



# Cheer Canada

## Return To Sport Guidelines

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*We are pleased to provide you with this resource to assist you, our valuable Cheer Canada members, as you begin to re-open for program delivery. We recognize that each region of the country is opening at a different rate and with unique restrictions and guidelines. Please understand that this complementary guide does not replace or supersede any government or PSO regulations.*

*Please read our suggested guidelines thoroughly and ensure all steps are completed prior to beginning any programming.*

*In addition, please comply with all requests from your governing bodies and consult additional resources such as, but not limited to:*

- *Municipal, Provincial, and Federal Governments*
- *Health Canada*
- *Provincial Sport Organization*
- *Insurance Company*
- *Legal Advisor*

*Cheer Canada understands that, as we start offering programs within the ongoing COVID-19 situation, structure and program delivery will occur in many new formats. We will continue to seek out tools and resources to assist you in delivering safe, fun, and effective programming. We encourage you to provide opportunities to develop and grow the foundation of the movement on which our sport is built while focusing on athlete and coach safety,*

*Cheer Canada acknowledges the many struggles our programs have faced this year and thanks you for your collaboration, and the resiliency and creativity you have shown during this difficult time.*



# Cheer Canada Program Checklist

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## Prior to re-opening:

- Assign a dedicated person to regularly review municipal, provincial and federal government, and PSO guidelines and restrictions.
- Ensure program plan aligns at a minimum with all aforementioned guidelines including but not limited to social distancing, maximum participants numbers, screening, cleaning, hand sanitizing, and PPE.
- Confirm with your insurance company if you must implement any new requirements and confirm that all modified programs are covered under your current policy.
- Review program waivers to add or modify any COVID-19 specific components.
- Create and implement a staff training program for all new processes.
- Develop a gym specific plan including entry and exit protocols, program modifications, staff training, participant education, and emergency response plan.
- Rehearse your program specific response plan to an athlete or staff member become symptomatic.
- Anticipate and secure any required cleaning supplies and PPE.
- Develop and implement a facility cleaning protocol.
- Create a program specific screening and facility cleaning checklist and a process for safe storage of documents.
- Post required signage for processes: proper hygiene, parent education, social distancing, traffic flow, etc.
- Block off or remove shared contact items including vending machines, water fountains, props.
- Ensure a safe training environment is provided for all participants, including during online or outdoor programming.



# Cheer Canada

## Additional Guidelines

### Health Surveying Protocols

- Take daily attendance
- Health Survey all participants and staff upon entry.
- Anyone with (or living with someone who has) symptoms should not enter.
- Athletes should not to be penalized for missed practices.
- Attendees or staff members with positive COVID-19 results must follow all current provincial health guidelines for sanitizing the space and return to work or sport.

#### Health Survey upon entry:

Do you or does someone in your household have:

- COVID-19
- Fever (i.e. chills, sweats)
- Cough or worsening of a previous cough
- Sore throat
- Headache
- Shortness of breath
- Muscle aches
- Sneezing
- Nasal congestion/runny nose
- Hoarse voice
- Diarrhea
- Unusual fatigue
- Loss of sense of smell or taste
- Red, purple or blueish lesions on the feet, toes or fingers without clear cause
- Traveled outside of Canada (in the last 14 days)

### Gym Hygiene & Cleaning

- Increase ventilation by opening windows and doors when possible.
- Have at least one hand washing station which is clear from contact points.
- Disinfect contact points between each class using an approved disinfectant. This includes training aids, door handles, washrooms.
- Clean the floor daily with increased deep cleaning
- Avoid any equipment not easily sanitized
- Post proper hand washing protocols in all bathrooms and kitchen areas.
- Allow for extra time between cohorts and at the end of the day to accommodate cleaning.
- Create separate entrance and exit points when possible.
- Wear gloves and masks when cleaning.
- Remove self-serve vending machines or mark them as out of order.
- Ensure that all cleaning products are authorized disinfectants against SARS-CoV-2, the coronavirus that causes COVID-19 as per Government guidelines.

## **SOCIAL DISTANCING**

- Limit numbers (including staff) to adhere to current provincial and federal guidelines. Adjust as necessary.
- Schedule practice times to allow changeovers to maintain number limits.
- Maintain social distancing of 6 feet between everyone within the venue.
- Mark spots on floors to reinforce social distancing during classes.
- Mark floors with arrows and lines to ensure social distancing in for bathrooms and shared spaces
- Separate venues into zones if there are multiple classes at the same time, in order to keep them separated
- Prevent congregating by athletes, coaches, parents or staff in any areas including hallways, reception areas, or outside the facilities.
- Close all spectator areas and lobby areas.
- Add virtual viewing rooms if possible
- Communicate gym specific protocol to all members prior to opening and make available publicly.
- Run a trial session to test your COVID-19 practices.

