-on-one with a Minor Athlete, the meeting must be observable and interruptible without exception. Additionally:

- Another adult must be present at the facility and notified that a meeting is occurring, although the Minor Athlete's identity need not be disclosed; and
- The Member Club, Meet Director, or other person of authority is notified that the provider will be meeting with a Minor Athlete; and
- Parent or guardian of the Minor Athlete has provided written consent; and
- The provider obtains consent consistent with applicable laws and ethical standards, which can be withdrawn at any time.
- Closed door meetings with Minor Athletes are not allowed at any event or facility under the jurisdiction of USA Gymnastics.

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## Practices to Mitigate Risk

Train all staff annually on club policy	Maintain a professional distance with all families
Communicate the one-on-one policy to athletes and parents	Set and maintain consistent times during professional hours for meetings with the parents and athletes

- A majority of the training space is visible on the live stream;
- Parents have the ability to live stream through the duration of their child's class and/or as long as the child remains in the Club's care;
- Streaming is password encrypted and presented to parents via a secure viewing platform with a password-protected viewing portal or app; and
- The club has ability and process in place to remove parent viewing access following disenrollment from a class or club in entirety.

## Parental Access to Practice at Member Clubs

Member Clubs must permit parents and guardians access to practice and training sessions.

- Access may include sitting areas, in person viewing options, closed-circuit broadcast (including audio) or similar methods of viewing.
- Each training session must be accessible to at least a portion of the Member Club's parents/guardians and applied to both recreation and team programs. (subject to space and safety limitations)
- Participants and parents will respect the coach-athlete relationship and are not to interrupt training sessions, absent a concern that misconduct is occurring.
- Member Clubs may set parameters for appropriate viewing behavior.
- Member Clubs may not prohibit a specific parent or guardian from physical access without fair notice and process. The Member Club must provide a reasonable alternative for that parent or guardian to view their athlete's training sessions, which can include allowing another designee approved by the parent to view practice.
- If a parent or guardian is prohibited from viewing their child due to inappropriate behaviors, a time limit must be set for return to viewing.

### Closed-Circuit Broadcast and Live Streaming to Facilitate Parental Viewing:

Member Clubs may offer webcast viewing and live streaming services to parents as an alternative to in-person viewing, provided that:

- A written policy exists that includes:
  - Restrictions on sharing of videos and passwords to view such videos;
  - Storing and destruction of videos; and
  - Formal notice posted in public spaces of use of live streaming.

## Practices to Mitigate Risk

Work closely with parents on a watch system that works best for the club and the parent.	Post guidelines related to viewing behavior, capacity, and how to report a problem if witnessed.
Review behaviors with parents that are and are not acceptable while in the viewing area at least annually.	When space is limited, Member Clubs <u>and</u> parents are encouraged to offer available space to parents with small children or children with behavior or health needs.

## Transportation

Absent emergency circumstances, Adult Participants shall not transport a Minor Athlete one-on-one during In-program or Out-of-program travel in a vehicle alone. A second Minor Athlete or second Adult Participant must always be present. This includes daily transportation to and from events occurring at the regular Member Club, or away from the regular Member Club, unless the following exceptions exist:

1. When a Dual Relationship exists (please see Key Requirements for USA Gymnastics One-on-One Travel Policy Exception); or
2. When the Close-in-Age Exception applies; or
3. If a Minor Athlete needs a Personal Care Assistant, and:
  - the Minor Athlete's parent/guardian has provided written consent annually to the Member Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
  - the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and

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- the Adult Participant Personal Care Assistant has complied with USA Gymnastics background check policy.
- 4. In other circumstances specifically addressed in this policy that allow for certain one-on-one interactions if USA Gymnastics receives parent/guardian consent.

### Transportation Sanctioned by USA Gymnastics and USA Gymnastics Member Clubs

For all In-Program travel authorized or funded by USA Gymnastics and USA Gymnastics Member Clubs, all Adult Participants will agree to and sign the Organization's travel policy annually. Parents of Minor Athletes must give written consent on an annual basis for travel sponsored by USA Gymnastics or a Member Club. Parents of Minor Athletes can withdraw this consent at any time.

