

# Chesterfield Cheerleader League

## Guidelines for Reopening Association Cheer

<b>Objective</b>	This document is intended to provide return-to-activity protocols for The Chesterfield Cheerleader League (CCL) member Associations in accordance with state and county restrictions. It allows for a coordinated reopening following the initial stay at home orders and may also be used if conditions dictate the need for increased restrictions in the future.
<b>Higher Infection Risk Activities Description</b>	<p>Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.</p> <p>The CCL considers cheerleading, specifically stunting and tumbling with assistance, to be an activity with a higher risk of infection.</p> <p>Conditioning and individual technique/choreography work should be employed. Athletes may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as at least 10 feet of physical distancing is adhered to.</p> <p>Associations must ensure that: Individual Skill Development and Workouts Maintain Physical Distancing of at least 10ft; No Incidental Contact with Others; No Sharing of Equipment; Masks must be worn during points of non-conditioning; Coaches must wear masks at all times</p>
<b>Position Statements</b>	<p>The CCL believes it is essential to the physical and mental well-being of participants to return to physical activity and athletic competition.</p> <p>The CCL recognizes that not all Associations will be in a position to return to cheerleading activities with the protocols outlined in this document. Thus as those Associations are identified, the CCL Board will work closely with them to seek solutions with intent to ensure equity across all of the member Associations.</p> <p>Where equity cannot be achieved, the CCL reserves the right to re-evaluate the league offerings for the period that these protocols are required.</p>

<p><b>Points of Emphasis</b></p>	<p>Limited testing availability, lack of resources for contact tracing, and expanding knowledge of COVID-19 transmission could all result in significant changes to this guidance. The CCL will disseminate more information as it becomes available.</p> <p>Directors and coaches must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home when ill to decrease risk of viral transmission.</p> <p>The CCL highly recommend directors complete daily COVID-19 Monitoring Forms for coaches and athletes</p> <p>Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during the stay at home orders. The current pandemic may result in participants being deconditioned for several months. The intensity and duration of training should be <b>moderated</b> upon return. The CCL Board is currently developing consensus guidelines for the resumption of workouts and practices. It is expected that Director and coach’s training will be conducted to ensure each Association’s readiness to proceed with reintroducing physical activity to participants.</p> <p>Due to the possibility of recurrent outbreaks in the coming months, Associations must be prepared for periodic stoppage in play and the possibility of some teams having to isolate for two or more weeks while in- season.</p>
<p><b>Guiding Principles</b></p>	<ol style="list-style-type: none"> <li>1. Physical and mental well-being of athletes.</li> <li>2. Health and safety of all involved in sports: athletes, coaches, volunteers and officials. Individuals who are at higher risk for severe disease should take extra precautions or sometimes choose not to participate. This includes individuals who: have chronic lung disease, moderate or severe asthma, serious heart conditions, immunocompromised or take immune-suppressant medication, severely obese, diabetes, chronic kidney disease or dialysis, or those over 65 years. CDC Guidelines can be found <a href="#">here</a>.</li> <li>3. There is a near certainty of recurrent outbreaks in the coming months.</li> <li>4. The current phase is based on disease prevalence and community transmission (per VHSL Phases and the Commonwealth of Virginia phases). It is possible that our county may move up or down the Phase level. This movement, in either direction, will be dependent upon disease prevalence, community transmission, and guidance from local/state public health officials.</li> <li>5. Permitted activities may fluctuate based on which Phase the county is in. Returning to activities should also take into account that most of the athletes will be deconditioned. They will require a <b>prolonged</b> acclimatization and progression of intensity of activities. This especially applies to athletes with underlying health conditions. It is an expectation of The CCL that member Associations follow its directions concerning the conditioning of athletes returning to physical activity.</li> </ol>

	<b>CCL Phase Three</b>
<b>Limitations on Gatherings</b>	<p><b>Outdoor</b> practices/activities are allowable if at least 10 feet of physical distance can be maintained by all persons (including participants, coaches, etc.) at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed 50 total participants.</p> <p>Workouts should be conducted in “pods” of 10 athletes/coaches working out together to limit overall exposure. Pods must remain the same until further notice.</p>
	<b>CCL Phase Three</b>
<b>Pre-Workout Screening</b>	<p>Plan for daily health screening questions, and temperature taking of coaches and athletes.</p> <p>Responses to screening questions for each person should be recorded and stored. Help us to reduce the risk to your Associations as well as the CCL by complying.</p> <p>Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional. Return to participation guidelines will be developed by the CCL. VDH guidelines can be found <a href="#">here</a> and CDC guidelines can be found <a href="#">here</a>.</p> <p>Vulnerable individuals should not supervise or participate in any workouts during Phase 3 as defined by the CCL.</p>

	<p align="center"><b>CCL Phase Three</b></p>
<p><b>Face Coverings</b></p>	<p>State and local guidelines for cloth face coverings should be strictly followed.</p> <p>Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for physical activity. All athletes should wear face coverings when physical distancing is not possible.</p> <p><b>Executive Order 63 allows an exemption for face coverings when individuals are exercising or using exercise equipment.</b></p> <p>One-piece plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Coaches and other personnel should wear cloth face coverings at all times and are strongly encouraged to wear cloth face coverings whenever physical distancing is not possible. Anyone with an identified health condition may be exempt from face covering policy.</p> <p>Face coverings should be laundered on a daily basis and hands should be washed after touching/adjusting face coverings.</p>
	<p align="center"><b>CCL Phase Three</b></p>
<p><b>Hygiene Practices</b></p>	<p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer containing at least 60% alcohol before touching any surfaces or participating in workouts.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Disinfect frequently used items and surfaces. VDH recommends disinfecting every two hours or after every use of any shared equipment.</p> <p>Strongly consider using face coverings while in public.</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning home.</p>

	<b>CCL Phase Three</b>
<b>Hydration/Food</b>	<p>All athletes must bring their own water bottle marked with their name</p> <p>Water bottles must not be shared. Food should not be shared.</p> <p>Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized</p>
	<b>CCL Phase Three</b>
<b>Travel</b>	<p>Keep it local and avoid cross county travel when possible, especially if counties are in different phases (i.e. team bonding events are not recommended at this time).</p>
	<b>CCL Phase Three</b>
<b>Physical Activity and Athletic Equipment</b>	<p>There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between athletes.</p> <p>Athletes should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout. Use disposable towels and linens when possible.</p> <p>Individual drills requiring the use of athletic equipment is prohibited. Physical contact such as high-fives, fist bumps, and hugs should not be allowed</p>
<b>Additional Resources / Links / Signage</b>	<p><a href="#">CDC Considerations for Youth Sports</a></p> <p><a href="#">CDC Recommendations Regarding the Use of Cloth Face Coverings</a></p> <p><a href="#">CDC Print Resources</a></p>

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