



ACTIVITY: Cheerleading

WIAA STAFF LEAD: Cindy Adsit

Committee: Cheerleading Contingency Planning Committee Recommendations

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Cheerleading.

The NFHS has determined that competitive cheerleading is a high risk activity (sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.)

Non-competitive (sideline) cheerleading is a low risk activity (sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors) and stunting is not allowed.

Special Considerations for the use of the following equipment:	Special Considerations for the use of the following components of the facility
<ul style="list-style-type: none"> Any item that is held in the hands or makes contact with the body (cheer boxes, poms, megaphones, flags, signs, spirit items (spirit towels, small balls, mini megaphones, etc. can be held but cannot be thrown into the crowd) Sound systems, mats, food/drink items for cheer groups 	<ul style="list-style-type: none"> Mats Mirrors, whether on wheels or mounted on the wall Bleachers Sidelines / Team Bench Bathrooms Locker rooms Warm up areas On deck areas Ticket Booths Entry Gates Concessions Weight training facilities

NFHS Step 1 which aligns with Washington's Phase 2

- Cheer participants may not practice/perform stunts (chants, jumps, dances without contact are permissible).
- Neither coaches nor participants can have any contact whatsoever with another participant.
- Appropriate clothing and shoes must be worn at all times (being barefoot even with socks on will not be allowed.) One set of athletic shoes should be dedicated for indoor cheerleading and not worn outside the venue.
- There should be no shared athletic equipment (towels, clothing, shoes, or specific equipment) between students. Each student shall have their own clearly marked hand held item (poms, megaphones and signs must be clearly labeled with student's name to insure they are used only by that student.)
- Cheer boxes may be used by different cheerleaders provided only one cheerleader is on a box at a time.

- There should be only one designated person to operate sound equipment unless it cleaned prior to use by the next individual.

NFHS Step 2 which aligns with Washington's Phase 3 (Non-competitive (sideline) cheer may practice following guidelines)

- Expectations regarding spotting or alternative teaching/coaching methods should be clearly communicated repeatedly during practice.

NFHS Step 3 which aligns with Washington's Phase 4 (Regular Cheer practice may resume, competitions may resume in Phase 4+)

- Megaphones cannot be transferred from one to another or picked up by another person.
- Poms and signs may be shared provided the items have been sanitized and cheerleaders sanitize their hands before and after each practice/performance.
- All cheerleaders must sanitize their hands before and after stunting.
- When stunting, the shoes of the top person must be sanitized before and after each practice/performance.

Considerations for Judges, Coaches, and other Personnel

- Judges, coaches and other event personnel must wear masks.
- Judges must come dressed to officiate; a locker room will not be provided.
- A separate meeting room should be made available and accessible for judges.
- A separate bathroom should be provided for judges when possible.
- Judges are recommended to bring their own food; prepackaged food provided to judges would be acceptable.
- Judges must be spaced 3-6 feet apart.
- Scorer's table – scorekeepers should be 3-6 feet apart; each should have their own computer or sanitize the computers between users.
- A cordless microphone could be used.
- Judges will not be expected to monitor the physical distancing; each person is responsible.
- Judges should bring their writing utensils to fill out score sheets. Cleaning supplies should be available on site with devices sanitized between uses.

NFHS Spirit Rules Considerations

- Cheerleading General Risk Management (2-1-14, 2-1-16): Participants should be appropriately spaced on the court, field or sideline to ensure proper social distancing.
- Cheerleading Apparel / Accessories (3-1-1): Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible. Masks may be worn but are not required. No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.
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