Henderson County High School Cheerleading Plan

2020-21 Athletic Participation Guidelines

Student Athlete

1. The following three (3) documents must be turned in before participating
    a. Completed physical on KHSSA Form for High School (Form GE04)
    b. Negative results of COVID test taken within 7 days of beginning practice
    c. Signed Acknowledgement of Risk and Waiver
2. Temperature check upon arrival - complete online health screening
3. Use hand sanitizer
4. Wash hands after practice
5. Wear face mask as all times except while exercising/participating
6. Practice social distancing as much as possible
7. Bring your own water bottle
8. Do not share equipment with others

Coach

1. Supervise students and enforce guidelines above
2. Sanitize equipment often
3. Plan entrance and exit from the school as to not intermingle with other teams
4. Temperature check upon arrival - complete online health screening
5. Use hand sanitizer
6. Wash hands after practice
7. Wear face mask as all times
8. Practice social distancing as much as possible
9. No use of locker room without approval of AD

Family

1. Continually monitor your child's health
2. Keep your child home if he or she has any COVID-19 symptoms
3. Provide water or drink for each practice/game
4. Provide transportation to and from practice for your child only
5. Wash practice clothes often
6. Disinfect any personal equipment
7. Notify the coach as soon as your child becomes ill

Practice Plan

- Cheerleaders will come to check in area (B4) for temperature check in and scanning. All athletes must wear a mask during check in and while walking to the practice area (main gym or aux).
- Athletes bring their own water bottle and no sharing is allowed.
- Each athlete has a plastic tub of all of their items so there is no cross contamination. Every cheerleader has a designated spot 6-8 feet from each other.

- All athletes will have masks on when not participating.
- Each athlete has a designated area where they will practice.
- All athletes must keep their masks on except: during conditioning & water breaks and practicing social distancing.
- Coaches sanitize every 20-30 minutes throughout the whole practice.Cheerleaders are also told to sanitize hands during practices.
- Dismissal: Each cheerleader goes to their assigned area with their tub and is required to sanitize and wait for their dismissal time with mask on. Athletes are dismissed in orderly fashion by numbers.
- Coaching staff sanitize and clean.

Game Day Plan

- Cheerleaders will meet in the auxiliary gym following guidelines above.
- Cheerleader participation will be limited at games to allow for social distancing on the baseline.
- Cheerleaders will wear masks except when performing stunts that create a dangerous situation.

Competition Day Plan

- We are not planning to host any competitions this season.
- The link below takes you to the UCA Competition Frequently Asked Questions in which COVID Safety Guidelines are discussed.
- https://www.varsity.com/uca/wp-content/uploads/2020/10/20-21_uca_competition_faqs.pdf

VARSITY SPIRIT COVID-19 COMPETITION RULES (Updated 10.23.2020)

Safety is our priority for your competition experience. We are deeply committed to the safety and well-being of our athletes, coaches and spectators. We are prepared to administer a competition that will meet the state and local guidelines related to COVID-19 at the time of the event. While the final details and schedule of any competition could require up to the day adjustments, and all guidelines are subject to change based on Centers for Disease Control and Prevention (“CDC”), federal, state and local guidance, please be assured that Varsity Spirit is committed to delivering the same quality of competition experience for which we are known. We appreciate your understanding of the flexibility this will require.

Below, you will find the guidance that we believe is necessary for each identified group to follow in order to conduct a safe and enjoyable competition.

COMPETITION VENUE/FACILITY

- Follow reopening orders as well as health, safety and distancing requirements for open businesses in the applicable county/city/state.
- Enhanced cleaning and sanitization practices including but not limited to:

    - Restroom facilities will have proper sanitation areas for frequent handwashing and be properly stocked with soap, paper towels, trash can by exit, etc.
    - Sanitization stations throughout facility
    - Remove or prop open doors or other high touch points for entry/exit (if feasible).
    - No drinking from water fountains. If permitted by the venue, water fountains may be used only to refill water bottles.
- Cleaning / sanitization of performance floors with cleaner on the Environmental Protection Agency's list of disinfectants for use against SARS- CoV-2 accepted methods, to be completed by Varsity personnel as may be reasonably necessary or otherwise directed by theCDC.
- Establish a designated holding area for any person(s) to go to if feeling ill or to isolate while coordinating exit from facility or transport offsite.