*\* Consent forms may be found on the USA Gymnastics Safety and Response area of the website.*

### Parental Consent for Travel Between One Adult Participant and One Minor Athlete

A Member Club may be offered an exception from the USA Gymnastics Safety and Response One-on-One Policy and provide "legal guardian consent" for the limited purpose of airline travel or local travel (such as by car.) The Member Club exercising this option will be responsible to indemnify USA Gymnastics from all liability, and must execute the terms of the Assumption of Liability, Release, and Indemnity Agreement before facilitating any one-on-one contact between Adult Participants and Minor Athletes.

It is the responsibility for all parties requesting one-on-one travel to read the full *Assumption of Liability, Release, and Indemnity Agreement* that can be found [here](#). This includes Member Club management, Adult Participant, a person claiming dual relationship, and Parents/Guardians.

**Supplemental Attachment:** Travel Plan can be found [here](#).

USAG expects full compliance with the one-on-one travel protection policies and discourages the use of exceptions unless absolutely necessary. USA Gymnastics will not grant or deny permission to travel in violation of the one-on-one policy. The receipt by USA Gymnastics of parental consent forms, trip itineraries or indemnification documents does NOT imply or indicate permission by USA Gymnastics for the travel to occur.

### Key Requirements for USA Gymnastics One-on-One Travel Policy Exception for Member Clubs:

A published travel policy available to all parents and coaches signed annually and kept on file with sponsoring organization
All interactions must remain observable and interruptible
Advanced written consent obtained on an annual basis by parents of minors for overnight travel indicating the name of the Adult Participant
Advanced written consent obtained on an annual basis for local travel providing the itinerary remains constant (For the purposes of this policy, local travel is considered travel to and from the member club for purposes of practice.)
Parents and guardians receive full travel itineraries before permitting any arrangement. Itinerary must be kept with the sponsoring organization.
Parents completed the " <u><a href="#">Parent's Guide to Misconduct</a></u> " in Sport provided by the U.S. Center for SafeSport and submit certificate to USA Gymnastics (one time only)
Minor Athlete must complete the Safesport for Youth Athletes (Age 13+) provided by the U.S. Center for SafeSport and submit certificate to USA Gymnastics (one time per age group)
All original copies of written consent must be retained by Member Club
A copy of signed parental consent, indemnification, and course certificates must be sent to USA Gymnastics Safety and Response in advance any one-on-one travel
Minor Athletes or their parent/guardian can withdraw consent for one-on-one travel at any time

*A copy of all documents must be sent to USA Gymnastics Safety and Response prior to any one-on-one travel. Please submit all documents to [response.resolution@usagym.org](mailto:response.resolution@usagym.org).*

*\* Consent forms may be found on the USA Gymnastics Safety and Response area of the website.*

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Failure to fully execute the terms of the Assumption of Liability and Indemnity Agreement, will jeopardize the Member Club's member status, as well as that of the persons' responsible for any intentional, reckless or material failure of those terms. Misconduct, ethical, or similar concerns are not exempt from the Safety and Response process under any condition.

USA Gymnastics Member Clubs that organize travel must publish a travel policy that is consistent with USA Gymnastics Safety & Response Policy and provide it to, at a minimum, all adult gymnasts, parents of minor gymnasts, coaches and all Adult Participants traveling with the team. USA Gymnastics requires all Adult Participants to sign the travel policy of the organization sponsoring the travel acknowledging receipt of and agreeing to the travel policy.



