

RETURN TO PLAY FOR CHEER AND DANCE TEAMS

We acknowledge that Phases for each state and county may not coincide with this 'Return to Play' policy. For each phase, state/ local guidelines take precedence if they are more restrictive than this phased approach. We acknowledge that some Regions, Leagues or Associations will be allowed by their State/Local guidelines to progress to Stage 4 more rapidly than others.

For all Phases: If Sick or Cough Stay Home: If a child has had flu symptoms (fever > 100° F, cough, chills, sore throat, body aches, tiredness, difficulty breathing, loss of taste/smell, etc.), they should not attend and a parent should contact their healthcare provider.

Phase 1:

Virtual Training - Stay at Home Order

Individual training sessions in own home using own equipment.

- Seek a Safe training Area; Appropriate Surface, free of obstructions.
- Coaching would only occur virtually.
- No athletes work or train together unless they are living in same home
- Wear Proper Attire – Workout Clothes, Soft Soled Shoes / Sneakers.
- Focus on individual development and skills: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance

Phase 2:

Socially Distanced Training, Stay at Home Orders Are Relaxed, Group Activities are Limited to 10 or Fewer People

Public indoor facilities are closed, parks and outdoor facilities begin to open, and allow visitors continuing to follow social distancing guidelines.

Quadrant Style Practices

- Check in and Check out procedures (Stay in car until time of practice).
- Parents / Spectators away from area (Sit in car – Drop-Off – Pick-Up Only).
- Separate Entry and Exit Locations.
- Attendance Taken on Entry.
- Masks for Coaches, Officials, Spectators/Parents.
- Wear Proper Attire – Workout Clothes, Soft Soled Shoes / Sneakers.
- Take shower and wash all clothing after each practice
- Sanitize any surfaces – bleachers, chairs, etc. – after each practice
- Athletes Tie Hair back slick and away from face, leave personal items in bag.
- Bring Water Bottle Clearly Marked with Name.
- Bring Towel Clearly Marked with Name.
- Participant brings own snacks, if necessary.
- Participants' gear to be kept in separate areas from other participants
- Wash Hands before Attending; Avoid touching eyes nose mouth.
- Outdoors Safe Training Area: Appropriate surface/environment for the Activity, free of obstructions.
- Team broken down into 10 total or fewer team members includes Coach.
- Participants cannot leave area/session until coaches issue a rotation or end of practice.
- Athletes 6 feet apart, wearing mask as per State or local guidelines.
- Provide alcohol based hand sanitizer stations.
- Creative Greetings without contact, Discourage High Fives, handshakes, hugs, bring it in/Huddles, etc.
- Practice Includes: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance, NO stunting, spotting, partner work, no hands on correction.

Phase 3:

Practice

Mitigating Efforts are Lifted and Training Facilities are Open, Group Sizes are increased to 25 or more

Practices with contact:

- Check in and Check out procedures (Stay in car until time of practice).
- Parents / Spectators away from area (Drop-Off – Pick-Up only).
 - If facility permits, Indoor Limit 1 Guardian per Athlete away from practice area.
 - If outdoor area permits, guardian positioned in lawn chair/blanket a safe distance between families
- Separate Entry and Exit Locations
- Attendance Taken on Entry.
- Masks for Coaches, Officials, Spectators/Parents.
- Proper Attire – Workout Clothes, Soft Soled Shoes / Sneakers.
- Athletes: Tie Hair back slick and away from face, leave personal items in bag.
- Bring Water Bottle Clearly Marked with Name.
- Bring Towel Clearly Marked with Name.
- Participant brings own snacks, if necessary.
- Wash Hands Before Attending; Avoid touching eyes nose mouth.
- Athletes 6 feet apart, wearing mask when necessary.
- One team to 9 Panels Matted Surface at a time.
- Each athlete on a line or middle of strip.
- Creative Greetings without contact, Discourage High Fives, handshakes, hugs, Bringing it in, etc.
- Practice Includes: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance, Stunting, spotting, partner work
- Recommendations to Review with Indoor Facility:
 - Mats vacuumed after use, increased schedule of sanitizing mats.
 - Disinfect high touch point sanitizing at end of day.
 - Door handles, benches, light switches.
 - Provide alcohol based hand sanitizer stations
 - Coaches and Athletes use a special pair of “mat only” soft soled shoes that you disinfect and do not wear off the mat.

Phase 4:

Return to Normal

Return to Normal Large and Small Group Training Sessions; Mixing of Teams and Players Can Occur Normally

Return to Normal

- Check in and Check out procedures (Stay in car until time of practice).
- Parents / Spectators away from area (Drop Off – Pick Up Only).
 - If facility permits, Indoor Limit 1 Guardian per Athlete away from practice area.
 - If outdoor area permits, guardian positioned in lawn chair/blanket a safe distance between families
- Separate Entry and Exit Locations.
- Attendance Taken on Entry.
- Masks for Coaches, Officials, Spectators/Parents.
- Proper Attire – Workout Clothes, Soft Soled Shoes / Sneakers.
- Athletes Tie Hair back slick and away from face, leave personal items in bag.
- Bring Water Bottle Marked with Name.

- Bring Towel Marked with Name.
- Participant brings own snacks, if necessary.
- Participants' gear to be kept in separate areas from other participants
- Wash Hands Before Attending; Avoid touching eyes nose mouth.
- Athletes 6 feet apart, wearing mask when necessary.
- One team to 9 Panels Matted Surface at a time.
- Each athlete on a line or middle of strip.
- Creative Greetings without contact, Discourage High Fives, handshakes, hugs, Bringing it in, etc.
- Practice Includes: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance, Tumbling, Stunting, Spotting, Partner Work, Pyramids and Running Routines
- Recommendations to Review with Indoor Facility:
 - Mats vacuumed after use, increased schedule of sanitizing mats.
 - Disinfect high touch point sanitizing at end of day.
 - Door handles, benches, light switches.
 - Provide alcohol based hand sanitizer stations.
 - Coaches and Athletes use a special pair of "mat only" soft soled shoes that you disinfect and do not wear off the mat.

CDC Recommendations

- **Advise Sick Individuals of Home Isolation Criteria**
 - Sick coaches, staff members, umpires/officials, or players should not return until they have met CDC's criteria to discontinue home isolation.
- **Isolate and Transport Those Who are Sick**
 - Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify youth sports officials (e.g., the COVID-19 point of contact) if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.
 - Immediately separate coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any youth sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community-related exposure (see "Notify Health Officials and Close Contacts" below). If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.
 - Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.
- **Clean and Disinfect**

- Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
- Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning and disinfection products, including storing them securely away from children.
- **Notify Health Officials and Close Contacts**
 - In accordance with state and local privacy and confidentiality laws and regulations, youth sports organizations should notify local health officials, youth sports program staff, umpires/officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) and other applicable laws and regulations.
 - Work with local health officials to develop a reporting system (e.g., letter) youth sports organizations can use to notify health officials and close contacts of cases of COVID-19.
 - Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.
- **Those with a [high-risk for severe illness](#) should defer activity until Stage 3**