



Jr. Eagles Cheerleading Covid-19 Safety Policies for practices, games and competitions

We will be following the Youth Sports guidelines from the Illinois Dept. of Commerce, Phase 3 for social distancing. There will be no contact between athletes and coaches at all times, including water and bathroom breaks.

- Parents are not permitted during practices, either inside or outside.
- Groups will be limited to 10 cheerleaders for every 1 adult. Teams greater than 10 athletes will be separated into smaller groups, with 30 feet of space between groups.
- Masks will be required for times we *cannot* maintain 6 feet of distance, they will need to be provided by the athlete. (Although they can be worn at any time regardless of distance between individuals)
- Athletes will be given a temperature check when arriving. If the temperature is over 99.5 degrees, the athlete will be sent home.
- You are encouraged to provide your own hand sanitizer and the athletes will need to use it when arriving, every time they come off the cheer mats, and again before leaving. The organization will have a limited supply based on availability.
- No bags of any kind should be brought to practices, games or competitions.
- Water bottles must be labeled with the cheerleader's name. No sharing will be permitted. No water fountains will be used whether or not they are available.
- If bathrooms are available, they will be limited to one cheerleader per trip (with chaperone if necessary).
- Please do not come to practices, games or competitions if you feel ill.

These guidelines are subject to change as any new information becomes available.