



# Return to Play Guidance Document

**LAST UPDATED 16th AUGUST 2021**

This document is correct at the time of publication.

Please read this document in conjunction with the Government guidelines.  
Updates will be produced to coincide with significant national guidance changes

**This document is intended to be used in its entirety. Individual sections should not be used alone without consideration of the document as a whole.**

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# INTRODUCTION

SportCheer England (SCE) is recognised by the world governing body for Cheerleading; the International Cheer Union (ICU) as the National Governing Body for the sport of Cheerleading in England. Cheerleading is a SportAccord recognised sport, and an International Olympic Committee member sport.

Cheerleading is one of the fastest growing sports in the country, with over 89,000 athletes across the UK participating at recreational, competitive and elite level.

Cheerleading is a high energy, team-based performance sport that is athletic, artistic and acrobatic. Depending on the division, athletes may be required to showcase a variety of skills including: tumbling, partner stunts, pyramids, tosses and dance. A stunt is defined as any skill in which an athlete is supported above the performance surface by one or more persons. Tumbling is defined as any hip over head skill that is not supported by another person beginning and ending on the performance surface. While some skills are individually developed, such as tumbling or dancing, partner stunts, pyramids and tosses require a great deal of teamwork and routines require synchronization and team uniformity. In its modern form, Cheerleading is more akin to group acrobatics than the traditional stereotype of pom poms and chants.

While we are keen for our teams to return to training, the health and safety of our athletes and coaches is our highest priority. This document is designed to help athletes, coaches and gym owners navigate the government guidance, and safely prepare for the return to activity, in a manner that complies with government guidelines and the advice of Public Health England.

Please note that this document is based on the latest information and research available at the time of writing. The COVID-19 pandemic, and the responses of the public health community and UK Government remains fluid; data and recommendations will change. As they do, this document will be updated to reflect this. Please check the date of the last update on the front cover to ensure you are viewing the most current document.

# COVID-19

Coronavirus disease 2019 (COVID-19) is an ongoing Worldwide pandemic caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). This virus is highly infectious and has the ability to mutate to create more pathogenic and transmittable variants. Treatments have developed over the past 16 months but the virus continues to cause mortality. . Most people (80%) who are infected have mild symptoms and 1 in 3 infected do not have any symptoms at all. Because this is a relatively new and developing virus, there is much we do not know about it. Like other viral infections however, we know that many individuals who are infected, are infectious for up to 2 days (48 hours) before they have symptoms. This means it is easy to spread this disease before you are aware you have it.

In the unvaccinated, the majority of those who become symptomatic can be managed at home, 15- 20% who contract the virus become unwell and may require hospitalisation. A small number (5%) require intensive care, some of whom require breathing support through ventilation. These patients are more likely to be male, older (>60) and have underlying conditions such as cardiovascular disease, raised blood pressure, chronic lung disease, obesity, immunosuppression or diabetes. Individuals from Black, Asian & Minority Ethnic (BAME) communities and disabled people appear to have higher rates of serious illness from COVID-19 The mortality rate associated with COVID-19 infection is reducing due to the success of the vaccination programme but remains high in the unvaccinated vulnerable groups.

Younger, healthy people appear to be less likely to develop severe symptoms. Anyone however can spread the disease infecting those they love, their friends, colleagues, and teammates.

COVID-19 is predicted to remain endemic for the foreseeable future but with the introduction of the UK Covid-19 vaccination programme in December 2020, the severity and transmissibility of the virus is predicted to reduce.

Governments and health authorities around the world have instigated social distancing requirements, restrictions on public gatherings, quarantine measures and limited travel to and from other countries to slow the spread of the disease and to enable health care systems to cope with the potential increased demands associated with managing the disease. The Cheerleading community has a responsibility to support these efforts.

## **SIGNS AND SYMPTOMS**

In the UK, the National Health Service (NHS) describe common symptoms of COVID-19 to include:

- High temperature over 37.8°C
- New and persistent cough
- Loss of taste or sense of smell

In addition, other symptoms can include:

- Hoarseness
- Headache
- Runny nose
- Sneezing
- Shortness of breath
- Sore throat
- Wheezing
- Tiredness

Though these are common symptoms of other illnesses, they may be signs an individual has been infected by COVID-19, and it is vital that you take measures to test, so to not infect teammates, colleagues, your friends and family or the general public.

## **WHAT CAN YOU DO TO STAY SAFE?**

- Test twice weekly with Covid-19 lateral flow tests. This will help reduce transmission from asymptomatic carriers.
- Please see the information provided later on in this document on [hygiene considerations](#).
- Wash your hands – regularly and thoroughly clean your hands with soap (for minimum of 20 seconds) and an alcohol-based (minimum 60% ethanol or 70% isopropanol) hand rub. Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain social distancing guidance - maintain at least 2 metre distance and where not possible, at 1 metre plus between yourself and others. When someone coughs, sneezes, talks or breathes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus, if the person in close contact has the disease.

- Avoid touching hands to face, mouth or nose - Hands touch many surfaces and surface to hand transfer can spread the virus. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Catch it, bin it, kill it - Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze.

## **WHAT HAPPENS IF I HAVE BEEN IN CONTACT WITH AN INFECTED PERSON?**

Guidance changed on 16th August 2021 with regards to what to do if you have been identified as a 'close contact'. A summary of changes is below:

<b>Age / Vaccination status</b>	<b>Covid PCR positive within 90 days</b>	<b>Action required</b>	<b>Is isolation required</b>
Under 18 years & 6 months of age	No	Advise PCR testing as soon as possible	Only if PCR is positive
Under 18 years & 6 months of age	Yes	Advise limiting contacts and to get a PCR if develops symptoms	No, unless develops symptoms
One Covid19 vaccine	N/A	Inform Track & Trace	10 days of isolation required
Second Covid19 vaccine less than 14 days ago	N/A	Inform Track & Trace	10 days of isolation required
Two vaccinations over 14 days ago	No	Advise PCR testing as soon as possible	Only if PCR is positive
Two vaccinations over 14 days ago	Yes	Advise limiting contacts and to get a PCR if develops symptoms	No, unless develops symptoms

PLEASE NOTE: The SportCheer England Return to Play Guidance document is intended to be used in its entirety. Individual sections should not be used alone without consideration of the document as a whole.

Please consult the Government website for close contact who are exempt from the Covid19 vaccination programme.

It is a legal responsibility to isolate if requested to do so by NHS Test and Trace.

If you subsequently test positive it is important to engage with the NHS Test and Trace, including informing the gym ASAP of a positive result to aid this process.

- If you are worried that this may relate to you, you should follow NHS Isolation Guidelines.
- Further guidance is contained later in the document under ['what to do if someone reports COVID-19 symptoms after a training session'](#).

## **BLACK, ASIAN AND MINORITY ETHNIC GROUPS**

There is evidence that these communities are affected more by COVID-19 than other sections of society. The Office of National Statistics (ONS) describe black people as being 1.9 times more likely to die from COVID-19 than white people, with Pakistanis and Bangladeshis at 1.8 times and Indians at 1.5 times more likely to die from COVID-19. There appears to be a number of possible reasons for this, but none that have been researched in enough depth by the scientific world to be acted upon specifically. However, clubs should take this into consideration when completing their risk assessment.

## **RECOMMENDATIONS FOR RETURN TO PLAY FOR DISABLED ATHLETES**

SCE are keen to ensure that athletes with disabilities, for instance on Adaptive Abilities, Special Abilities teams, and those who are part of classical teams, are not left out of the considerations when planning for a return to play.

Recent statistics from the ONS\* show that disabled people are significantly more vulnerable to the effects of COVID-19 than their non-disabled counterparts. We therefore recommend that coaches of these teams take significant extra precautions in planning and managing the return to training for those athletes. After adjusting for region, population density, socio-demographic and household characteristics, the relative difference in mortality rates from COVID-19 between those classed as "limited a lot", in the latest census, and those without disabilities was 2.4 times higher for females and 1.9 times higher for males. There are a number of socio-economic factors which adjust for these risks to disabled athletes in

Cheerleading, for instance many elderly people are disabled and mortality rates in care homes will have had a large impact on the data as represented above.

