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Considering all recommendations by the [MISafeSchools Return to School Roadmap](#), [MHSAA Re-Opening Guidelines](#) and the Sports Medicine Advisory Committees, the following are the specific guidelines for Sideline Cheerleading.

## STUNTING:

- **Stunting with masks could create concern due to visual field restrictions. A balance between stunting with masks and virus mitigation is imperative.**
- **It is ultimately the decision of the individual school district whether stunting or tumbling occurs or not. Stunting or tumbling with masks should only occur following consultation with school administration and with the consent of all those involved (cheerleaders and parents). Schools do not have to tumble or stunt.**
- **If stunting, securely fastened/fitted face coverings to consider are (not an exhaustive or definitive list):**
  - Coverings that are held in place with around-the head straps using mask extenders, Velcro or other breakaway type connections.
  - Coverings that minimize the chance of having fingers caught in them or become dislodged.
- **If stunting occurs, in addition to wearing a securely fastened/fitted cloth mask, teams must abide by the following limitations. This modified stunting reduces the risk of a mask becoming detached.**

### Current prohibited stunts:

Cradling – Dismounts limited to toss down, sponge

Inversions/Suspended Rolls

Pyramids

Any released skill

Twisting-up or down

Tumbling into a stunt

- Stunts must be kept short in duration. Coach or non-stunting athlete will say the words of the sideline material.
- Coaches need to follow stunt progressions with all cheerleaders.
- Stunt groups need to remain consistent and in the same “pods” for games and practices.
- Stunt groups should work together for no more than 10 minutes at a time. This minimizes the time spent in close contact and allows for proper sanitizing of hands, etc.
- In order to reduce contamination between stunt groups, do not substitute stunt members between groups.
- Breaks should be built in during practices and games to sanitize.
- Any equipment and mats that are used should be cleaned after each team use.
- Stunting could be restricted again should pandemic concerns change in the state.

## TUMBLING:

- **Physical distancing should occur except for with momentary contact for spotting.**
- **Athlete safety is paramount and coaches (wearing a securely fastened/fitted cloth mask) should not be restricted from spotting an athlete if necessary, to protect the athlete from injury.**
- **Coaches need to follow tumbling progressions with all cheerleaders.**

*The situation with COVID-19 continues to change and these considerations may quickly become outdated. Continue to keep up with the latest from the CDC and your local health department. A coach within the program should be designated to be responsible for responding to COVID-19 concerns.*

*As a reminder to coaches, these are specific preventative approaches that are in place now for fall teams which are aimed at successfully playing this sport in the winter. Be vigilant in your approach.*

## PRACTICE:

- **If practicing outdoors, all individuals involved must wear face coverings when physical distancing cannot be maintained. If practicing indoors, all individuals involved must wear face coverings at all times (with the exception of the individual involved in running tumbling).**
- **If stunting and physical distancing cannot be maintained, athletes must wear securely fastened masks. (See list of mask considerations).**
- Coaches and athletes should wash and sanitize their hands prior to practice. All individuals should avoid touching their eyes, nose or mouth. Handwashing and covering of coughs and sneezes should be enforced.
- Ensure enough time between practices to allow for proper cleaning and disinfection of the facilities and shared equipment. No sharing of towels, clothing or other items used to wipe faces or hands.
- Clear instructions should be provided about entrance and exit points and face coverings must be worn by all individuals when arriving to and departing from the practice area. All coaches and students must be screened daily for signs and symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of greater than 100.3 degrees or any other positive signs/symptoms for COVID-19 should not participate and be sent home. Coaches must keep accurate records of athletes and staff who attend each practice in case contact tracing is necessary. While screening, all individuals must be physically distanced.
- Indoors and outdoors, participants should be appropriately spaced to the extent compatible to the sport. Athletes who are not directly participating in conditioning or workouts must wear face coverings and practice physical distancing. Coaches and other personnel must wear face coverings and practice physical distancing.
- Appropriate clothing and shoes must be worn at all times. No hugging, shaking hands, or fist bumps. Participants should remain physically distanced during breaks. Hands should be washed and sanitized during breaks.
- Workouts should be conducted in “pods” of students with the same group always working out together. This assists in contact tracing.
- Each team is responsible for their own hand sanitizer and med kit. Each individual should bring their own water bottle which must be marked and cannot be shared. Gloves are permissible. Backpacks, etc. should be placed in a separate monitored area.
- Any equipment and mats that are used should be cleaned after each team use. Mat manufacturers should be contacted for specifics on proper cleaning protocols for mats.

