



# RETURN TO CHEERLEADING

GUIDANCE

7th SEPTEMBER 2020

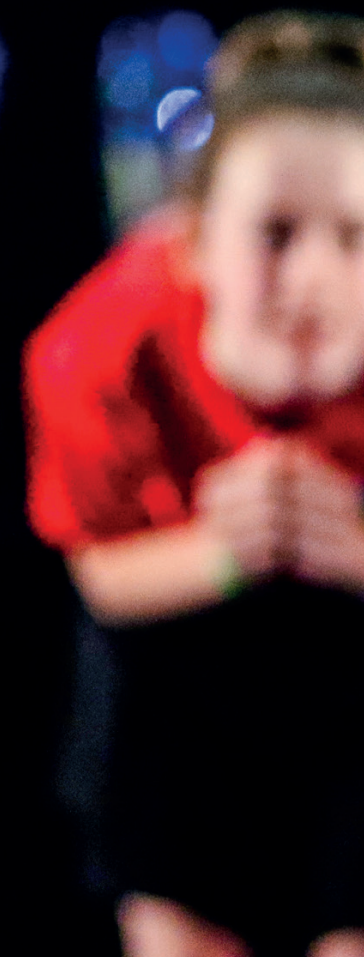
# RETURN TO CHEERLEADING

In addition to our previous advice, this concise document has been compiled as the Government continues to ease social distancing measures in order to plot a phased, flexible way forward for the sport.

Cheerleading is a contact sport and whilst we would love to get all athletes back to training and competition as soon as possible, our main priority is the health and safety of everyone within the activity. This guidance document will continue to support coaches, athletes and volunteers through a safe return to Cheerleading following the COVID-19 pandemic.

## INSURANCE

It is your responsibility to ensure you are following the guidelines for returning to sport that are laid down by UKCA. These will clearly state what activities are permissible at any given time (in line with the UK Government's own advice) and as long as you are complying with this guidance, cover under your Insure4Sport policy will continue to apply as usual.



# GUIDANCE



## CLUBS

- Each club is required to identify a competent person responsible for ensuring that measures are in place to mitigate the risk of Covid-19 within the club
- The designated person could be the head coach, safeguarding officer or club volunteer

The designated person is responsible for ensuring that:

- the risk assessment is carried out
- the control measures are in place
- measures are being adhered to

[www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities](http://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities)

## TRACK AND TRACE

- The club has a responsibility to adhere to track and trace guidance and maintain accurate registers of staff and its members who are in the facility, ie: name, contact numbers, date and time they attended
- If somebody who has attended your facility tests positive for Covid-19, the NHS test and trace may ask the infected person or their carer to provide details of anyone they have been in contact with
- The club may be contacted and any registers held will assist in this process
- The club is required to hold these details for 21 days only

[www.gov.uk/guidance/nhs-test-and-trace-how-it-works](http://www.gov.uk/guidance/nhs-test-and-trace-how-it-works)

## PRIVACY POLICY

- The club privacy policy needs to be updated to include sharing of information with the NHS
- The club should ensure that parents/guardians and carers are aware that the club may have to provide personal details of attendees to the NHS test and trace if requested.

[www.gov.uk/government/publications/guide-to-the-general-data-protection-regulation](http://www.gov.uk/government/publications/guide-to-the-general-data-protection-regulation)

# GUIDANCE

## RISK ASSESSMENT

- Clubs need to conduct a thorough risk assessment for each facility and the proposed activities
- Clubs need to identify the number of individuals that can reasonably follow social distancing within the venue, taking into account the total space and government guidelines
- Clubs should pay special attention to pinch points including entrances, exit and toilets

## VENTILATION

- Windows and doors should remain open during training sessions to allow a flow of fresh air
- Ventilation systems should provide 100% fresh air and not re-circulated air from one space to another
- Particular attention should be given to ventilation flow between groups and coaches

[www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities](http://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities)

## VENUE FLOW

- Wherever possible a one way system should be implemented and clearly marked

## VENUE CAPACITY

- There is no definitive maximum capacity due to clubs operating in different venues and environments
- Individual risk assessments will identify maximum numbers for each venue
- Each club is responsible for ensuring that they can operate safely, based on the size of their venue and they will need to define the maximum capacity, always following Government guidance on social distancing (e.g. 2m x 2m area for each participant)



# GUIDANCE

## THIRD PARTY VENUE

- Clubs who operate within a space that is managed by an external provider (e.g. leisure centre/school hall), will need to speak to the venue regarding total capacity available within the hired space and follow current Government guidelines for social distancing (e.g. 2m x 2m area for each participant)