However Clubs should still take this into consideration. SCE has detailed below further guidance on the additional considerations and recommendations for return to play for teams with disabled athletes to ensure that more vulnerable athletes are kept safe:

- We advise that disabled athletes, especially those who were put onto the government's vulnerable list, contact their GP regarding their return to sport and that they provide the Club with a note to confirm the GP is happy for them to return. (GP notes can incur a cost to the athlete so please bear this in mind when requiring that as part of the athlete's ability to return).
- At the start and end of training sessions and in breaks during longer sessions, we advise that mobility and other disability support equipment is disinfected as a part of the Club's sanitation routines.
  - For athletes who use separate mobility equipment for sport and day to day, SCE advise that where possible, athletes transfer to their sports device outside of the training environment and leave their day to day mobility device in a separate area.
- Where possible we highly advise that athletes and staff working in a disability inclusive environment wear masks and other appropriate PPE (for example, face shields to prevent transmission from saliva droplets) when working in close contact with each other.
- Ensure that the Club's accessible routes, which may not be the usual routes in and out of the facility or onto the floor, are also disinfected and cleared between sessions so they are safe for the athletes to use.
- If an athlete needs a support worker in order to participate in the sport (or to manage day to day activities while participating, for instance as an interpreter, when consuming water, washing their hands, etc) that person should be included in your considerations when calculating the maximum number of people in the facility at one time.
  - As the level of risk of infection reduces, SCE advises Clubs to relax the inclusion of support workers when calculating the maximum number of people allowed to enable a larger number of athletes to participate together whilst allowing for the support worker to remain in the training space enabling the disabled athletes to participate fully.
- If an athlete has a support worker they are in regular contact with but who is not required to assist them during sporting activity, SCE advises that the support worker is enabled to stay at a reasonable and close distance so that they are available to support the disabled athlete if needed, without being present during the sporting activities. For instance they may be in another room of the facility, waiting just outside, or in a vehicle closeby.



- As the level of risk of infection reduces, SCE advise Clubs to relax the distancing of support workers who are not needed by athletes during sporting activity, but may be needed for other types of support and to allow them to be present in the training space even if not needed for direct participation, rather than in a separate space.
- When masks are worn make sure to take extra consideration that athletes with hearing impairments may struggle to understand you. There are masks available that have clear screens in the front, otherwise known as “lipreading masks” which can be used when working with athletes with hearing impairment. If using such a mask please ensure that the design and build ensures it protects against droplet transmission.
- Once Clubs enter Level 3 on the Return to Play Roadmap Chart (see Return to Play Roadmap Chart below), they should ensure that they place added emphasis on maintaining physical distance as much as possible whilst utilising stunting by having athletes step away from each other as soon as it is safe to do so when a stunt comes down or contact activity has stopped.
- Research carried out by [RNIB](#) found that almost two thirds of blind or partially sighted people reported that they have found maintaining a social distance difficult. When working with athletes with visual impairment SCE recommends the following additional considerations:
  - If athletes usually need guiding to find their way around, Clubs should try to implement verbal guiding rather than contact guidance.
  - Clubs should ensure that visually impaired athletes are made aware of sanitisation stations and any new installations like protective screens and contactless payment terminals.
  - Tactile floor markers may be helpful to support visually impaired athletes to maintain social distancing.

Some athletes with disabilities may not feel comfortable returning to play at this stage, or may not get an agreement from their GP to do so. SCE advises that Clubs ensure an opt in ethos is supported and that disabled athletes are not indirectly discriminated against by putting undue pressure on those athletes to return immediately on reopening of the facility. Instead Clubs should ensure there is still a place on the team for these athletes when they feel it is personally safe for them to return and/or they have an agreement from their doctor to do so.

\*ONS statistics

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/articles/coronaviruscovid19relateddeathsbydisabilitystatusenglandandwales/2marchto15may2020>

# **RISKS WITHIN CHEERLEADING**

COVID-19 is an infectious disease spread primarily through respiratory droplets in the saliva or nasal discharge on coughing or sneezing. COVID-19 has led to a global pandemic with significant mortality. Since March 2020, the UK government strategies have led to reduced rate of spread of COVID-19, with current advice being to 'Stay alert and safe'.

Since March 21st 2020, leisure facilities and training venues including Cheerleading gyms have been closed. The Government has supported the re-opening of such facilities as of July 25th 2020, if deemed appropriate by the National Governing Body for each Sport. SCE has taken many considerations into account when developing this framework including the physical and psychological benefits of Cheerleading for the 89,000 athletes across the UK, and the economic return of the Cheerleading community.

The key principle underpinning the SCE framework and Return to Play Cheerleading Roadmap Chart is that the resumption of Cheerleading should not compromise the health of individuals whilst enabling participation in all aspects of the sport. The SCE framework is based on the latest data and recommendations published by the UK Government as well as medical advice and expert knowledge of Cheerleading.

It is recognised that the use of music in training sessions, during performances and at competitions is part of the sport of Cheerleading. Clubs should put measures in place to limit the need for people to unduly raise their voices to each other. This includes refraining from playing loud music that may encourage shouting if played at a volume that makes normal conversation or giving coaching instructions difficult. Athletes should be encouraged not to shout additional instructions or count along to the music, and other common practices associated with Cheerleading that involve raised voices. This is because of the potential for increased risk of transmission.

Cheerleading as a sport involves frequent physical contact between athletes during the stunting elements of training and competitive routines. It also involves a high moisture level where there is potential for sweat, saliva and moisture rich breath to be present during contact between athletes and coaches during training sessions, performances and competitions. As Cheerleading training sessions and competitions most usually take place inside, the risk of high moisture levels is increased versus if these activities were to take place outdoors.

With variations in Club structure and so many different considerations individual to each Club, SCE advises that each Club undertakes a full risk assessment as per Government documentation and adheres to the Return to Play Cheerleading Roadmap Chart when returning to training. If cases are identified, or regional R rates increase, it is critical to re-evaluate the risk of the level you are operating at

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and move back up the levels as deemed appropriate. This may involve a period of closure.

Good communication between the Club and the athlete is fundamental to ensure any changes in individual athlete risk is continually evaluated e.g. if new medical conditions are diagnosed or they have new contacts with vulnerable individuals. It is important that Clubs do continually risk assess to ensure the safety of the athletes and the community around them.

It is essential that every Club engages fully with the NHS Test and Trace scheme (<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>). This includes the accurate record keeping of athlete and staff attendance including name, phone number, email address, time of arriving/leaving whilst ensuring GDPR [regulations](#) are adhered to. This should be kept for 21 days as per Government advice. If an outbreak is identified within the Club or facility, SCE advises liaising with the local Public Health England team or local council's environmental health team with regards to the next course of action(<https://www.gov.uk/government/organisations/public-health-england>)

COVID-19 can range from asymptomatic, to mild, to severe illness with an incubation period of 5 - 10 days. It is critical that however mild or common the symptom is reported, isolation guidelines are followed until a test is returned as negative or the individual has completed their 10 days of isolation and is well. Athletes may need to continue to isolate if they remain symptomatic after 10 days Further advice is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>).

If a symptom is reported during a training session, the individual must be isolated in a designated area and collected by a household member as soon as possible with advice to isolate and test the household as per current government advice. The most common symptoms include; fever (37.8 or above), cough and loss of smell or taste. Other symptoms include but not limited to; sore throat, conjunctivitis, shortness of breath, headache, fatigue, muscle aches, diarrhoea, nasal congestion, rash, discolouration of fingers or toes, chest pain.

## **CLUB CONSIDERATIONS**

SCE acknowledges that while all Clubs share the common ground of Cheerleading as their sport, every Club faces its own specific set of circumstances that pertain to them, based on a number of variables. These variables should be considered carefully by Clubs and form the basis of any decisions on which level on the RTP Roadmap Chart they should operate at and other important [factors](#) surrounding their return to Cheerleading.

Variables that Clubs may want to consider include, but are not limited to: regional variation in R rates, any localised lockdowns, population density in your area of operation, the demographic make-up of your participants (for example: [BAME](#) and [disabled athletes](#) have increased associated risks), local public transport links, training space and facility provision (for example; number of toilets, entry/exits, walkways, fire safety policies, floor space, ventilation, ability to social distance), and coaching capacity. Above all the priority of each Club must be the safety of their athletes.