## Lodging

All In-Program Contact at a hotel or lodging site between an Adult Participant and a Minor Athlete must be observable and interruptible, and an Adult Participant

cannot share a hotel room or otherwise sleep in the same room with a Minor Athlete(s), except if:

1. When a familial Dual Relationship exists, and parent/guardian has provided advance, written consent before each instance for the lodging arrangement; or
2. When the Close-in-Age Exception applies, and written consent has been given in advance before each instance for the lodging arrangement; or
3. If a Minor Athlete needs a Personal Care Assistant, and:
  - a. the Minor Athlete's parent/guardian has provided written consent before each instance to the Member Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
  - b. the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
  - c. the Adult Participant Personal Care Assistant has complied with USA Gymnastics' Background Check Policy.

## Lodging Sanctioned by USA Gymnastics and USA Gymnastics Member Clubs

For all In-Program lodging authorized or funded by USA Gymnastics and USA Gymnastics Member Clubs, all Adult Participants will agree to and sign the Organization's travel policy annually. Parents of Minor Athletes must give written consent on an annual basis for travel sponsored by USA Gymnastics or a Member Club.

- Adult Participants that travel overnight with Minor Athlete(s) are assumed to have Authority Over Minor Athlete(s) and thus must comply with the USA Gymnastics' Education & Training Policy and pass a background check. This does not include Adult Athletes who meet the Close-in-Age Exception. Adult Athletes are exempt from the background check requirement provided they are not in a position of authority, but must complete U-110: Safe Sport Core Course as a condition of membership.
- Adult Athletes traveling with Minor Athletes must meet the Close-in-Age exemption to be eligible to stay in the same hotel room with a Minor Athlete. Written consent must be provided by a parent/guardian prior to the lodging arrangement. The Minor Athlete, their parent or guardian or the Adult Athlete may refuse this arrangement without explanation. A refusal by any party must be honored without exception.
- Adult Participants without approved exceptions as stated in this policy, may not stay overnight with Minor Athletes in a communal lodging space such as an Airbnb or Vrbo.
- Athletes are permitted to make and receive regular check-in telephone calls to and from legal guardians/parents. Team personnel will allow any calls that do not interfere with team events, such as training sessions or meetings. Emergency calls will be permitted regardless of team schedule or events.
- All persons must comply with United States Olympic Committee protocols when applicable.



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## Monitoring or Room Checks During In-Program Travel

If room checks are performed during in-program lodging, the one-on-one interaction policy must be followed and at least two adults must be present for the room checks.

## Practices to Mitigate Risk

Member Clubs should review travel materials with parents and athletes before travel.	If the Member Club chooses to have any Adult provide transportation while traveling with the team, that Adult must be appropriately insured and legally authorized to drive.
All efforts to should be taken to limit meetings in the hotel room of either the athlete or coach.	Specific travel itineraries should be distributed to parents/guardians once available, but not shared with any person outside of the team or families.
Contact information for all adult team personnel should be provided to parents/guardians prior to travel.	



## Electronic Communications and Social Media

Electronic communication between an Adult Participant and Minor Athlete includes but is not limited to phone calls, video calls and training sessions, texts, social media platforms (e.g., Facebook, Twitter, Instagram, WhatsApp, Snapchat, etc.), fitness applications, emails, gaming platforms and direct messaging. All electronic communication between an Adult Participant and a Minor must comply with the One-on-One Policy and must be open and transparent.

1. Open and Transparent means that the Adult Participant copies or includes the Minor Athlete's parent/guardian or another Adult Participant.
2. All electronic communication must be professional in nature.

3. Only platforms that allow for open and transparent communication may be used to communicate with Minor Athletes.
4. Communication platforms must be able to record or maintain the message.
5. If a Minor Athlete communicates with the Adult Participant first, the Adult Participant must either not respond or must include the athlete's parent or guardian in the response.
6. Electronic communications to an entire team or any number of Minor Athletes on the team must include at least one other Adult Participant or the Minor Athletes' parents/guardians if any team member is a Minor Athlete.
7. A parent or guardian may request in writing that a Minor Athlete not be contacted through electronic communications. Requests that a Minor Athlete not be contacted electronically must be honored.
8. Any private or public direct communication between adults and Minor Athletes involving the following is prohibited and must be reported:
  - drug or alcohol use;
  - sexual content; or
  - explicit content.

