

## **REOPENING GUIDANCE: Cheerleading in Iowa Schools Summer 2020 PHASE ONE BEGINS: 7/1/2020**

This guidance reflects the cooperation/partnership between the ICCA and the IHSAA. We have consulted with the IHSAA, the National Federation of High School Associations' guidelines and USA Cheer. It is important to note that this is a fluid document that will be updated as more information becomes available from our national and state governing bodies. Any district policies established for COVID-19 should always be done in compliance with local public health officials. It is the responsibility of each school to comply with requirements. Our main concern is and will continue to be the safety of all involved in cheerleading.

**SUMMER CHEERLEADING PRACTICES - Phase 1** First and foremost, each CHEER COACH and the ATHLETIC DIRECTOR should meet before summer cheer practices begin. Coaches must be knowledgeable about their districts' policies concerning contact with students during this time. Coaches must not begin practices without the consent of their school district administration. The following mitigation efforts are strongly encouraged to ensure cheerleader, coach, and parent safety.

- Coaches are encouraged to include messages about behaviors that help reduce the spread of COVID-19 when communicating with cheerleaders and parents, such as on websites or in emails.
- There should be no car-pooling to or from practices. Parents must remain in their cars or drop off and pick up cheerleaders before and after practice.
- The practice space whether inside or outside should be safe and allow social distancing. Practicing outside is recommended when possible. Coaches and cheerleaders should inspect the area for holes, sticks, etc.
- The school district's COVID policies regarding temperature recording and attendance should be followed before every practice. Anyone with symptoms or illness will not be allowed to practice or perform. The person with symptoms should contact his or her primary care provider or other appropriate healthcare professional.
- Coaches are responsible for ensuring students maintain social distancing as much as possible. This means that students should be spaced at a minimum of six feet from one person to the next in all directions. Coaches and athletic directors should also be aware of the practice area size in an effort to maintain social distancing with the number of practicing cheerleaders.

- Cheerleaders should be encouraged to provide their own hand sanitizer and water bottles. Hydration stations (water cows, water trough, water fountains, large Gatorade jugs, etc.) should not be utilized.
- Each cheerleader should have their own area designated for their bags and other personal belongings that is their area alone.

## **SPECIFIC PRACTICE INFORMATION:**

### **PHASE 1**

- **STUNTING IS FORBIDDEN AT THIS POINT IN TIME.**
- Cheerleaders and coaches may wear masks and should consider doing so for the protection of others.
- Cheerleaders may work on motions, jumps, tumbling, dance (such as the school song), and do cheers and chants while social distancing. NO stunting.
- Coaches may hold tryouts if they wish, but cheerleaders and coaches must maintain social distancing during the try-out. NO stunting.
- Coaches should work in small groups (10 or less) whenever possible. Group members may not change from one group to another. The coach should be included in the group number.
- Cheerleaders should mark their poms so they are easily distinguishable. All poms, signs, and megaphones are marked to the individual.
- Cheerleaders should not share poms, signs, megaphones or other equipment. If something must be shared, the equipment (i.e. signs, jump ropes, mats, etc.) should be properly cleaned and sanitized before it is shared with someone else. Poms should not be thrown together at any time.
- Cheerleaders who tumble should use hand sanitizer when completing the tumbling portion of practice. Coaches should remind cheerleaders to not touch their faces while practicing tumbling, or during practice in general.
- Cheerleaders should not share shoes, uniforms, or personal apparel.
- Social distancing and sanitation practices should be followed according to the school district's mandates.
- **\*ALL NF and ICCA/IHSAA Safety Rules** apply and should be maintained: No jewelry (including hair ties on wrists), nails trimmed to proper length, hair secured out of the face and off shoulders (see Clarifying Hair Rules), etc.
- **\*\*Masks would normally be considered Jewelry: however, because of COVID, they are allowed in specific situations. A mask has been okayed for**

**the time being and not considered a violation of the NFHS rules. All other jewelry rules still apply.**