

ASAA COVID-19 Cheer Competition

Requirements

as of 3/1/2021

Points of Emphasis

- Close contact between any individuals should be limited to the extent possible. Close contact is defined as being within 6 feet of an infected individual for at least 15 minutes. The 15 minutes is cumulative so even a 30 second huddle adds to the risk.
- All participants (athletes, coaches, managers, etc.) must be screened upon arriving at the venue.
- Individuals must bring their own water bottle that is labeled and filled. No sharing of water bottles.

Facilities

- Cleaning and disinfecting must be conducted in compliance with CDC. The most current guidelines can be found at <https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html>.
- Hand sanitizer should be plentiful and available to all participants. Place them at entrances, meeting rooms, locker rooms, sidelines, etc. Encourage all individuals to use often.
- Ensure ventilation systems operate properly and increase circulation of outdoor air. Open windows and doors when feasible.
- Participants should be the only ones present unless your facility allows for 6 feet between all spectators.

Cheer Specifics

- Follow all NFHS Spirit Rules Considerations.
- Participants must come dressed to participate and leave to shower and change.
- Masks (face coverings) that cover the nose and mouth must be worn by all participants at all times.
- No sharing of megaphones.
- Poms and signs may be shared however every 14 minutes they must be disinfected or replaced with disinfected items.
- Hands must be sanitized before and after sharing equipment.
- Remind participants to not touch their face.
- Participants must sanitize their hands before a stunt (making sure they are completely dry) and at the completion of the stunt.
- Participants should have their own area for personal items.