## **ATHLETES AND STAFF**

- Maintain 6 feet of distance between people.
- Limit programs to athletes who are socially developed enough to understand physical distancing.
- Limit belongings brought into the gym.
- Athletes should arrive to the gym no more than 4 minutes early, ready to practice, with cheer shoes, etc. on.
- Athletes should bring their own labelled and filled water bottle.
- Belongings must not be shared.
- Clean hands before and after training.
- Avoid touching faces.
- Cover coughs and sneezes.
- Follow Government recommendations for wearing secure and approved masks
- High-fives, handshakes, and/or hugs, are not allowed.
- Administer a health survey upon entry.
- Train all staff on new policies
- Educate parents on an ongoing basis

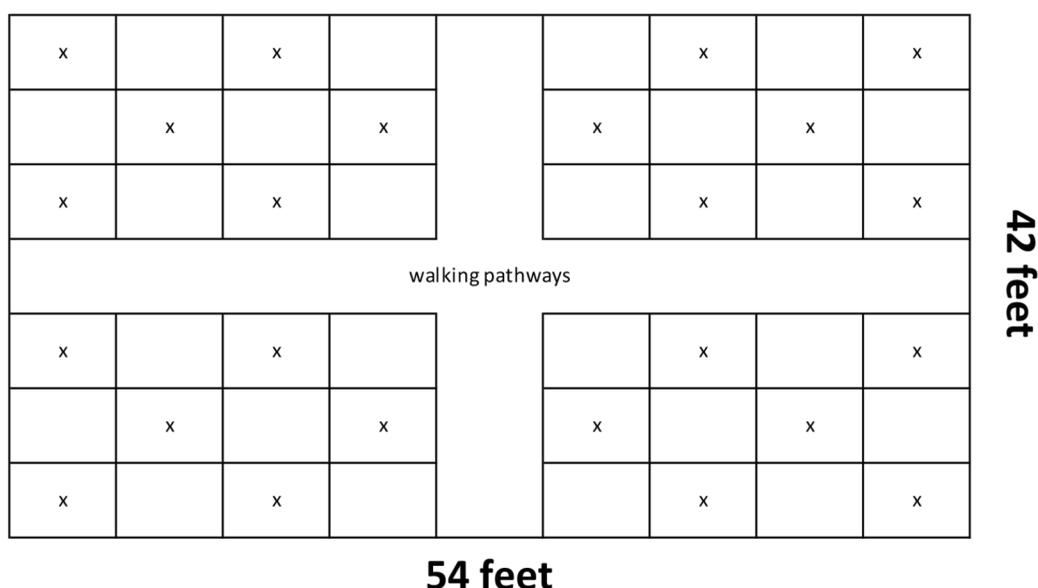
## **VIRTUAL TRAINING**

- Implement dress code and remove anyone violating the dress code from training session.
- Obtain parental consent when training a minor.
- Obtain consent from all participants/guardians for screen captures, electronic recordings.
- Ensure observance of Rule of Two. For video private lessons, another adult coach, parent or volunteer must be present.
- Avoid one-on-one sessions.
- Ensure coaches and staff are in an appropriate location while conducting classes and they are aware of what is in their background.
- Record the instruction when possible.
- Focus on maintenance and technique, not new skill acquisition.
- Establish parameters for electronic coach/parent/athlete communication (Ex: No one-on-one texting, appropriate times of day, use group chats rather than private messaging).

## ADDITIONAL PROGRAM GUIDELINES

- Coaches will maintain appropriate social distance (6 feet) from other coaches, athletes, parents, and staff.
- If physical distancing cannot be ensured, PPE will be utilized according to Government recommendations.
- Coaches will not have physical contact with athletes.
- Coaches will amend their use of whiteboards to discourage athletes congregating.
- Coaches will avoid sharing equipment with others, including music, iPads, etc.
- Coaches will sanitize any equipment after use.
- Stunting, pyramids, or partner work is to be implemented when provincial regulations allow.
- Spotting of tumbling to be implemented when provincial regulations allow.
- Focus will be on individual conditioning, drills, technique, and skills previously mastered
- Athletes will be discouraged from attempting new skills to reduce risk of injury.
- No equipment to be used except tumble tracks.
- No props, poms, signs, etc to be used.
- Athletes will keep their water bottles and personal equipment within their block of space, to avoid congregating.
- Adhere to provincial regulations for social distancing for both indoor and outdoor spaces.
- Follow the table below which outlines the recommended maximum number of athletes permitted on a typical 42' x x 54' cheer mat, (approximately 32). Please adjust for your own space and type of activity where applicable, and be sure to remain within or lower than the current provincial limits for gatherings.

Each "X" represents an athlete



# ENTRY & EXIT PROCEDURES

## Entry

- Maintain 6 feet distance while waiting in line to enter the facility.
- Obey marked waiting spaces outside and inside the facility.
- Enter one at a time through designated entrance only.
- Answer all Health Survey Questions honestly.
- Sanitize hands upon entry.
- Go directly to your designated spot to start training.
- Remain in your designated spot throughout entire training session.
- Parents will remain in vehicles unless walking a younger athlete to doorway to meet coach.