ORGANIZATION (GYM, STUDIO, SCHOOL, ETC.)

- These COVID-19 Competition Rules are, where applicable to coaches, gym owners and athletes, incorporated into the Varsity Spirit Competition Rules and Regulations.
- Coach, or other authorized adult, must be present at all times with their team(s) and responsible for the enforcement of the established rules, including recognizing when a performer should be removed from the competition for signs/symptoms or violation of rules.
- Provide a copy of these rules to all athletes/coaches/parents/spectators.
- Additional rules/guidelines may be communicated prior to each competition, examples of which include spectator capacity limitations and admission fees, how the crowd and traffic flow will be managed, as well as other measures intended to provide a safe environment that adheres to social distancing. The Organization must ensure any additional rules/guidelines are provided to all athletes/coaches/parents/spectators.
- Educate athletes/coaches/parents/spectators about COVID-19, how it spreads (including through persons who are asymptomatic), all symptoms of COVID-19, proper hygiene (e.g., avoiding touching face, vigorous washing of hands etc.), and the importance of social distancing. For additional information on COVID education and safety tips, click here.

ALL PERSONS IN ATTENDANCE (VARSITY PERSONNEL, ATHLETES, COACHES, SPECTATORS, ETC.)

- Anyone that feels sick or living with a house member who is currently sick, feels sick, or shows any symptoms of COVID-19 listed by the CDC, including cough, shortness of breath, fever, chills, muscle pain, sore throat, and new loss of taste or smell, has been diagnosed or presumed positive for COVID-19, or has been around someone who has been diagnosed or presumed positive for COVID-19, currently or within the last 14 days, must stay home.
- Anyone that develops symptoms while at competition must immediately inform Varsity personnel and comply with the procedure of removal from the competition area. They must cooperate with Varsity and make a list of all persons whom they have been in close contact with (the CDC defines close contact as being within 6 feet of someone for 15

minutes or more in a 24 hour period), including in the 48-hour period before developing symptoms.

- Anyone with pre-existing conditions/compromised immune system should speak with their doctor and get clearance from their doctor before attending the competition.
- Athletes, coaches and Varsity personnel will monitor themselves for symptoms of COVID-19 listed by the CDC, including cough,shortness of breath, fever, chills, muscle pain, sore throat, and new loss of taste or smell, and check their own temperature each morning, both 7 days prior to attending competition and every morning before attending competition. If the person displays any COVID-19 symptoms or a temperature of over 100° Fahrenheit, during the 7 days before competition or any morning of competition, they must remain home and report their symptoms and temperature to the appropriate competition contact.
- Engage in physical distancing of at least 6 feet, or other distance imposed by state and local guidelines.
- Provide their own face covering which shall be worn at all times, except for athletes when on the practice and performance floors.
- No drinking from water fountains. If permitted by the venue, water fountains may be used only to refill water bottles.
- Bring their own wipes/tissue/hand sanitizer.
- Follow all best practices for personal hygiene. Avoid touching face covering, eyes, nose or mouth. Wash hands with soap and water for at least 20 seconds before and after touching face covering or face.
- Respiratory etiquette - cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds. If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.

VARSITY SPIRIT PERSONNEL

- Will be educated on the COVID-19 Competition Rules, and complete additional Varsity training related to new competition guidelines.
- Will be trained on COVID-19 protocols in place and have name and contact info for designated COVID-19 point of contact for the competition.
- May give verbal instructions to competition attendees throughout the day on social distancing requirements and/or other safety protocols.
- Spotting/safety procedures should not be minimized due to social distancing.