This includes all communications unless the following exceptions exist:

- When a Dual Relationship exists; or
- When the Close-in-Age Exception applies.

## Social Media

All social media communication is considered In-Program Contact and must comply with the One-on-One Policy, in addition to the following conditions:

1. Adult Participants are not permitted to maintain private social media connections with Minor Athletes. All such existing connections must be discontinued by the Adult Participant if they violate this policy.
2. Parents and Minor Athletes must be made aware of and give written permission for Adult Participants to create media content for purposes of college recruiting made on behalf of the Minor Athlete. The Adult Participant must relinquish immediate control of such accounts upon request of the parent or athlete.
3. Photos or videos of Minor Athletes may be posted on the private social media page of the Adult Participant providing:
  - photos are displayed professionally;

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- in context of practice or competition;
  - displayed positively representing the athlete(s);
  - public facing and demonstrate the photo(s) are taken as a part of the professional role;
  - parents or Minor Athletes reserve the right to request photos to be removed and all requests respected;
  - parents are allowed to see the photo(s); and
  - parents are aware of such postings.
4. USA Gymnastics Members and Member Clubs must conduct themselves in a professional manner when posting on any social media platform, as this information is often public and can be perceived as a direct reflection of the Member or Member Club.
  5. Acts of cyberbullying by any USA Gymnastics Member toward another USA Gymnastics Member is prohibited and includes acts of harassment, intimidation, humiliation, or places an individual in reasonable fear of harm and has the effect of substantially disrupting the operation of any activity or event within USA Gymnastics jurisdiction.

### Practices to Mitigate Risk

Publish a Social Media and Electronic Communications Policy unique to Member Club and circumstances.	Send electronic communications to athletes and parents only between the hours of 8:00 a.m. and 8:00 p.m., except for travel, competition or emergency circumstances.
Be mindful of social media messaging and content that includes tone of the message, fairness, and consent to post.	Set clear boundaries with Minor Athletes about communicating with coaching staff through electronic means.
Discuss online athlete behavior to minimize cyberbullying.	Create an anti-bullying policy for athletes that includes a cyber component and address with athletes and parents annually

*Note: Public fan pages are excluded from these restrictions. Private messaging to Minor Athletes is not excluded.*

## Virtual Training

All virtual training is considered In-Program Contact and must comply with the One-on-One policy and remain open and transparent at all times.

1. Communication during virtual sessions with Minor Athletes must remain professional in nature.
2. Any platform chosen for online learning must be approved by the management of the individual gym, and accessible to all parties – including the parents of Minor Athletes.
3. Workout session schedules must be presented to all team members, parents and other coaches and strictly followed.
4. All efforts should be made for virtual training to occur in common areas, such as a living room or back yard – never in a bedroom, bathroom, or other private space of either the Minor Athlete or coach. If this cannot occur, all parties must maintain a professional atmosphere during the virtual session.
5. Parents and guardians may request to stop any communication – Any such request must be honored immediately without repercussion.
6. Parents must be given access to links for virtual training.

Private messaging minors during virtual sessions is strictly forbidden as it would violate the One-on-One Policy.

### Practices to Mitigate Risk

Training sessions should consider methods for preventing positions and poses that may be compromising in nature.	Background space in camera shots should look professional in nature
Attire should never be in lounge wear, pajamas, or other attire usually worn in private spaces.	Discussions of cyberbullying between athletes should be had at least annually.

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## Photography/Videography

USA Gymnastics Photography and Videography Policy is considered an opt-out policy.

1. Parents must be made aware such photographs or videos are being taken and where they will be displayed.
2. Photographs or videos of athletes must be taken in public view, observe generally accepted standards of decency, and must appropriately serve the best interest of the athlete.
3. An athlete (or a legal guardian of a Minor Athlete) may request that their photograph be removed from display, posting or publication without repercussions.
4. An athlete (or legal guardian of a Minor Athlete) may request that the athlete's picture not be taken.
5. Meet Directors must enforce these policies in the context of a meet. USA Gymnastics reserves the right to take additional action.
6. Member Clubs and Meet Directors may set guidelines for the taking of photographs and video by parents and visitors while in their facility.