## GAMES:

- **Sideline cheer athletes must come dressed to participate. Face coverings must be worn during the contest, before and after the contest, as well as during any travel. If stunting, physical distancing is not maintained and athletes must wear securely fastened masks. (See list of mask considerations).**
- **Exception: For a short-designated period, athletes may remove their facial coverings when performing running tumbling if they are physically distant.**
- There should be no pre-game meeting between the two sideline cheerleading teams. One coach from each team may meet and face coverings must be worn. This pre-game meeting should be away from the sideline and from all individuals. Coaches and other school personnel must wear face coverings.
- There should be no shared athletic clothing, props or equipment between students. Food, drinks or towels should not be shared. If hand-held items are used, each student must have their own clearly marked items.
- No pre-game and post-game handshakes/high-fives/fist bumps.
- Cheerleaders should remain physically distanced during breaks. Hands should be washing and sanitized during breaks.
- All props, equipment and mats must be sanitized before and after contest.
- Each person should have their own water bottle, clearly marked with their name. Gloves are permissible. Each team is responsible for its own hand sanitizer and its own medicine kit.
- See directives regarding stunting and tumbling.
- Information could be updated after reassessing future epidemiology data and/or health department and CDC directives.



## Preparing for When Someone Gets Sick

### **Precautionary Measures (in addition to other protocols and precautions)**

- Anyone attending or participating in an MHSAA regular season or tournament event should check his/her temperature before arriving. Spectators, participants or personnel displaying COVID-19 symptoms (*e.g., fever, cough or shortness of breath*), or with temperatures of 100.3F or greater, should stay home and consider coronavirus testing if symptoms persist.
- Prior to participation, the COVID-19 athlete/coach monitoring form should be used, which includes five questions plus a temperature check. **NOTE: Athletic Directors should consider requiring similar precautions for game officials.**

### **Protocol for Suspected Cases of COVID-19**

- All schools should have an emergency action plan in place for each site. If a student, coach or official is or becomes sick on site with symptoms of COVID-19, they should be placed in a clearly identified and designated quarantine area with a mask in place until they can be picked up. Staff who are identified to care for students must wear a mask.
- A symptomatic student should be sent home with a parent or designated adult until they have tested negative or have been released from isolation according to the local health department's protocols.
- Students, coaches, and/or officials should be transported by their parent or guardian, emergency contact or ambulance (if clinically unstable) for off-site testing. If an ambulance is called, or someone is being brought to the hospital, there should be an attempt to call the hospital first to alert them that the person may have COVID-19. If a student, coach or official becomes sick, they must not use group transportation to return home.

### **Protocol for Positive Cases of COVID-19**

- The local health department should be contacted by the school for further direction. They likely will initiate contact tracing, following regular public health practices.
- All schools, public and private, must cooperate with the local public health department if a confirmed case of COVID-19 is identified, and collect the contact information for any close contacts (*i.e., individuals less than six feet apart for more than 15 minutes*) of the infected individual from two days before he or she showed symptoms to the time when he or she was last at the event. Close contacts should be quarantined for 14 days at home. Local health officials may identify other contacts who require quarantine.
- Administrators of the schools involved, as well as students/families/officials in attendance, should be notified of the presence of any laboratory positive or clinically diagnosed cases of COVID-19 so there continues to be awareness and close observation of any symptoms. **NOTE: Student communicable disease related information is protected health information. The individual with COVID-19 should not be identified by name to non-family or non-health department officials. Even if a family/student acknowledges and publicly discloses a positive test, school staff and officials must not participate in discussion or acknowledgement of a positive test by identifying a specific student.**
- Students, coaches or officials who were at the event, *but not in close contact with a positive case*, should continue to be closely monitored for any symptoms of COVID-19. At this time, these individuals are not required to receive testing unless they develop COVID-19 symptoms.
- Areas that were used by the sick person should be closed off and should not be used until after cleaning and disinfecting them (this includes surfaces or shared objects in the area). If possible, cleaning and disinfecting of the area should not occur until at least 24 hours has elapsed. If 24 hours is not feasible, as much time possible should be allowed to pass before cleaning or disinfection occurs.

**Sources:** CDC, MI Safe Start Plan, MI Safe Schools Return to School Roadmap, MHSAA/NFHS SMAC Reopening Guidance

