



This information is provided to schools to help conduct winter sideline cheerleading. The intent of this information is to minimize and reduce risk as much as possible. As such, parents and athletes should discuss the risk and determine if these provisions allow participation. By participating in practice and contests with masks, competitors and parents are acknowledging, consenting to and assuming the risks.

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

The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing and allowing for appropriate protective equipment.

GAMES:

- **Sideline cheerleading teams are limited to a maximum of 12 individuals and all must wear face coverings at all times and remain physically distanced (at least six feet apart) while cheering.**
- **Due to space limitations and the need for physical distancing at all times, leagues and conferences may wish to further restrict the number of sideline cheerleaders who are cheering at one time.**
- **Consideration must be made in cheerleading that the physical distance must be side to side and front to back when cheering in a space.**
- **Home schools should discuss with visiting schools the parameters for cheerleaders as to how many may be in the space designated.**
- **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.**
- **No tumbling or stunting allowed. Sideline cheerleaders are designated to a restricted space.**
- 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 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.
- 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.
- 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 and hands should be continuously washed and sanitized.
- 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.
- Information could be updated after reassessing future epidemiology data and/or health department and CDC directives.

PRACTICE:

- **All individuals involved must wear face coverings at all times.**
- Coaches and athletes should wash and sanitize their hands prior to practice. All individuals should avoid touching their eyes, nose or mouth. Hand washing 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 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.
- Participants should be appropriately spaced to the extent compatible to the sport. Athletes who are not directly participating in conditioning or workouts must also 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.

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.

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 100.3°F 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., someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period*) starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. Close contacts should stay at home for up to 14 days after last contact with a person who has COVID-19. Follow the recommendations of the local health department. Options they may consider include stopping quarantine after day 10 without testing and after day 7 after receiving a negative test.
- 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.

