



2020 Kyrene Athletic Program

Cheer Modifications

This document provides guidance and modifications for cheer practice and game attendance for schools, administrators, coaches and athletes to follow in accordance with NFHS as well as state and local restrictions and recommendations. Administration and coaches are responsible for informing all participants of local guidelines for participation.

❖ PRACTICES AND GAMES

- Temperature check and self-reported screening reports are required; athletes must be free from symptoms to participate.
- Coaches must wear a face mask at all times.
- Athletes are required to wear a cloth face mask at all times.
- Athletes should bring their own water bottle and not share.
- When possible, athletes should maintain a safe social distance during practice and along the sidelines.
- No handshakes, team breaks, hugging, fist bumps, etc.
- For transportation to a game (on a school bus) coaches are to follow their district guidelines.
- Athletes should not enter the spectator area before, during, or after the game and only sit in the cheer squads assigned area.
- Cheer programs may perform half time routines during basketball games.

❖ LOCKER ROOM GUIDANCE

- All athletes must be dressed prior to arrival to the visiting team's school.
- Locker rooms may be open only if 6 feet social distancing can be practiced and supervision is possible.
- It is recommended that a maximum of 10 students are allowed in the locker room at one time with adult supervision.

❖ EQUIPMENT AND SANITIZATION

- Before, during, and after practice, athletes and coaches should wash and/or sanitize their hands as often as possible.
- Athletes should not share any crowd leading props (signs, poms, megaphones, flags) during practice/game.
- Props should be cleaned and disinfected after each practice.
- All mats and flooring should be disinfected at the end of each practice.

❖ **STUNTING & TUMBLING:**

- No stunting is permitted at this time. (i.e. pyramids & basket tosses)
- Tumbling is permitted on the Gym floor only with the use of a mat.
- Tumbling mats need to be cleaned and sanitized before and after practices and games.
- Hand sanitizing protocols will be followed before and after each routine.
- Face covering for use during tumbling must be snug fitting, should not impede vision or movement, and should be soft or pliable with no exposed metal.

Should the conditions warrant, these modifications will be adjusted.

PLEASE NOTE:

Practice and game schedules vary per school. In the event that a team or school is impacted by COVID-19, a game or meet may need to change locations or be cancelled and is not likely to be able to be rescheduled. Schedules and the format of practices or games may need to be adjusted mid-season if there is a shift in the level of community spread. Please be mindful of these possibilities upon registration, we will not be able to issue refunds for athletics participation fees as they are most commonly paid through non-refundable tax credits.