# RETURN TO PLAY CHEERLEADING ROADMAP CHART

SportCheer England's Return to Play Cheerleading Roadmap Chart is a tool to help guide Clubs through the process of safe reopening and has been created based on government guidance, medical advice and expert knowledge of Cheerleading. However, it is important to note that your Club's circumstances and the government risk levels are subject to change at any time. From 16th August 2021, Government restrictions have been eased. It is however important that clubs continue to minimise the chance of Covid19 entering the gym, reduce the risk of spread amongst coaches and athletes and structure sessions to avoid unnecessary requests to self isolate.

The levels described in SportCheer England's Return to Play Cheerleading Roadmap Chart allow for flexibility and variances in individual Club's circumstances.

**When deciding your Club's level on the RTP Cheerleading Roadmap Chart, it is important to use not only the chart but to also factor in all [considerations](#) specific to your Club and to make decisions accordingly.**

Once you have selected your level and completed a full Risk Assessment (see links to template [Risk Assessments for Cheerleading](#)) SCE advises that Clubs communicate with their insurance company to check that they will be covered for the activity level proposed. Whenever you plan to move up or down a level on the Return to Play Roadmap Chart you should review and adjust your Risk Assessment.

Individuals must remember that there can never be risk free Cheerleading and any Cheerleading activity will come with inherent COVID-19 risks.

<b>LEVEL</b>	<b>WHAT?</b>	<b>WHERE?</b>	<b>HOW?</b>	<b>WHEN?</b>
<b>LEVEL 5</b>	<ul style="list-style-type: none"> <li>No public gatherings</li> <li>2m social distancing</li> <li>No travel allowed</li> </ul>	Home or garden	<ul style="list-style-type: none"> <li>No face to face training sessions</li> <li>Zoom/Online training</li> </ul>	If government guidelines and/or national or local lockdown dictates this.
<b>LEVEL 4</b>	<ul style="list-style-type: none"> <li>Public gatherings up to 6 (exclusions for outdoor organised fitness classes)</li> <li>2m social distancing</li> <li>Travel allowed (may have some restrictions)</li> </ul>	Outdoor Spaces	<ul style="list-style-type: none"> <li>Training sessions outdoors</li> <li>Conditioning work/Drills/Individual skills – exercise and fitness based</li> <li>No crossovers between teams</li> </ul>	If government guidelines dictate this.
<b>LEVEL 3</b>	<ul style="list-style-type: none"> <li>Public gatherings up to 6 (exclusions for athletes under 18 &amp; disabled athletes)</li> <li>2m social distancing</li> <li>Carpooling not advised</li> </ul>	Indoor training venues	<ul style="list-style-type: none"> <li>Training sessions indoors</li> <li>Conditioning work/Drills/Individual skills</li> <li>No crossovers between teams</li> </ul>	If government guidelines dictate this.
<b>LEVEL 2</b>	<ul style="list-style-type: none"> <li>Public gatherings up to 6 (exclusions for athletes under 18 &amp; disabled athletes)</li> <li>0-1m social distancing (with risk mitigations)</li> <li>Carpooling not advised</li> </ul>	Indoor training venues	<ul style="list-style-type: none"> <li>Training sessions indoors</li> <li>Conditioning work/Drills/Individual skills</li> <li>Short session stunting with risk mitigations</li> <li>Spotted tumbling skills for safety purposes</li> <li>No crossovers between teams</li> </ul>	If government guidelines dictate this.
<b>LEVEL 1</b>	<ul style="list-style-type: none"> <li>Public gatherings up to 6 (children and adult return to organised indoor sport)</li> <li>0-1m social distancing (with risk mitigations)</li> <li>Carpooling not advised</li> </ul>	Indoor training venues	<ul style="list-style-type: none"> <li>Training sessions indoors</li> <li>Conditioning work/Drills/Individual skills</li> <li>Short session stunting &amp; pyramid work with risk mitigations</li> <li>Spotted tumbling skills for safety purposes</li> <li>Limit crossovers between teams</li> </ul>	If government guidelines dictate this. Current level at point of update (From May 17th 2021).
<b>LEVEL 0</b>	<ul style="list-style-type: none"> <li>N/A (no restrictions)</li> <li>Track &amp; Trace still in operation</li> </ul>	Indoor training venues	<ul style="list-style-type: none"> <li>Full training with no restrictions</li> <li>Risk mitigations advised</li> </ul>	August 16th 2021
<b>COMPETITIONS</b>	With restrictions from June 22nd 2021 Without restrictions from August 16th 2021			

## **RETURN TO PLAY CHEERLEADING ROADMAP CHART**

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# RETURN TO PLAY CHEERLEADING ROADMAP CHART – FURTHER DETAILS BY LEVEL

## Level 5 - Online Training

### Level Requirements

- All leisure facilities closed
- Zoom or online training allowed only

### Further Considerations

- Follow current Government guidelines on meeting others safely [LINK](#)
- Clubs should ensure that their insurance policy covers them for this type of training
- Risk assessment should be carried out

## Level 4 - Outdoor Group Training

### Level Requirements

- Organised outdoor team sport, outdoor exercise classes and outdoor licensed physical activity for athletes of all ages are exempt from the Rule of Six, and can happen in any number as long as undertaken in line with published COVID-secure guidance.
- Socially distanced
- No stunting or spotting
- Minimal equipment sharing
- Athletes should not 'crossover' onto other teams.

### Further Considerations

- Follow current Government guidelines on meeting others safely [LINK](#)
- Exclusion of any athlete who has symptoms of COVID19 or should be isolating as per government advice [LINK](#)
- Must be able to meet government advice for re-opening outdoor gyms including environmental risk assessment, social distancing, infection prevention and control, toilet provisions and PPE [LINK](#)
- If a 2 metre social distance is not possible, risk mitigations should be applied [LINK](#).
- Individual athlete risk assessment to include medical health, close contacts with vulnerable individuals and ethnicity [LINK](#)
- High risk individuals should have risk discussed with them and risk stratifications in place.
- 'Low Risk' in accordance with a team sports risk exposure framework to inform risk mitigation strategies and support test and trace found [HERE](#) (Appendix 1)

## Level 3 - Indoor Group Training

### Level Requirements

- Athletes aged under 18 may train in groups larger than six. The total size of the group is dependent on floor size and Government advice on facility suitability (also see Club Considerations). [LINK](#)
- Maximum groups of 6 for athletes aged 18 and older or mixed groups of under 18's and athletes aged 18 and older (excluding coaches) in line with the [Rule of Six](#).
- Socially distanced
- No stunting or spotting
- Minimal equipment sharing
- Athletes should not 'crossover' onto other teams.

### Further Considerations

- Follow current Government guidelines on meeting others safely. [LINK](#)
- Exclusion of any athlete who has symptoms of COVID19 or should be isolating as per government advice. [LINK](#)
- Must be able to meet government advice on re-opening extra-curricular activities indoors. This includes but not limited to; group size, age of participants, facility size, ventilation, cleaning, PPE, workforce management, drop off/pick up strategies. [LINK](#)
- If a 2 metre social distance is not possible, risk mitigations should be applied [LINK](#).

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- Individual athlete risk assessment to include medical health, close contacts with vulnerable individuals and ethnicity [LINK](#).
- High risk individuals should have risk discussed with them and risk stratifications in place.
- 'Low Risk' in accordance with a team sports risk exposure framework to inform risk mitigation strategies and support test and trace found [HERE](#) (Appendix 1) when socially distanced at 2 metres or more and if socially distanced 1-0 metres with non face to face activity.

## **Level 2 - Indoor Training with 'Short Session Stunting'**

### **Level Requirements**

- Athletes aged under 18 may train in groups larger than six. The size of the group is dependent on floor size and Government advice on facility suitability (also see Club Considerations). [LINK](#)
- Maximum groups of 6 for athletes aged 18 and older or mixed groups of under 18's and athletes aged 18 and older (excluding coaches) in line with the [Rule of Six](#).
- Stunting to be carried out with risk mitigations Limited to a maximum of 15 minutes stunting at a time with a clear break for athletes to wash/sanitise hands and any equipment to reduce droplet and fomite transmission.
- Athletes should form Stunt groups of up to 6 athletes made up of athletes within their team, with consistent athlete groups between sessions to limit how many people they come into close contact with.
- The total size of the group is dependent on floor size and Government advice on facility suitability (also see Club Considerations). [LINK](#)

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### **Further Considerations**

- Follow current Government guidelines on meeting others safely [LINK](#)
- Exclusion of any athlete who has symptoms of COVID19 or should be isolating as per government advice [LINK](#)
- Must be able to meet government advice on re-opening extra-curricular activities indoors. This includes but not limited to; group size, age of participants, facility size, ventilation, cleaning, PPE, workforce management, drop off/pick up strategies [LINK](#)
- If a 2 metre social distance is not possible, risk mitigations should be applied [LINK](#).
- Individual athlete risk assessment to include medical health, close contacts with vulnerable individuals and ethnicity [LINK](#).
- High risk individuals should have risk discussed with them and risk stratifications in place.
- 'Low Risk' in accordance with a team sports risk exposure framework to inform risk mitigation strategies and support test and trace found [HERE](#) (Appendix 1) when socially distanced at 2 metres or more and if socially distanced 1-0 metres with non face to face activity.