### Practices to Mitigate Risk

Require a signed waiver from parents of Minor Athletes before any photographs or videos are taken and shown publicly.	Remove old videos and photographs from websites, social media accounts, and brochures at least annually.
Meet Directors should publish audience photography guidelines in advance of any meet to avoid confusion.	Publicly display photography and videography guidelines at Member Clubs



## Locker Rooms/Changing Areas

Adult Participants are not permitted at any time to be alone with a Minor Athlete in a locker room or changing area, except under emergency circumstances. The One-on-One Policy applies at all times, and in all locker rooms, changing areas, and restrooms within

facilities partially or fully under the jurisdiction of USA Gymnastics. All interactions must be observable and interruptible except:

1. When a Dual Relationship exists, and parent/guardian has provided written consent annually; or
2. When the Close-in-Age Exception applies; or
3. If a Minor Athlete needs a Personal Care Assistant, and:
  - the Minor Athlete's parent/guardian has provided written consent annually to the Member Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
  - the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
  - the Adult Participant Personal Care Assistant has complied with USA Gymnastics background check policy.

### Conduct in Locker Rooms and Changing Areas

- Adult Participants must not change clothes or behave in a manner that intentionally or recklessly exposes their breasts, buttocks, groins, or genitals to a Minor Athlete.
- Adult Participants must not shower with Minor Athletes under any circumstance unless a Close-in-Age exemption exists.
- Parents/guardians may request in writing that their Minor Athlete(s) not change or shower with Adult Participant(s) where a Close-in-Age exemption exists. USA Gymnastics, the Member Clubs, and the Adult Participant(s) must abide by this request.
- Recording of any kind is prohibited in locker rooms, restrooms, changing areas or similar spaces by Adult Participants, Minor Athletes, and Parents. This includes voice recording, still cameras, and video recording.
- Credentialed media will not be allowed to interview or photograph athletes in a locker room, bathroom, or changing area.
- Adult Participant Personal Care Assistants are permitted to be with and assist Minor Athlete(s) in locker rooms, changing areas, and similar spaces where other Minor Athletes are present, if they meet the requirements above.

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## Availability and Monitoring of Locker Rooms, Changing Areas, and Similar Spaces

Private or semi-private places must be made available for Minor Athletes to change clothes or undress at competitions or facilities partially or fully under the jurisdiction of USA Gymnastics or Member Clubs.

- A semi-private area is an area that is not separate from where other individuals are changing but offers the Minor Athlete some privacy to change. For example, a bathroom stall with a door would meet this requirement. A semi-private area can also be created by a partition or drapery.
- A private area is an area separated completely from anyone else changing. This area would be fully enclosed with a door, and no other individual would be able to enter without the Minor Athlete’s permission. This could be a single restroom or family restroom, where the Minor Athlete can change alone and lock the door.

Designated Locker rooms or changing areas must be monitored with random sweeps at any facility in a USA Gymnastics sanctioned event or Member Club to ensure compliance with policy. Monitoring should occur at all facilities partially or fully under the jurisdiction of USA Gymnastics to include Member Clubs, meets, camps, and other In-Program events.

**Meet Directors** must communicate the availability of restrooms and changing areas for Minor Athletes and may encourage athletes and meet personnel to come dressed for the competition. Please see “Safety and Response Protocol for Sanctioned and Premiere Events,” for further information.