## Exit

- Follow exit procedures when class ends, including following directional arrows
- Younger athletes can be escorted by coaches to parents.
- Leave through the designated exit only.
- Sanitize hands when leaving the facility.
- Parents MUST be on time for picking up athletes.
- Parents should wait inside vehicle or outside for their athlete.
- Programs should plan for safe supervision of athlete when parent is late.

# FIRST AID PROCEDURES

- Limit the number of individuals in contact with the person in need of aid when possible.
- Mask the mouth and nose of the person requiring aid when possible.
- First aid providers should perform hand hygiene before and after interacting with a person requiring aid.
- Clean and dispose of any PPE used as soon as safely possible.
- Use protective gloves, if available.
- Individuals who haven't been trained to perform traditional CPR should assign someone to call 9-1-1 and start Hands-Only CPR (continuous chest compression without any mouth to mouth contact) until someone trained takes over or emergency help arrives.
- Ensure mouth-guard rescue products are available if mouth-to-mouth CPR is required.

\*This information was retrieved from Red Cross. Please refer to their guidelines.

## ADDITIONAL INFORMATION AND RECOMMENDATIONS

As the restrictions necessitated by the Covid-19 pandemic are lifted, our return to a group training environment will be vastly different. In addition to the practical changes in the ways teams are able to train, we must not forget the psychological component. Many of our athletes and coaches will be suffering from the accumulated effects of the previous isolation period. We should anticipate a range of reactions, embrace flexibility and adaptability, and take individual experiences into account throughout the planning and reintegration process.

A framework adapted from psychology expert Dr. Bill Howatt assumes 3 individual types of reactions:

1. *Come back to training with no issues - let's get back at it!* These individuals have not been significantly impacted and/or are just ready to start training. We need to manage these individuals' expectations regarding the "new normal" and be clear on the risk mitigation procedures to which they must adhere.
2. *Fearful and anxious of contamination or second wave.* These individuals have high levels of fear and anxiety over exposure to the virus and may not be comfortable but feel pressured to return to group training. We need to explore their individual comfort levels and respond without judgement. We must provide them choices to enable them to train in a psychologically safe environment.
3. *Personally impacted by COVID-19 or experienced secondary trauma.* These individuals are significantly impacted financially, psychologically, and/or emotionally as a result of COVID-19 (e.g., loss of loved ones, job loss). We need to be sensitive to their personal circumstances and to provide options for necessary supports and opportunities for gradual reintegration.

### Recommendations:

- Prepare. Prepare. Prepare.
- Understand different kids have had different experiences during quarantine.
- Be honest with the athletes and staff about the new protocols and make them the 'new' normal.
- Redirect athletes' attention to focus on what is within their control and the opportunities that may exist. This can involve identifying the gains that can be made under the current training circumstances and the opportunities for developing areas (like mental fitness, injury recovery) that may otherwise have been neglected.
- Manage expectations by clearly outlining the procedures and efforts required by individuals entering the training environment. This will help athletes to conceptualize and understand modifications and make adaptations to transition to the 'new normal'.
- Make new team bonding rituals that do not require contact.
- Return gradually to full athleticism.

### Sources:

<https://csiontario.ca/news/update-16-advisory-covid-19>

<https://www.aspenprojectplay.org/coronavirus-and-youth-sports/reports/2020/4/23/medical-expert-kids-need-gradual-return-to-sports-after-covid-19>)

# Resources and Templates

Recommended Disinfectants	<a href="https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html">https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html</a>
SA Cleaning Practices	<a href="https://online.flippingbook.com/view/107701/">https://online.flippingbook.com/view/107701/</a>
SafeSport Considerations	<a href="https://sportlaw.ca/maintaining-safe-sport-during-covid-19/">https://sportlaw.ca/maintaining-safe-sport-during-covid-19/</a>
Communications	<a href="https://sportlaw.ca/balancing-your-communications-approach-during-covid-19/">https://sportlaw.ca/balancing-your-communications-approach-during-covid-19/</a>
Waivers	<a href="https://sportlaw.ca/returning-to-participation-under-covid-19-updating-your-waivers-and-forms/">https://sportlaw.ca/returning-to-participation-under-covid-19-updating-your-waivers-and-forms/</a>
Recommendations for PPE	<a href="https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html">https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html</a>

## Daily Screening Checklist

Today's Date: \_\_\_\_\_ Activity Start Time: \_\_\_\_\_

Participant // Staff Member First and Last Name: \_\_\_\_\_

Activity Name: \_\_\_\_\_

1. Do you have any of the following symptoms: • Fever (greater than 38.0C) • Cough • Shortness of Breath / Difficulty Breathing • Sore throat • Runny Nose

YES  NO

2. Have you, or anyone in your household travelled outside of Canada in the last 14 days?

YES  NO

3. Have you, or anyone in your household been in contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?

YES  NO

4. Are you currently being investigated as a suspected case of COVID-19?

YES  NO

5. Have you tested positive for COVID-19 within the last 14 days?

YES  NO

Staff Name: \_\_\_\_\_

Staff Signature: \_\_\_\_\_