## **Level 1 - Indoor training with 'Short Session Stunting/Pyramid Skills' (From 17th May 2021)**

### **Level Requirements**

- Children & adults may partake in organised sport indoors with no limit on group numbers. The size of the group is dependent on floor size and Government advice on facility suitability (also see Club Considerations). [LINK](#)
- Stunting to be carried out with risk mitigations Limited to a maximum of 15 minutes stunting/pyramids at a time with a clear break for athletes to wash/sanitise hands and any equipment to reduce droplet and fomite transmission. Stunt groups may train Pyramid skills and must stick to the maximum 15 minutes time frame stated above.
- Athletes should form Stunt groups of up to 6 athletes made up of athletes within their team, with consistent athlete groups between sessions to limit how many people they come into close contact with.
- When not actively participating in Cheerleading & Dance, social distancing should be adhered to.
- Crossovers should be limited where possible.

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### **Further Considerations**

- Follow current Government guidelines on meeting others safely [LINK](#)
- Exclusion of any athlete who has symptoms of COVID19 or should be isolating as per government advice [LINK](#)

PLEASE NOTE: The SportCheer England Return to Play Guidance document is intended to be used in its entirety. Individual sections should not be used alone without consideration of the document as a whole.

- Must be able to meet government advice on re-opening extra-curricular activities indoors. This includes but not limited to; group size, age of participants, facility size, ventilation, cleaning, PPE, workforce management, drop off/pick up strategies [LINK](#)
- If a 2 metre social distance is not possible, risk mitigations should be applied [LINK](#).
- Individual athlete risk assessment to include medical health, close contacts with vulnerable individuals and ethnicity [LINK](#).
- High risk individuals should have risk discussed with them and risk stratifications in place.
- 'Increased Risk' in accordance with a team sports risk exposure framework to inform risk mitigation strategies and support test and trace found [HERE](#) (Appendix 1) and so risk mitigations must be put in place for each occurrence of face to face, close contact as listed in this RTP Chart.

## **Level 0 – Full Training Sessions**

### **Level Requirements**

- No restrictions on training or competitions.
- Track and trace still in operation. To limit close contacts needing to isolate, consider restricting athletes from crossing over between teams as this will increase their chance of needing to isolate.

### **Further Considerations**

- All restrictions removed.

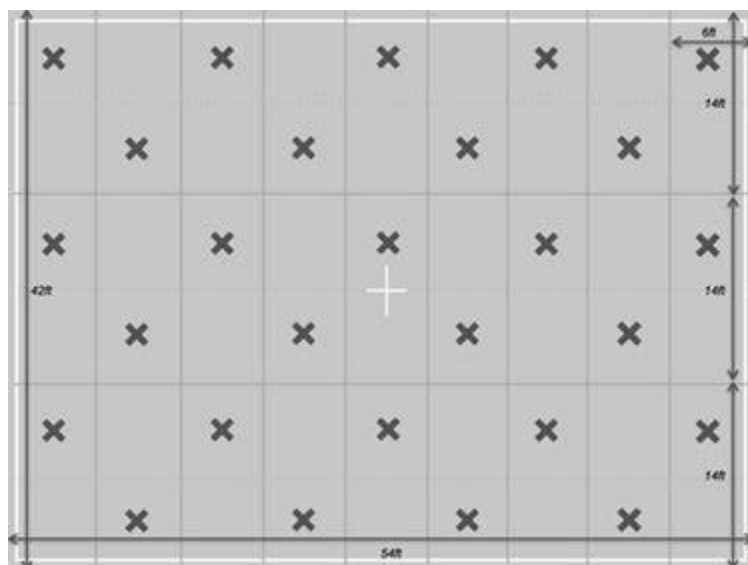
## HOW TO CALCULATE YOUR AVAILABLE FLOOR SPACE & NUMBER OF ATHLETES

This section is no longer a requirement but is good practice to help reduce the spread of the virus.

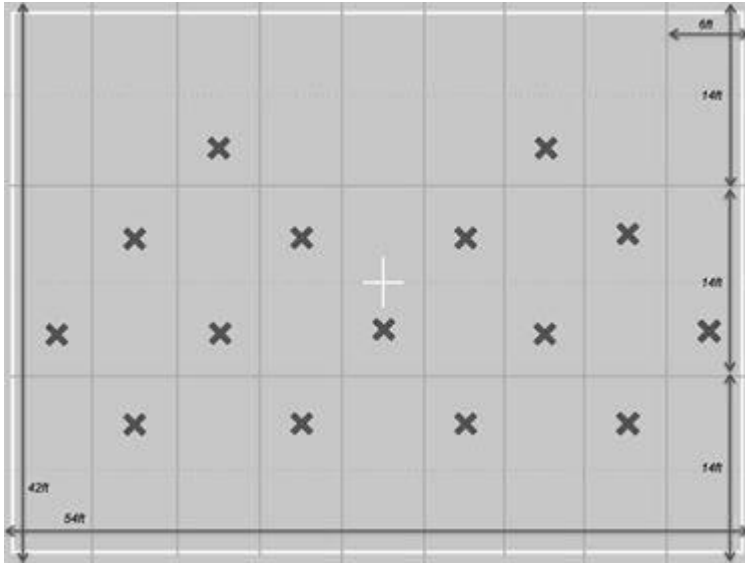
As discussed earlier in this document, the government announced that athlete numbers for indoor training should be calculated in relation to the amount of floor space and ventilation available ([LINK](#)). It is however important to remember the square footage of the facility will be net; including space for toilets, corridors, reception areas etc. and so additional [considerations](#) should be made before deciding on the maximum number of people who can safely be in a building at any one time.

To further assist Clubs in calculating this number SCE have created a simple system using cheer floor panels for Clubs to use to calculate the maximum number of athletes who should be on the floor whilst ensuring social distancing. Provided the facility has adequate ventilation this calculation can be used. If ventilation is not adequate for the total given by the calculation then the maximum number of people in the facility should be reduced to reflect this variable.

Calculation Based on Cheer Floor Panels: SCE recommends 3 athletes to a 42' x 6' panel, spaced out in windows, staggered with the alternative strip.

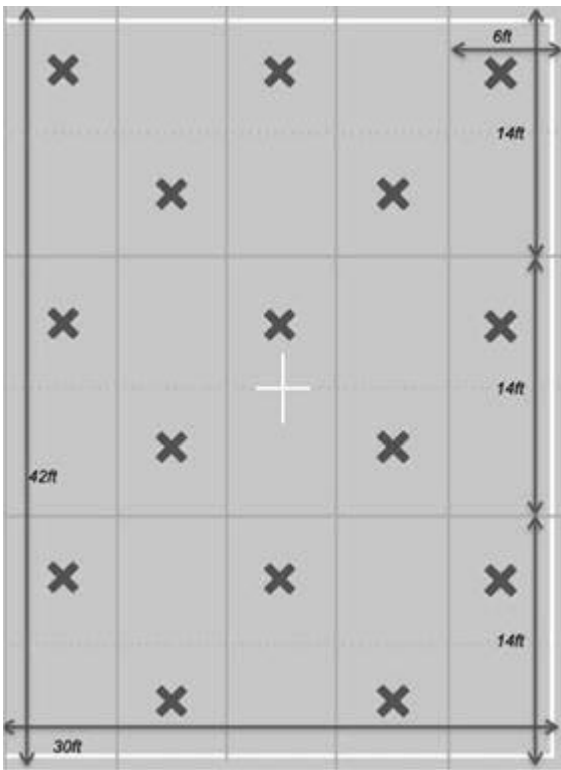


This image depicts a full size cheer floor, which would allow for 27 athletes.



