

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. This information remains "fluid" and could change at any time.

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.
- Keep attendance for both practice and games in the case contract tracing needs to be done.

Basketball Games:

- **Determine the amount of involvement of your cheerleaders in the basketball season.**
 - Does your Conference have specific rules in place?
 - Will your cheerleaders be allowed to cheer home games?
 - Will your cheerleaders be allowed to travel to away games?
 - Will the visiting schools allow you to attend their games?
 - Discuss with your AD as to having your full squad at each game OR having a rotation where a smaller number in general attends the game.
- **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 basketball 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 court, the players and officials, ICCA felt it was in the best interest of all for masks to be worn.
- **Come to games fully dressed in uniform and prepared to cheer.** Don't bring excessive belongings.
- **Smaller squad sizes, or limited participation at each game** -- instead of six cheerleaders on the sidelines, consider having 3 cheer each game.
- **If the out of bounds area allows it, consider having 3 cheerleaders stand on each side of the free throw lane.**
- **Sanitize hands at logical times in the game -- pregame, quarters, halftime.** Have plenty of hand sanitizer available. Contact your school nurse, custodial staff, or athletic trainer for sanitizing wipes.
- **Low-level stunting IN MASKS is allowed.** Procedures are the same as they were for football season.

OTHER CONSIDERATIONS:

- **Be aware of officials using electronic whistles.** Cheerleaders will need to be aware that the whistle sound may be more difficult to hear.
- 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 basketball this season. **HOWEVER**, find ways to stay involved with the basketball teams!!