

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.

First and foremost, each CHEER COACH and the ATHLETIC DIRECTOR should meet before winter 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.

THESE ARE ALL CONSIDERATIONS, not rules. Working with your AD to establish your own local guidelines is essential.

PRACTICES:

- No shared poms, uniforms, water bottles, etc.
- Clean mats after every use!
- Offer breaks approximately every 15 minutes. Use this time to sanitize hands.
- Work in smaller groups of two or three using proper social distancing.
- Verify that your cheerleaders are in good health. (Taking temperatures?) School district policies on Covid need to be followed. This includes mask wearing.

MEETS/DUALS/TOURNAMENTS

- **Determine the amount of involvement of your cheerleaders in the wrestling season.**
 - Will your cheerleaders be allowed to cheer home meets?
 - Will your cheerleaders be allowed to travel to away duals/meets?
 - Will your cheerleaders be allowed to attend tournaments?
 - Will the visiting schools allow you to attend their meets/tournaments?
 - Discuss with your AD as to having your full squad at each dual/meet with smaller numbers at the mat OR having a rotation where a smaller number in general attends the dual/meet.
- **Establish communication with your AD regarding teams that may be visiting your school, if allowed.** (Who will contact the visiting schools? AD to AD? Or cheer coach to cheer coach?)
- **If allowed to travel, consider separate transportation from the wrestling team.** Will your district allow you to drive the cheerleaders in a van/suburban?

- **If cheering, masks will be mandatory** -- because of the proximity of the cheerleaders to the mat, ICCA felt it was in the best interest of all for masks to be worn.
- **Come to meets fully in uniform and prepared to cheer.** Don't bring excessive belongings. **NO PILLOWS.**
- **Smaller squad sizes, or limited participation at each mat/match** -- instead of six cheerleaders at the mat, consider having 2 or 3 cheer each match.
- **Consider placing a separate "cheer mat" away from the actual wrestling mat for the cheerleaders to cheer from, helping with distancing.** For instance, place a flat, foldable "PE" mat next to the wrestling mat. Cheerleaders would be moved approximately 3 feet back from the mat, still allowing them to see the match and be involved. Sanitize the mat after each use. (Does not need to be sanitized after each match if the cheerleaders remain in place match to match.)
- **Sanitize hands before EVERY match.** Have plenty of hand sanitizer available. Contact your school nurse, custodial staff, or athletic trainer for sanitizing wipes that are safe for both the athletes and the mats.

CHEER ROOMS:

- **If attendance is allowed, consider the location of the cheer room in order to provide enough space for social distancing.** Cheer rooms should allow teams to spread out at a safe distance. This may also help alleviate crowding in the gyms. Use this space as an overflow between matches, etc.
- **Bring your own food.**
 - Each individual cheerleader should bring his/her own food items. Small individual coolers are allowed.
 - If a host school chooses to provide food for visiting teams, make sure it is PREPACKAGED. No communal/shared foods.
- **Masks should still be worn at all times.**

OTHER CONSIDERATIONS:

- If spectator attendance is limited, do not have cheerleaders attend. Discuss this with your AD. While it is not a desirable choice, space simply may not allow for everyone to be in attendance.
- Consider not having cheerleading for wrestling during this season. **HOWEVER,** find ways to stay involved with the wrestling team!!