This image depicts a full size cheer floor with 15 athletes.

PLEASE NOTE: The SportCheer England Return to Play Guidance document is intended to be used in its entirety. Individual sections should not be used alone without consideration of the document as a whole.



This image depicts an example of a smaller size cheer floor with 15 athletes.

# SAFEGUARDING

The COVID-19 outbreak has caused significant mental health and wellbeing difficulties for some children, young people and adults. It is therefore important that all facility staff/volunteers are aware of the safeguarding issues that can put children at risk, such as abuse and neglect and be able to identify the signs. A robust safeguarding policy must be in use before a facility opens. It is important that continuous and effective communication with parents and guardians is part of the safeguarding policy.

Below are a few simple steps Clubs can take to support children at this time:

- Follow the process outlined in SCE's [Safeguarding Policy](#) for reporting concerns.
- Staff and volunteers should be reminded how to respond if a child or adult at risk talks about a concern. The link below from the NSPCC includes information, advice and posters which can be shared with staff and volunteers.
- Continue to share contact details of key support services through the Club's social media and other channels:

Childline Tel: 0844 892 0220 (9am-Midnight) Web: [www.childline.org.uk](http://www.childline.org.uk)

NSPCC Tel: 0808 800 5000 (9-6 Mon-Fri) Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Web: <https://www.nspcc.org.uk/keeping-children-safe/our-services/>

For more information please visit: <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/>

Further details can also be found within the Government guidelines on re-opening extra-curricular activities [www.gov.uk/government/publications/protective-measures-for-holiday-or-after-school-Clubs-and-other-out-of-school-settings-for-children-during-the-coronavirus-covid-19-outbreak/protective-measures-for-out-of-school-settings-during-the-coronavirus-covid-19-outbreak](http://www.gov.uk/government/publications/protective-measures-for-holiday-or-after-school-Clubs-and-other-out-of-school-settings-for-children-during-the-coronavirus-covid-19-outbreak/protective-measures-for-out-of-school-settings-during-the-coronavirus-covid-19-outbreak)

# COVID-19 CLUB OFFICER

Each Club should name an individual as Cheerleading COVID-19 officer. They should have knowledge of Safeguarding, GDPR and should keep up to date with any further SCE updates as the pandemic evolves. Government guidelines for this can be found here: [www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/elite-sport-return-to-training-guidance-step-one--2](http://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/elite-sport-return-to-training-guidance-step-one--2)

The key roles and responsibilities will include:

- Ensuring the Club is compliant with SCE COVID-19 guidance & current Government guidance
- Responsible for completing appropriate COVID-19 risk assessments
- Keeping up-to-date with developments within the UK and Cheerleading itself to reduce the risk of COVID-19 infection and communicate it to all Club athletes.

Sources of information may include:

- The SCE [website](#)
- SCE's social media outlets
- NHS
- UK Government [website](#)
- Lead on screening of all athletes and staff for each training session, event or competition in accordance to the guidelines in this document.
- Upskill other staff or coaches to be able to conduct the screening
- Responsible for the collection and appropriate storage of screening forms and attendance forms.
- Responsible for contact tracing in relation to the individuals who have been in contact with a suspected case of COVID-19 within the Cheerleading session once an individual has notified the Club that they have been infected with COVID-19
- Responsible for directing an individual who has been infected by COVID-19 to report this to the NHS and get a test in order to commence NHS led contact tracing.

# **RISKS WITHIN CHEERLEADING: FURTHER CONSIDERATIONS**

## **PERSONAL RISK**

Athletes and coaches should be aware of all signs and symptoms of COVID-19 and should aim to reduce risk of infection as much as possible (see also COVID-19 symptoms and Hygiene Advice). They should consider that:

- Increased numbers at training will increase risk of exposure to the virus
- Cheerleading indoors has a higher risk than training outdoors due to droplet transmission risk ([LINK](#) – see Appendix 1)
- Individuals (or members of their household) suffering from other underlying illnesses may have a higher risk than others if exposed to COVID-19. Underlying medical issues may include:
  - Cardiovascular problems
  - High blood pressure
  - Diabetes
  - Chronic kidney or liver disease
  - Compromised immunity diseases
  - Obesity (BMI 40+)

These individuals have an unquantifiable risk with current research predicting possible risk. Therefore, ALL individuals within the Club need to have been made aware of the risks outlined in this document prior to re-commencing Cheerleading to understand the associated risks of participating. SCE recommends that the Club's COVID-19 Officer send the [SCE risk sheet](#) (Appendix 2) to all members. This should help ensure that athletes and their families are aware of the risks of participating in Cheerleading with others and that they consent they are happy to do so, despite the increased risk to their health.

## **PERSONAL PROTECTION EQUIPMENT - RECOMMENDATIONS FOR ATHLETES AND COACHES**

Facial coverings may reduce the risk of infection by reducing the water droplet effect from coughing, sneezing and general breathing.

Given that coaches are likely to be stood at the front of the training mat, facing their team; coaches, support staff, and first aiders are recommended to wear facial coverings to reduce infection risk. From August 16th 2021 masks are no longer mandatory in most public places. Gloves and aprons are also recommended for



dealing with incidents of First Aid situations where close contact is unavoidable and when cleaning and wiping down equipment.

In line with Government advice, athletes are not required to wear facial coverings (you can find information on the introduction of stunting in the SCE Return to Play Cheerleading Roadmap Chart).

Athletes who feel more comfortable participating in a mask should be allowed to do so. SCE recommends athletes select a mask that offers both protection and performance. A number of providers are now marketing the use of "athlete-centred" face coverings; these are masks that feature specific qualifications to address the need to offer both protection and performance.

Links to articles featuring options for athlete masks can be found on the resources page of this document.

It is important Clubs are adequately stocked to supply coaches, support staff, and First Aiders with appropriate PPE.

## **TEAM RISK**

The larger the group participating in Cheerleading, the more the risk level is increased. Below is a list of key considerations to take into account when increasing the number of participants in your sessions in accordance with the SCE RTP Road Map chart.

- Small group sessions will reduce risk of infection spreading.
- Outdoor training is likely to reduce infection risk due to the reduction in the virus' ability to travel in that environment – aerosol spread.
- Large gatherings and high numbers within a confined space are likely to increase risk of infection spreading.
- Stunting and Pyramid training will increase risk of infection spreading. When planning for these activities you should consider the current government alert level and guidance, the SCE Return to Play Cheerleading Roadmap Chart, your Club specific [considerations](#) and conduct a full Risk Assessment.
- We recommend communicating with parents and athletes to request people do not congregate in communal areas or the car park before or after training, but arrive on time and leave immediately after practice has finished to avoid prolonged periods of social interaction. Social distancing measures are recommended but no longer law from August 16th 2021. [LINK](#)

- Use of floor markings and signs to remind people to Social Distance will help reduce the risk of infection spreading.
- From May 17th car sharing is permitted, however SCE are advise to minimise car shares where possible and to use risk mitigations e.g having the windows down and wearing masks, if car sharing is required.
- Spectators at training - From August 16th 2021, there are no restrictions on spectators. SCE advises that a risk assessment is conducted when re-opening parent viewing areas or waiting areas. (Exemption: the provision of carers/support workers for disabled athletes).

## **NATIONAL RISK**

SCE and Competition Event Providers will be led by government advice, thorough Risk Assessments and the timelines set out by venues as to the return date for competitions. When competitions are safe to commence, it is highly likely strict hygiene and some social distancing measures will be in place.

When considering travel to competition, SCE recommend Clubs take the following into consideration:

- Increased travel distances increase likelihood of viral spread, coupled with pressure on transport systems.
- At this time the use of minibuses and coaches is also not advised for competition travel due to the close confines of individuals within them. If completely necessary, then spacing between seats is advised, passengers should practice good hand hygiene before and after getting on board and masks should be worn unless exempt.
- Increased movement of people can spread the virus and poses challenges in contact tracing individuals who subsequently are diagnosed with having COVID-19.

## **CLUBS WILL NEED TO CONDUCT A SEPARATE RISK ASSESSMENT FOR TEAM TRAVEL AND COMPETITION ATTENDANCE**

## **SPECTATORS**

Cheerleading competitions attract large crowds. Under current Government rules limitations for large scale sports/event gatherings are in place. Cheerleading competitions in England are able to resume as of 22nd June 2021. Event Providers and Cheerleading Clubs will need to follow Government rules related to this type of event.

