

Siuslaw Cheerleading – OUTDOOR Practices & Workouts

COVID Regulations and Protocol

STUDENT ATHLETES ARE NOT ALLOWED IN THE PRACTICE AREAS WITHOUT A COACH PRESENT. FAILURE TO COMPLY MAY END BEING ABLE TO OPEN SHS FACILITIES. LET'S WORK TOGETHER

Practice Time: 9:30am-11:30am

Days: Monday-Thursday, and every other Friday (July 10 & 24, August 7 & 21)

Arriving for practice: Cheerleaders will be using the grass area outside the front of the school/ELA hall. Parents and cheerleaders will need to park and drop off athletes in the south parking lot where the busses drop off and pick up students during school. The cheerleaders will then send me a message via the Remind app that they have arrived. They will remain in their car until I give them the okay to leave and sanitize their hands one at a time, then proceed to their spot on the grass and hit a T (their arms straight out to the side). As one is sanitizing and taking their spot, I will have another come out and do the same. If their parents just drop them off. They will stay 6 feet apart on the side walk from the path, then have them come and sanitize.

Set Up: As each cheerleader needs to be 6 feet from each other, they will hold their arms in a T and go off of each other to be 6 feet part without touching their arms or hands. I will direct each athlete on where they will stand whether it be the front line or the back line. These will be their spots for all of practice.

Bathroom: Locker rooms and bathrooms are not available until further notice. Please use the bathroom at home before coming to practice.

Roll: Roll will be taken every day at practice. If an athlete does not feel well, they need to stay home and not risk others. If an athlete does come to practice and appears to be ill, a non-contact temperature check will be administered.

If an athlete does test positive for COVID, practices will be cancelled for 3 weeks for isolation and if symptoms arrive to be tested. The cohort roll for the team for the week's practice will be sent to Lane County Public Health for contact tracing.

Practice: With set up and sanitizing starting at 9:30am, actual practice probably won't start until 9:45, approximately. There will be a half hour of warm ups, involving ground or standing warm ups. On Conditioning days, we will focus on one area of the body to strengthen each day. Starting with lower body- upper body. On days where learning cheers and dances, we will warm up for 30 minutes and then go into learning with breaks for water.

All athletes will be told to bring their own water bottles to practice, no sharing or drinking fountain.

Departing Practice: Athletes will be ready to depart at 11:30am; please arrive as close to 11:30am as possible; **NO LOITERING in the parking lot.** At the end of practice athletes need to either depart in their parent's vehicle, their own vehicle, or walking home, if so authorized.

If a cheerleader is walking home, there must be pre-approval communication between the coach and parent. If walking home, athletes should also keep physical distancing in mind if walking with others.

Siuslaw Cheerleading – INSIDE / GYM Practice Sessions

COVID Regulations and Protocol

Practice Time: 9:30am-11:30am

Days: Monday-Thursday, and every other Friday (July 10 & 24, August 7 & 21)

Arriving for practice: The team will be using the main gym. Parents and cheerleaders will need to park and drop off athletes at the southwest back parking lot, by the weight room, and enter through the doors between the Main and Auxiliary gyms. The cheerleaders will then send me a message via the Remind app that they have arrived. Please remain in the car until I give an 'okay' to exit. Before entering the gym, all athletes will sanitize their hands and then proceed to their spot marked area on the gym floor and hit a T (their arms straight out to the side). As one is sanitizing and taking their spot, another can exit their vehicle and do the same.

If athletes walk to practice or are dropped off they will need to stay 6 feet apart in the area between the two gyms, on marked spaces, until everyone has their hands sanitized and the team enters the gym.

Set Up: As each cheerleader needs to be 6 feet from each other, they will hold their arms in a T and go off of each other to be 6 feet part without touching their arms or hands. I will direct each athlete on where they will stand whether it be the front line or the back line. These will be their spots for all of practice.

Bathroom: Locker rooms and bathrooms are not available until further notice. Please use the bathroom at home before coming to practice.

Roll: Roll will be taken every day at practice. If an athlete does not feel well, they need to stay home and not risk others. If an athlete does come to practice and appears to be ill, a non-contact temperature check will be administered.

If an athlete does test positive for COVID, practices will be cancelled for 3 weeks for isolation and if symptoms arrive to be tested. The cohort roll for the team for the week's practice will be sent to Lane County Public Health for contact tracing.

Practice: With set up and sanitizing starting at 9:30am, actual practice probably won't start until 9:45, approximately. There will be a half hour of warm ups, involving ground or standing warm ups. On Conditioning days, we will focus on one area of the body to strengthen each day. Starting with lower body- upper body. On days where learning cheers and dances, we will warm up for 30 minutes and then go into learning with breaks for water.

All athletes will be told to bring their own water bottles to practice, no sharing or drinking fountain.

Departing Practice: Athletes will be ready to depart at 11:30am; please arrive as close to 11:30am as possible; **NO LOITERING in the parking lot.** At the end of practice athletes need

to either depart in their parent's vehicle, their own vehicle, or walking home, if so authorized. They will leave the gym through the exit door by the boy's locker room.

If a cheerleader is walking home, there must be pre-approval communication between the coach and parent. If walking home, athletes should also keep physical distancing in mind if walking with others.