## MAXIMUM NUMBER OF ATHLETES/DANCERS IN TRAINING SESSIONS

- The total number of athletes, coaches and volunteers combined should not exceed the venue capacity
- Multiple bubbles are allowed within a venue as long as the maximum capacity of the venue is not exceeded and always ensuring social distancing is in place
- Coaches and athletes/dancers should remain with the same bubble to reduce the risk of transmission

## THE USE OF DIGITAL INFRARED THERMOMETERS

- Checking the temperature of athletes/dancers is not a legal requirement but is an additional control measure to reduce the risk of transmission within the venue
- Clubs may want to include the check as part of their control measures
- Temperature should be taken prior to venue entry
- Be aware that a person's temperature may be slightly higher depending on how they arrived at the venue (i.e. walking or cycling)
- All people entering the venue should be tested
- A temperature above 37.9 degrees is high
- Temperature checking is not a way to prevent Covid-19 but may alert staff on site that someone is displaying symptoms (ie: high temperature)
- Anyone displaying any symptoms should not enter the venue
- Ensure a process/procedure is put in place if symptoms are displayed during training
- Share this process/procedure with your members

[www.gov.uk/guidance/nhs-test-and-trace-how-it-works](http://www.gov.uk/guidance/nhs-test-and-trace-how-it-works)



# GUIDANCE



## FACE MASKS

- In accordance with Government guidance, masks/face coverings are not recommended during Cheerleading or Dance activities
- All forms of face coverings may restrict breathing efficiency and should not be used during exercise, except on specific advice from a physician
- DCMS guidance does not make it compulsory for coaches to wear a mask/face covering, but coaches can choose to follow recent Government guidance (around wearing them in shops and enclosed spaces) by wearing one

## PPE

- PPE is recommended for cleaning and first aid purposes only and should be readily available

## CASHLESS PAYMENTS

- Wherever possible clubs should implement a cashless payment system for all money transfers to minimise the risk of transmission

## CHANGING FACILITIES

- Wherever possible, athletes/dancers should be encouraged to arrive in training gear and not use the changing rooms

## HANDWASHING

- It is recommended that clubs provide hand washing or hand sanitisation stations at both entry and exit points and that all individuals entering the building use this facility prior to participating

# GUIDANCE

## CHEERLEADING SESSIONS

- Social distancing must be adhered to at all times
- No contact is permitted between coaches and athletes, or athletes and athletes until the Government remove or review social distancing (Please refer to the Government Guidance regularly as this detail may be subject to change)
- Activities planned and delivered should be appropriate for socially distanced coaching
- No stunting or spotting is permitted under the current guidelines

Clubs and coaches are advised to use this period to focus on improving skills which could include arm motions, jumps, tumblers and build upon strength training, flexibility and conditioning

## DANCE SESSIONS

- As with cheerleading, social distancing must be adhered to at all times and no contact is permitted between coaches and dancers, or dancers and dancers, until the Government remove or review social distancing
- Plan dance content based on solo movement without physical or spatial interaction

## INCLUSIVITY

- If carers are required to support within the session, clubs must ensure they are considered when planning the activity, the space being used and the impact on capacity

## COVID-19 TRAINING

- Coaches are not required to attend a Covid-19 training course but need to keep themselves up to date with Government guidance and understand the requirements outlined under social distancing, cleaning processes and what to do if someone displays any symptoms

## REGIONAL LOCKDOWN

- Access and adhere to regional Government guidelines on Covid-19 to stay up to date
- This can be found on your home countries Government website

## SAFEGUARDING

- The lockdown period will have affected children in many different ways
- While some will have had a positive time with family members, others may have had negative experiences and could be at risk
- Please remind all club personnel how to respond if a child or adult at risk talks about a concern and go to the links below which include information, advice and posters which can be shared with club members

NSPCC Tel: 0808 800 5000 (9-6 Mon-Fri)

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Visit: [www.nspcc.org.uk/keeping-children-safe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/](http://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/)



# RETURN TO CHEER

## MANDATORY MEASURES

- A designated person to manage risk assessment and implement control measures
- Up-to-date contact details and registers must be kept
- Social distancing of at least 2m
- No contact between coaches and athletes/dancers
- No contact between athletes and athletes or dancers and dancers (no high fiving)
- No stunting
- No hands on spotting
- No inter-club training
- No face masks
- No loud music, raised voices, cheering or shouting (to help reduce droplet spread)

***These are subject to government guidance and will change as restrictions are lifted***

## RECOMMENDED MEASURES

- PPE for cleaning and First Aid only
- Temperature checks on arrival
- Separate entrance/exit
- One way flow through the venue
- Hand washing or hand sanitising facilities at entrance and exit
- A 10-minute period between session crossover to allow for exiting and cleaning
- Temporary floor marking defining socially distanced spaces
- Wherever possible athletes should arrive in training gear