Arrangements should be put in place to support track and trace efforts; by asking visitors to scan the facility's QR NHS Test and Trace code, or by collecting information from spectators aged 16 and over (name, email and phone number) to allow NHS Test and Trace to contact them if necessary. See the [maintaining records guidance](#) for further information.

# **SCREENING OF ATHLETES & STAFF**

Due to the close contact nature of Cheerleading, SCE is advocating screening of anyone training or participating in Cheerleading to ascertain whether individuals are able to train safely. SCE are asking both Clubs and all individuals associated with Cheerleading (such as family members) to take responsibility for reducing the risk of COVID-19.

For gym users aged 11 and over, encouraging twice weekly Covid-19 lateral flow tests (if not already screening at school or work establishments) will help reduce asymptomatic carriers from attending the gym. These are readily available for anyone aged 11 and over.

## **INDIVIDUAL SELF SCREENING**

Before leaving the house to participate in Cheerleading, athletes should check that:

- They do not have symptoms of a high temperature (feeling hot, feeling cold, shivers, feeling under the weather) or a measured temperature of 37.8 or above.
- They do not have a new persistent cough.
- They do not have a loss of taste or smell.
- They have not been in contact with a person with suspected COVID-19 within the past 48 hours.
- They have not been advised to self-isolate due to a third party from another setting (i.e. school) being infected with COVID-19.
- No one within their household has COVID-19 symptoms as outlined above which would require the whole household to self-isolation as guided by the UK Government.

Individuals must not attend a Cheerleading session if any of the above are true. Clubs should ensure that:

- There should be no pressure placed upon an athlete to attend a training session or competition if they have symptoms or they feel like the environment is unsafe for them.
- If during a session an individual feels uncomfortable with the management of the session, then there should be no pressure placed on that individual if they decide to opt-out of that session.
- All individuals should have read the SCE COVID-19 Information as set out in this document.

## SCREENING INFORMATION FOR CLUBS

Clubs are responsible for maintaining up to date records of athletes' contact details and health, in order to assist in effective Test and Trace. SCE recommends screening at levels 4-1 as shown on the Return to Play Cheerleading Roadmap Chart. Clubs should consider the following key considerations:

- The priority is to keep your athletes and staff healthy.
- Any individual coming to training/competition (coaches, athletes, staff) will need to have their attendance documented, and may need to be screened before entering the venue, depending on the risk level.
- Any positive answers to questions on the SCE Covid Screening Template will mean that the individual cannot attend the session and they should be advised to return home to self-isolate as per the Government's guidelines.
- Contact details are required in order to help the NHS Test and Trace service if a suspected case of COVID-19 arises.
- The attendance records of all individuals attending training or competition is to be held with the Club's COVID-19 Officer in a secure place and records should be maintained in line with the Club's existing policies and procedures.
- Screening temporary records are to be securely kept for 21 days after a training session before being confidentially destroyed.
- SCE reminds Clubs to be mindful of GDPR regulations. Follow this [link](#) to the Information Commissioner's Office (ICO) regarding holding data during this pandemic.
- Clubs are required to provide all staff and athletes with education on COVID-19 and the potential risks associated with Cheerleading.
- If screening athletes and coaches see SportCheer England screening [template](#)
- Clubs should ensure that where screening takes place it is conducted in a suitable area away from venue entrances, ensuring good social distancing practices.
- If Clubs are taking athletes and staff temperature on arrival at the venue, this should ideally take place outside, socially distanced and readings should be documented.
  - Temperature should ideally be taken with a handheld infrared thermometer. Please note: temperature as screening should not be relied on as a sole method of screening. There is no current advice that requires taking temperatures on entering childcare or leisure facilities.

<https://www.gov.uk/government/news/dont-rely-on-temperature-screening-products-for-detection-of-coronavirus-covid-19-says-mhra>

# WHAT TO DO IF SOMEONE REPORTS COVID-19 SYMPTOMS AFTER A TRAINING SESSION

In the event that someone reports symptoms of COVID-19 or a confirmed case of COVID-19 after attending a session the following is advised:

- All participants (athletes, coaches, staff) in the training session have the responsibility to notify the Club COVID-19 Officer should they experience symptoms of COVID-19 within 48 hours of the training session.
- Anyone with symptoms should book a PCR [test online](#) or by calling 119. The test should be completed within 5 days of the symptoms starting. Anyone with symptoms should not rely on a negative lateral flow test.
- The Club's COVID-19 Officer should direct any individual who tests positive to the NHS Test and Trace procedures. In England this will mean that individuals will have a test within 48 hours. Each nation: England, Scotland, Wales and NI, have different procedures currently.
- In addition to the above advice, Club COVID Officer to contact all individuals that attended the training session in question to advise that an individual within that group has reported symptoms. If the individual is a coach, then all participants of all sessions will need to be contacted. The name of the infected individual is not to be disclosed to protect anonymity. Useful print-outs for parents and athletes can be found later in this document in [Appendix 3](#) and [Appendix 4](#).
- The Club's COVID-19 Officer should identify any close contacts (anyone who has had any of the following types of contact with someone who has tested positive for COVID-19):
  - face-to-face contact including being coughed on or having a face-to-face conversation within one metre (any duration)
  - been within one metre for one minute or longer without face-to-face contact
  - been within 2 metres of someone for more than 15 minutes (either as a one-off contact, or added up together over one day)
- If a member of the Club presents with symptoms within 48 hours of training (and has a subsequent positive Covid-19 PCR test) or reports a confirmed case of COVID-19 within 48 hours of a training and close contacts are identified, all those that have had close contact with the reporting individual to be advised on isolation or PCR testing (see table on page 6).

\*The Club's Covid-19 officer should contact NHS Test & Trace (Self-Isolation Service Hub on 020 3743 6715) to disclose contacts so NHS Test & Trace can communicate further information. The Club's Covid-19 officer will need to provide the 8-digit NHS Test and Trace Account ID of the person who tested positive which is available on their positive result notification.

- Following a suspected case of COVID-19 in your gym, the gym and any equipment used will require a deep clean.

\* If more than 1 positive case has occurred in the gym in close succession, the Club's Covid-19 officer should contact their local Public Health England team for further advice.

# **HYGIENE CONSIDERATIONS**

It is important for Clubs to follow the hygiene guidelines set out below to mitigate the risk of transmission in conjunction with all other guidance outlined in this document. The guidelines relating to hygiene have been prepared to best reduce the risks of [virus transmission](#).

Transmission is possible in a number of ways:

- Person to person
- Equipment to person
- Surfaces to person

Cheerleading involves some elements that SCE deem to be low/medium risk (conditioning, dance, tumbling & jumps) as well as elements that have an increased risk (stunting and building skills). The level of risk has been determined based on the amount of sustained contact involved in some skills which means it is not possible to socially distance and so increases the risk of transmission as set out in the 'team sports risk exposure framework to inform risk mitigation strategies and support test and trace'. [LINK](#)

## **PREPARATION FOR TRAINING (CAN APPLY TO ATHLETES, COACHES AND OTHER STAFF)**

- Asking athletes to arrive at the venue already changed and ready to participate and to only bring what is necessary
- After going to the toilet, thoroughly wash hands for a minimum of 20 seconds with soap or alcohol gel (minimum 60% ethanol or 70% isopropanol)
- Minimal use of changing rooms
- No unnecessary physical contact such as high fives, hugs, rituals involving contact (handshakes etc)
- Social distancing applies RTP Road Map Chart Levels 5-1 in varying degrees. Please consult the Return to Play Cheerleading Road Map Chart for more specific information
- Use markers on the floor to show direction of travel around the gym. Where possible have separate entrances and exits for teams arriving and leaving, to avoid crossover periods where social distancing is difficult
- Provide suitable and sufficient rubbish bins in these areas with regular removal and disposal
- Advise against athletes and coaches carpooling to venues.
- Avoid touching high-contact surfaces such as door handles, benches, chairs, etc.

PLEASE NOTE: The SportCheer England Return to Play Guidance document is intended to be used in its entirety. Individual sections should not be used alone without consideration of the document as a whole.



