



# Return to Titan Cheer Guidelines

September 7th, 2020

## **Consent to Participate**

All parents/guardians will be required to sign a participation consent form, acknowledging their consent for their child(ren) to participate in an activity that **will have varying levels of contact with other participants**. With that said, our program would like to stress the following:

- While we are aiming to implement best practices and sanitize as much as feasible, all athletics -certainly, to varying degrees- will, by nature of the given sport, have contact;
- No participant already signed up for a program is bound to remain in that program, if they are uncomfortable with the level of contact which may occur/is occurring. Those wishing to postpone their participation must contact Treasurer, Christy Redlin.
- [Participation Consent form](#) must be completed before participation is allowed.

## **Health Check**

Before visiting practice please ensure your cheerleader is in good health. PLEASE CHECK YOUR CHILD'S TEMPERATURE before you leave home - if they have a temperature at 100.4 or higher, please do not attend practice that day (notify your coach). Cheerleaders should not visit practice if they have a fever, cough, sore throat, or other symptoms consistent with COVID-19.

### [CDC Listing of Symptoms](#)

- [Weekly Pre-Screening Form](#) must be completed before attending practice. This form may be completed as early as the morning of practice/game, right up to just before practice/game begins. Do not fill out the form the day before.
- Any athlete that feels ill during activity will be isolated and must be picked up by parents/guardians as soon as possible.

## **Practice and Game Gathering Guidelines**

- Athletes should only bring in their own water bottle, hand sanitizer, and mask (if using), all of which should be labeled.
- As athletes enter the gym, the ETYC staff members will direct the athletes to use hand sanitizer.
- Athletes will be encouraged to practice social distancing when not working on cheer specific skills, and during breaks.
- Prior to and after group activities/stunting/tumbling, hand sanitizer use will be encouraged. We will also encourage athletes to not touch their face/eyes/mouths between reps. Athletes will be asked to use hand sanitizer if this is observed.
- We will minimize extra games/extra activities that involve direct contact.
- While our county health risk rating remains "high" to "moderate" the coaching staff will keep stunt groups together in their cohort, and refrain from mixing and matching bases and tops from different groups. This will be updated as conditions improve.
- Athletes should maintain their own equipment and should not share anything, including, but not limited to the following:
  - Poms
  - Megaphones
  - Signs

- Hand sanitizing/hand washing will be encouraged before leaving the gym to head home.

### **Face Coverings**

It will be at the discretion of each family as to whether their cheerleader must wear a mask while attending outdoor practice and games. While practices are outside, and masks are not necessarily required, some activities may have cheerleaders working in proximity to each other.

We ask parents advise on the Participation Consent Form, if any of the following apply:

- You wish for your child to WEAR a mask.
- You do not wish for your child to participate in any contact elements of practices or games (i.e. stunting or spotted tumbling).

If you choose to have your athlete wear a mask, USA Cheer recommends allowing face coverings with the following guidelines:

- Face coverings should be snug-fitting.
- Face coverings should not impede vision or movement.
- Face coverings should be soft and pliable with no exposed metal, and should provide adequate ventilation and protection from the spread of particulate matter.
- Modifications to skills should be considered while wearing face coverings, such as limiting inversions, twisting, and tosses.

Use these examples when considering face coverings.

- Coverings that are held in place with over-the-head straps using Velcro or other breakaway type connections.
- Full head coverings.
- Coverings that minimize the chance of having fingers caught in them or shifting to impede any visual sight.