



## 2020-21 Cheerleading Season - Return to Play (R2P)

This document has been developed utilizing guidance from SOI, CDC and state of Kentucky Governor's Office. All content is subject to change.

### **PHASE 1 (Practices only)**

**October 15<sup>th</sup>** – Special Olympics cheerleading practices may begin.

**NOTE: All participants must have a signed and dated SOKY COVID-19 Disclaimer on file at the SOKY office to participate. Participants include athletes, coaches, volunteers, etc.**

**\*Travel Advisory:** On July 20, 2020, the Kentucky Department for Public Health issued a travel advisory with the recommendation of a **14-day self-quarantine** for travelers who travel to a “hot spot”, which is any area that has a COVID positivity rate of 15% or higher. To find current list visit;

<https://coronavirus.jhu.edu/testing/testing-positivity>

### **SOKY Cheerleading Protocol – these are in addition to facility protocols**

- **Arrival:** All participants and spectators should be shown/asked the COVID-19 Health Screening questions. You should have already received this document. If you do not have this document, it can be found on the SOKY website under the COVID-19 Resources. The questions can be sent out prior to each weekly practice asking participants to review, or questions can be asked as participant is being picked-up or participants can be asked as they enter the field.
  - Participants are asked to stay home from any cheerleading activity or leave the activity if they are feeling unwell or are immunocompromised and wish to limit exposure.
  - All participants will be required to sanitize their hands prior to the start of practice.
  - Congregating of athletes, coaches, or other persons should be limited as 6 ft social distancing should be practiced and all participants **must** wear a mask.
- **Education prior to Activity:** Each cheerleading activity should begin with a reminder to all participants to wear a mask and practice social distancing. Coaches should also properly educate athletes on proper handwashing, coughing into arm, etc. You are encouraged to hang signage (if facility has none) to help remind participants about the mandatory mask rule, social distancing expectation, etc. You can find and download signs from the COVID-19 Resource page on the SOKY website.
- **Mask/Face Coverings:** A mask/face covering must be worn by all participants while at the practice/competition facility. Participants include coaches, athletes & volunteers. Masks must be worn during the entire practice, even when actively cheering.
- **Equipment: It is preferred that there is no sharing of props (if possible)**
  - **Mats** – Should be cleaned before and after each activity.
  - **Poms** – Each set of poms must be disinfected after each use.
  - **Megaphones** – If used must be disinfected after each use.



## 2020-21 Cheerleading Season – R2P Cont'd

- **Signs** – If used, must be disinfected after each use.
- **Best Practices:** All participants should adhere to the physical six-foot distancing guidelines (to the greatest extent practicable). No team water jugs, or shared food/drinks are permitted.
- **Attendance Tracking:** Coaches should use an Attendance Tracking Form to keep an accurate attendance record for all practices. Coach should keep forms from all practices as this will allow for contact tracing should an occurrence of COVID-19 occurs to a participant. (SOKY Tracking Form can be found on SOKY website/COVID Resource page)
- **Symptoms:** Any participant that experiences COVID-19 symptoms (shortness of breath, fever, cough, etc.) should be immediately removed from the cheerleading activity and instructed to seek medical attention immediately. At this time, the SOKY **COVID-19 Exposure Protocol** should be followed (document can be found on SOKY website/COVID Resource page) which includes contacting the SOKY State Office immediately.
- **Stunting:** Keep stunt groups together in their cohort. Refrain from mixing and matching bases and tops from different groups. Keep stunt groups distanced from other stunt groups when possible (i.e. when not building pyramids), while allowing for all groups to remain on the proper surface for stunting.
- **Celebratory Best Practices:** To encourage sportsmanship coaches should encourage alternative, socially distanced, signs of mutual respect (i.e. wave, salute, or bow).
- **Virtual Meetings:** Team meetings can occur in-person, but we strongly encourage virtual meetings. If meetings are in-person, all protocols regarding social distancing and wearing masks should be practiced.
- **Spectators:** Any individual not essential for the conduct of any cheerleading activity is encouraged not to attend. Any parent/guardian attending a cheerleading activity must adhere to the physical six-foot distancing guidelines and a mask/face covering.
- **Departing:** Following all cheerleading activities, participants will be required to sanitize hands prior to leaving the facility. Congregating of athletes, coaches, families, or other persons prior to or following any bowling activity is not allowed.
- **Transportation:** Bus or large Passenger Vans (church vans, 15-passenger vans, etc.) are not allowed. All participants are encouraged to either drive, ride independently or with those from the same household. **If ridesharing is necessary, then all passengers in the vehicle must wear a mask.**
- **Concessions/Food Services:** The facility will be responsible for running their food services in accordance with current orders and guidelines provided by the local/state authority. If individuals are planning to bring their own food/meal into the facility, it may not be shared with other participants. If a team meal is necessary outside of the facility, all guidelines and protocols should be followed regarding restaurants.
- **Restrooms/Locker Rooms:** All public restrooms, and locker rooms will be maintained to lower risk of spread of virus through frequent cleaning habits and monitoring of the number of individuals in the room at the same time.

**SOKY will continue to monitor the status and impact of COVID in KY. A Phase 2 document will be released as we are able to progress to the next level of activity.**