- Consider providing boxes/trays for athlete's belongings that can be easily disinfected between uses
- Consider shorter training sessions to avoid breaks where athletes are likely to be less mindful of social distancing

## **HYGIENE DURING TRAINING**

- Social distancing markers on the floor will show where athletes must wait to enter and how to move around the mat
- Remain socially distanced from other athletes where able.
- Water bottles to be kept socially distanced, in the space provided by the coach (either individual boxes, floor markers, or kept in the space next to the athlete)
- No sharing of water bottles
- All water bottles clearly labelled with the individuals name on it
- Limit handshakes, high fives or other physical contact
- No sharing of towels, t-shirts or other items
- Cleaning of shared equipment between each use and again between sessions
- No shouting over music, or yelling / 'mat talk' between athletes that may increase the risk of droplet spray in the air
- Regular handwashing
- Regular cleaning of equipment between use by different athletes

## **MEDICAL PROVISION**

Injuries that occur whilst partaking in Cheerleading should still be treated as participant wellbeing is of utmost importance.

- If you have use of a medical room, size must be factored in when considering number of people allowed in the room to allow appropriate social distancing
- Only essential people should be in the medical room
- First Aiders/Medical personnel should strongly consider wearing face coverings/masks and eye protection (glasses/goggles) during examination or treatment (Close contact) and implement rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, is recommended.
- Keep close contact (within 2 metres) to a minimum. Consider alternatives where appropriate to reduce close contact time.
- After contact with an injured participant, physios and other medical personnel should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact or the minimum social distancing was maintained. They should also avoid touching their mouth, eyes and nose.
- First Aid/Injury incident reporting should be carried out as usual, to help NHS Test and Trace.

- First Aiders/Medical Personnel who attend an incident, should fully comply with hand hygiene requirements after treating someone
- Ensure all first aiders/medical personnel are up to date with resus guidelines during COVID-19 pandemic. <https://www.resus.org.uk/covid-19-resources>

## **HYGIENE AFTER TRAINING**

- Wash hands immediately and thoroughly after training
- Limit congregating at the venue after training
- Limit handshakes, high fives, hugs or other physical contact
- Carpooling is not recommended from the venue
- Individuals will be required to wash their kit in 60°C high temperature wash in order to kill off any viral load

## **HYGIENE AT COMPETITION**

- Arrive in uniform to limit use of the changing rooms
- Avoid arriving at the arena much earlier than your check-in time. If weather permits, plan to meet the team/pass out wristbands/give team talk etc outside, before entering the arena and going straight to check in at warm-up.
- Make sure you have all athletes emergency contact details on your person
- Ensure you carry out a separate Risk Assessment for travel and competition

# GUIDANCE FOR VENUES

As acknowledged previously, SCE are aware that there is variance in the types of venues used by Clubs for Cheerleading training. The below information will help Clubs navigate venue specific considerations when returning to training.

- Before returning to training, gym owners must ensure they have carried out a thorough risk assessment, taking into account the size and nature of their venue (a template [Risk Assessment for Cheerleading](#) can be used in conjunction with the Return to Play Roadmap)
- If programmes do not own their own venue, they must work with the venue owners to ensure a thorough risk assessment is taken out in partnership. It is also crucial to discuss the nature of other lettings activities if you do not have exclusive use of the building, and create a coordinated response

It is critical to remember in your planning that:

- National Government or Local Government regulations take precedence
- Additional venue requirements/procedures may be required for consideration
- You must abide by guidelines set out in [UK Active Framework](#)
- Normal Operating Procedures to be visible
- Emergency Operating Procedures to be visible
- Robust cleaning procedures must be in place and available on request

# GUIDANCE FOR THE RETURN TO COMPETITION

In England (and indeed the whole of the UK), all regional and national competitions, are run by independent, private event providers (EPs). EPs recognise and support SCE as the national governing body, and agree to follow rules and guidelines set out by SCE with regards to competition (such as age grids and available competitive divisions). Upon approval from the DCMS, SCE will issue all EPs a copy of the Return to Play Cheerleading roadmap, and provide additional guidance and support on the return to competition.

SportCheer England and EPs will be led by government advice, thorough Risk Assessments and the timelines set out by venues as to the return date for competitions.

# **GUIDANCE FOR THE RETURN TO ELITE SPORT**

The government has given specific guidance regarding the return of elite sport. The definition of elite sport as laid out in the government document includes, "[a member of the senior training squad for a relevant sporting body](#)", and is therefore relevant to those athletes training with Team England.

England has an abundance of talent at the elite level; with 9 national teams managed under the direction of SCE. These teams travel every year to the ICU World Cheerleading Championships, and consideration should be given to both training and international travel.

## **TRAINING**

It is acknowledged that:

- In order to obtain the high level of skill required for a national team, teams often train intensively for many hours (including camps and residential).
- National teams will be keen to resume training as soon as possible due to the proximity of competition.
- Athletes will be traveling from all over the country to train together on the national teams, in addition to training in their home gym.

In all these cases we would urge caution, ask that guidelines remain followed and thorough Risk Assessments are carried out. For Adaptive Abilities teams individual Risk Assessments should also be undertaken for all disabled athletes.

All management and coaches involved in these elite teams must ensure they consider the safety and safeguarding of the team paramount, above the desire to win. England's national teams for the ICU World Cheerleading Championships will resume training in line with the SCE Return to Play Cheerleading roadmap document.

## **INTERNATIONAL TRAVEL AND COMPETITION**

SCE will regularly liaise with the International Cheer Union (the world governing body for Cheerleading) regarding the proposed date of the 2021 ICU World Cheerleading Championships, and support our national team managers in preparing for this date.

If planning to travel to compete internationally then Clubs should make sure to check any Government travel advice and restrictions and should be aware of any relevant guidance around mitigating risk of transmission, social distancing rules etc

for the country they plan to travel to. An additional, thorough risk assessment related directly to competing internationally should also be completed.

## **RETURNING TO CHEERLEADING HAVING HAD COVID-19**

The severity of COVID-19 symptoms will be different between everyone. The length of time to return to physical activity in individuals that have had moderate to severe symptoms may be much longer than expected. Those with mild symptoms at the time of infection may still feel fatigued after the infection. There is ongoing research into returning to sport and the effects of this.

The Faculty of Sport and Exercise Medicine UK have useful guidelines on the return to sport - [www.fsem.ac.uk/infographic-grtp-covid-19/](http://www.fsem.ac.uk/infographic-grtp-covid-19/)

If athletes or parents/guardians of athletes report symptoms as per the above guideline, they must step back on graduated training. This is similar to the guidelines that Club's should have in place if an athlete has suffered a concussion. If an athlete has been in intensive care, a personalised return to sport plan should be sought from a medical professional.

# GRADUATED RETURN TO PLAY PROTOCOL

UNDER MEDICAL SUPERVISION

	STAGE 1 10 DAYS MINIMUM	STAGE 2 3 DAYS MINIMUM	STAGE 3A 1 DAY MINIMUM	STAGE 3B 1 DAY MINIMUM	STAGE 4 2 DAYS MINIMUM	STAGE 5 EARLIEST DAY 17	STAGE 6
ACTIVITY DESCRIPTION	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASES	RESUME NORMAL TRAINING PROGRESSIONS	RETURN TO COMPETITION IN SPORT SPECIFIC TIMELINES
EXERCISE ALLOWED	WALKING, ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOGGING, STATIONARY CYCLE, NO RESISTANCE TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS	PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES	NORMAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSIONS	
% HEART RATE MAX		<70%	<80%	<80%	<80%	RESUME NORMAL TRAINING PROGRESSIONS	
DURATION	10 DAYS	<15 MINS	<30 MINS	<45 MINS	<60 MINS	RESUME NORMAL TRAINING PROGRESSIONS	
OBJECTIVE	ALLOW RECOVERY TIME. PROTECT CARDIO-RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD GRADUALLY. MANAGE ANY POST VIRAL FATIGUE SYMPTOMS	EXERCISE, COORDINATION AND SKILLS/TACTICS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING PROGRESSIONS	
MONITORING	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	

ACRONYMS: I-PRRS (INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT); RPE (RATED PERCEIVED EXERTION SCALE)  
NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT



INFOGRAPHIC CREATED BY UK HOME COUNTRIES INSTITUTES OF SPORT; ELLIOTT, N. ELLIOTT, J. BISWAS, A. MARTIN, R. HERON, N.

