



## CHSAA SPIRIT Q & A for the 2020-2021 Season

### IMPORTANT DATES: All future dates are subjected to change

- **Date of first practice (Sideline)** – September 21, 2020
- **First contest (Sideline)** – September 24<sup>th</sup>, 2020
- **Date of first practice (Competition)** – January 4, 2021
- **First contest (Competition)** – January 7, 2021
- **Deadline for State Entries** – January 22, 2021
- **Video submission** – February 5, 2021
- **State Championship** – February 11-13, 2021 (Denver Coliseum)
- **Spirit Committee Meeting** – February 18, 2021

### FAQ's

- When will the spirit bulletin be available with the necessary updates? **Sideline bulletin September 18<sup>th</sup>, with the addition of the competition section to be added November 16<sup>th</sup>.**
- Do we have to have another tryout in January? **No, your team is your team for the year.**
- Are the roster limits going to remain the same? **Yes, Roster limits will remain the same as they have been for each classification/discipline.**
- Is sideline spirit only allowed in Session A? **No, it will run the remainder of the school year. With the hopes to add the competition piece January 4<sup>th</sup>.**
- Will there still be league championships? **League events and other competitions can take place once "Spirit Competition" is allowed. League events are scheduled from the local level. I suggest looking at the end of Jan./first of Feb. League competitions may be held after the State Competition for those who just want another competition and do not need it as preparation for State.**
- Will we be able to stunt and do lifts starting September 21<sup>st</sup>? **You can do stunts, building and lifts at this time if your school district has allowed it. This will ONLY be allowed at practice and cannot be preformed on the Sidelines at games.**
- What happens to teams that are practicing tumbling and stunting at outside facilities? **They are allowed to participate and must continue to follow safety guidelines.**
- Will the score sheets reflect any guidelines that are in place? **Yes, modifications will be made as necessary for the 2020 championship.**
- Can we stunt with masks? **Masks should be worn at all times expect when doing inversions, twisting transitions that release, and tosses. If State, local and/or school districts require a mask at all times then you will not be able to perform these tricks.**
  - **Face coverings should be snug fitting.**
  - **Face coverings should not impede vision or movement.**
  - **Face coverings should be soft and pliable with no exposed metal and should provide adequate ventilation and protection from the spread of particulate matter.**

# CHSAA SPIRIT (CHEER & DANCE) SIDELINE MODIFICATIONS & GUIDELINES

## STUDENTS, COACHES & VOLUNTEERS SHOULD NOT GO TO PRACTICE/PARTICIPATE IF:

- Those who are exhibiting any symptoms of the coronavirus. According to the CDC, people with COVID-19 have had a wide range of symptoms reported—ranging from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.
- Have been in contact with someone with COVID-19 in the last 14 days.

## PREPARING TO PRACTICE

*Protect against infection by:*

- Contact and physical distancing should follow all local health guidelines. Use appropriate (at least 6 ft) social distancing at all times.
- Limit contact between groups at entrances and exits by staggering arrival/departures
- Wash your hands with soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available prior to practice.
- Participants should clean and wipe down their equipment.
- Participants should not share any equipment such as pom poms, water bottles, make-up, hair etc.
- Mats and other common areas should be cleaned and disinfected.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- Face coverings/mask should be snug-fitting and not impede vision or move.
- Face covering/mask should be soft and pliable with no exposed metal and should provide adequate ventilation and protection from the spread of droplets.
- If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of the tissue in a trash can. Use hand sanitizer when soap and water is unavailable.
- Have participants arrive as close to the start time of practice and leave immediately after practice concludes. Avoid congregating before, during, and after practice
- Avoid touching common areas such as doors, benches, handrails, etc., when possible.

***\*Daily screenings must happen before anyone can play, coach, or practice (CHSAA Symptom Tracker)***

## WHEN PRACTICING

- Avoid touching your face – especially nose and eyes.
- Do not share food and drinks.
- Water bottles, bags and all personal equipment must remain 6ft away from the belongings of any other person.
- Require spectators/managers/coaches/officials to wear masks.
- There should be no sharing of personal equipment, including hair and make-up products, gym bags, towels etc.
- Teams should not be in locker rooms, bathrooms, rooms or another confined place all at once.
- Participants should not show up to practices, games, or competitions early.
- Participants should be in uniform and have all hair and make-up done prior to showing up.
- Hand sanitizer can be kept on the field for participants and should be used with frequently.

## AFTER PRACTICING

- Wash your hands thoroughly (avoid locker rooms/bathrooms all at once) or use a hand sanitizer until you are able to wash your hands.
- Do not use the locker room, bathroom or changing area. Shower at home.
- All players should leave the facility immediately after practice.
- All common areas and equipment should be cleaned and disinfected.

## SIDELINE REQUIRMENTS

### Game Day/Sideline (outdoors)

- During the game, distancing can be easily monitored and spacing should always be maintained between all individuals

### Sidelines/Halftime for Cheer

- No Stunting or building
- No Megaphones should be used
- No sharing of equipment including, signs, poms, flags etc.
- Performances should be choreography routines that allow social distancing.

### Sidelines/Halftime for Dance

- Performances should be choreography routines that allow social distancing.
- No connected kick lines
- No sharing of props (Poms)
- No partner work or lifts
- No tight formations that do not honor the social distancing rule.

### GAME MANAGEMENT

- Clear players before spirit teams perform. Players and Spirt participants must separate with 25 feet at all times.
- Have separate entrance for away teams,

### FACILITY CONSIDERATIONS

- Host practices and play outdoors as much as possible. Outdoor environments are considered less risky than indoor environments.
- Maximize ventilation and increase circulation of outdoor air when air quality is safe.
- The use of locker rooms is strongly discouraged, and they should only be used when absolutely necessary for player safety
- Regularly clean and disinfect locker rooms, bathrooms or changing areas if they must be used.
- Assess athletic facilities and determine the need to reorganize equipment, venue entry/exit, venue layout, directional arrows and signage to prevent people from congregating.
- Stagger training and competition times to allow time for cleaning/disinfection of equipment and facilities and avoid overlapping arrival/departure of teams and cohorts
- Traveling times to the school hosting should call ad ahead of time to get details for arrival etc.

## CHSAA – Sideline Cheer & Dance (Spirit 2020) Zoom Recording