### Practices to Mitigate Risk

Member Clubs should post locker room policies specific to their facility	Member Clubs are encouraged to post rules related to athlete behavior in the locker room to minimize bullying and harassment
When having club sleepovers or overnight events, a specific set of guidelines should be posted for changing times based on age and gender	Member Clubs are encouraged as part of their locker room and changing area policy to add a “no loitering” rule



## Gifting

Personal or Individual gifts are not permitted to be given to athletes by Adult Participants. Member Clubs may set their own guidelines for a reward system that equally applies to all athletes. Gifts must serve a legitimate motivational, inspirational or educational purpose. The reward system must be:

1. set by the Member Club administration;
2. clearly defined for the coaches and parents;
3. accessible to all individual members in a group or team;
4. given without conditions or restrictions regarding the relationship between the athlete and Member Club; and
5. given in the presence of at least one other adult and within guidelines set by the Member Club.

### Practices to Mitigate Risk

Consider setting a monetary limit for gifts from parents to coaches.	The Gifting Policy should be made publicly available for all club personnel, parents, and participants and reviewed specifically around holidays and end of season events.
Member Clubs are encouraged to create a disclosure policy where coaches disclose in writing any gift that a reasonable person would think might unduly show favor to the giver or the giver’s child, or be influenced by the giver.	Booster clubs or parent groups should be encouraged to give input on motivational, holiday or end of season gifts.



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## Medical Modalities, Athletic Training, Massages, and Medical Orders

All In-Program medical modalities, massages, or rubdowns of a Minor Athlete must adhere to the following general conditions. There are no exceptions to this policy. The below requirements apply to all medical modalities, athletic training and massages. Additional requirements for Massages and Medical Orders are listed separately as a part of this policy:

- Observable and interruptible, with another Adult Participant physically present and in full sight of the treatment at all times;
- Performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin, or genitals are always covered; and
- Allow parents/guardians in the room as an observer, except for competition or training venues that limit credentialing.
- Only licensed professionals who are hired to specifically perform such duties are permitted to perform any medical modality or massage beyond immediate pain mitigation on the competition or training floor.
- In the event of an emergency where medical care is necessary to stabilize a condition, the parent or guardian of a Minor Athlete must be notified and if not onsite, should be notified as soon as reasonably possible to approve any further non-emergency medical treatments.

### Consent

The following consent procedures must be adhered to before any medical modality is offered:

- Providers of medical or athletic training modalities, massages, and rubdowns or USA Gymnastics/Member Club, when applicable, must obtain written consent at least annually from Minor Athletes' parents/guardians before providing any medical or athletic training modalities, massages, or rubdowns.
- A detailed treatment plan including specific areas and method of each treatment must be presented verbally to the athlete before each treatment is offered.
- Athletes and/or parent/guardian may withdraw consent at any time and without explanation.

### Massaging

The following conditions are in addition to the above requirements to perform massaging services at any USA Gymnastics sanctioned event or USA Gymnastics Member Club, along with all general conditions and consent procedures listed above:

- Coaches, regardless of whether they are licensed massage therapists, may not massage Minor Athletes.
- Member Clubs must develop and publish a massaging policy consistent with USA Gymnastics Policy before providing massaging services in the Member Club.
- An onsite method of reporting misconduct or any deviation of this policy must be offered.
- Any contact with genitalia, is explicitly forbidden and must be reported to legal authorities and the Center. Contact with buttocks or the chest area should be limited to the area of the chest above the breast (approximately one hands' breadth underneath the clavicle) in females and to the anterior, lateral or posterior hip area.

### Icing and Taping

The following conditions are in addition to the above requirements to perform icing and taping services at any USA Gymnastics sanctioned event or USA Gymnastics Member Club, along with the general conditions and consent procedures listed above:

- Icing or taping of the breasts, buttocks or genitalia of an athlete by an Adult is expressly forbidden and must be reported.
- If ice must be applied to these areas, the athlete must self-apply the ice.

### Medical Orders and Follow-up

Adult Participants must adhere to any and all restrictions placed on the athlete for practice and/or competition. To include, but not limited to:

- A time frame for how long the medical provider wants the restrictions placed on the athlete;
- Any training modifications that the medical provider feels will benefit the athlete; and
- Any alternative forms of conditioning that may be acceptable during practice (i.e. lower body conditioning only, in place of full body conditioning)