You can download a copy of this infographic [here](#)

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# RESOURCES

## GOVERNMENT GUIDANCE AND RELATING SUPPORTING DOCUMENTS

Coronavirus (COVID-19): guidance on the phased return of sport and recreation:

[www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation](http://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation)

Sport England Return to Play guidance

[www.sportengland.org/how-we-can-help/coronavirus/return-play](http://www.sportengland.org/how-we-can-help/coronavirus/return-play)

Sport England guidance on socially distanced sport (including useful infographics):

[www.sportengland.org/how-we-can-help/coronavirus/coronavirus-what-happens-next#your\\_questions\\_answered](http://www.sportengland.org/how-we-can-help/coronavirus/coronavirus-what-happens-next#your_questions_answered)

Coronavirus Outbreak FAQs: [www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do](http://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do)

## COVID-19 INFORMATION

NHS - [www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)

PHE - [www.gov.uk/government/organisations/public-health-england](http://www.gov.uk/government/organisations/public-health-england)

WHO - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

ONS - Deaths per ethnic group

[www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/articles/coronavirusrelateddeathsbyethnicgroupenglandandwales/2march2020to10april2020](http://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/articles/coronavirusrelateddeathsbyethnicgroupenglandandwales/2march2020to10april2020)

ICO COVID-19 Data holding - <https://ico.org.uk/global/data-protection-and-coronavirus-information-hub/data-protection-and-coronavirus/>

NHS Testing and tracing - <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/>

Returning to Sport after COVID-19 - <https://www.imperial.ac.uk/media/imperial-college/administration-and-support-services/sport/public/Return-to-Training-Following-COVID-19-Infographic.pdf>

## HYGIENE INFORMATION

WHO <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

NHS hand washing - <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Use of masks - [www.bmj.com/content/369/bmj.m1435](http://www.bmj.com/content/369/bmj.m1435)

Social Distancing NHS - <https://www.nhs.uk/conditions/coronavirus-covid-19/social-distancing/what-you-need-to-do/>

PHE - <https://publichealthmatters.blog.gov.uk/2020/03/04/coronavirus-covid-19-what-is-social-distancing/>

Isolation Information NHS – <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

## **SAFEGUARDING**

Childline Tel: 0844 892 0220 (9am-Midnight)

Web: [www.childline.org.uk](http://www.childline.org.uk)

NSPCC Tel: 0808 800 5000 (9-6 Mon-Fri) Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Web: [www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/](http://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/)

Reporting

[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/)

Sample safeguarding policy statement – <https://thecpsu.org.uk/resource-library/policies/sample-safeguarding-child-protection-policy-statement/>

Interactive workshop on child protection with UK Coaching –

[www.ukcoaching.org/courses/workshops/safeguarding-protecting-children](http://www.ukcoaching.org/courses/workshops/safeguarding-protecting-children)

5 steps to update your Child Protection Policies and procedures over the lockdown:

<https://learning.nspcc.org.uk/news/2020/april/updating-safeguarding-policies-procedures-coronavirus>

Changes to DBS checking during COVID19

[www.gov.uk/guidance/covid-19-how-dbs-is-supporting-the-fight-against-coronavirus](http://www.gov.uk/guidance/covid-19-how-dbs-is-supporting-the-fight-against-coronavirus)

## **ADAPTIVE ABILITIES AND SPECIAL ATHLETES**

ParaCheer International - [www.paracheer.org](http://www.paracheer.org)

British Blind Sport <https://britishblindsport.org.uk/covid-19-status-update/>

London Sport video on Disability, Inclusion & Resuming Physical Activity:

<https://youtu.be/0ylA4I8q8QI>

## **VENUE GUIDELINES**

UKactive Coronavirus (COVID-19): Advice and Guidance for the Physical Activity Sector [www.ukactive.com/covid-19/](http://www.ukactive.com/covid-19/)

UK Active - A framework for the re-opening of gym, leisure centre and wider fitness industry during social distancing <https://sportengland-production-files.s3.eu-west-2.amazonaws.com/s3fs-public/2020-05/ukactive%20framework%20for%20re-opening%20the%20gym%20and%20fitness%20industry.pdf?IirYhkBXmffAVf9ffdPMjpDrN6vmEW1P=>

## **CLEANING**

<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings>

## **PPE**

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Information on athlete centred face masks  
[www.trendhunter.com/protrends/athletic-masks](http://www.trendhunter.com/protrends/athletic-masks)

Athlete options for facemasks

<https://www.sfgate.com/shopping/article/best-breathable-face-masks-sports-exercise-15334081.php>

## **MENTAL HEALTH SUPPORT**

Mind.org - <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

HSENI – Wellbeing at work - [www.hseni.gov.uk/stress](http://www.hseni.gov.uk/stress)

Mental Health Collective - <https://mentalhealthcollective.org.uk/>

## **RESOURCES AND TOOLKITS FOR SPORTS CLUBS**

Club Matters - <https://learn.sportenglandclubmatters.com/course/view.php?id=71>

Bristol University Free checking service for any resources you are producing during the lockdown [www.bristol.ac.uk/sps/research/projects/physical-activity/new-resource/](http://www.bristol.ac.uk/sps/research/projects/physical-activity/new-resource/) London Sport Covid-19 support and Sport's response:

[www.youtube.com/channel/UCbZUhTrpyNTntgNDjtUbXrA](http://www.youtube.com/channel/UCbZUhTrpyNTntgNDjtUbXrA)

Sport and Recreation Alliance - <https://www.sportandrecreation.org.uk/news/covid-19>

## **SHORT ONLINE COURSES IN INFECTION PREVENTION AND CONTROL**

World Health Organisation (Free) – [https://openwho.org/courses/COVID-19-IPC-EN?fbclid=IwAR18AxjNcG5hj-X\\_MWDsrnAm2q3F11AI6Lo88jIdCPPne0q-93E-i86WoJc](https://openwho.org/courses/COVID-19-IPC-EN?fbclid=IwAR18AxjNcG5hj-X_MWDsrnAm2q3F11AI6Lo88jIdCPPne0q-93E-i86WoJc)

Highfield Hot Online Training (£5-6) –

[www.highfieldlearning.com/products/infection-control?fbclid=IwAR1ZAaLLWe7ynqswOMgcZ-ZGES1VQLFuYuAWrULI9G41Aaz0wAKPgbuxbVk](http://www.highfieldlearning.com/products/infection-control?fbclid=IwAR1ZAaLLWe7ynqswOMgcZ-ZGES1VQLFuYuAWrULI9G41Aaz0wAKPgbuxbVk)

Virtual College (Free) – [www.virtual-college.co.uk/courses/health-and-safety/prevent-covid-19](http://www.virtual-college.co.uk/courses/health-and-safety/prevent-covid-19)

## **FINANCIAL SUPPORT DURING COVID-19**

A recording of the SportCheer England & Scrutton Bland financial advice webinar is available on the [Financial Support during COVID-19](#) page, along with a Q&A document - [www.youtube.com/watch?v=aiIQOycty-4&feature=youtu.be](http://www.youtube.com/watch?v=aiIQOycty-4&feature=youtu.be)

## TEMPLATE RISK ASSESSMENTS

Completing a detailed Risk Assessment that clearly demonstrates you have thought through all of the associated risks of Covid19, and how you plan to reduce or remove them, is critical to a successful return. It is also likely your insurance company will want to see this document.

SCE have produced 2 template Risk Assessments: one for outdoor training and one for indoors, to help you think through the potential risks for Cheerleading, and suggest some ways in which you may reduce them.

It is important to remember that a Risk Assessment is a live document that you will need to refer to and update, as and when new information is presented.

Outdoor activity Cheer specific Risk Assessment <https://sportcheerengland.org/wp-content/uploads/2020/06/SportCheer-England-OUTDOOR-ACTIVITY-template-Risk-Assessment-1-1.pdf>

Indoor activity Cheer specific Risk Assessment  
<https://sportcheerengland.org/wp-content/uploads/2020/06/SportCheer-England-INDOOR-ACTIVITY-template-Risk-Assessment-1.pdf>

# APPENDIX 1: SPORTCHEER ENGLAND COVID-19 SCREENING TEMPLATE

**DATE AND TIME:**

**VENUE (STATE WHETHER INDOOR/OUTDOOR):**

**NAME OF INDIVIDUAL CONDUCTING THE SCREENING:**

**PLEASE INFORM Club COVID-19 OFFICER IF ANY INDIVIDUAL IS FOUND TO BE POSITIVE.**

**SCREENING QUESTIONS:**

- Have you been in contact with anyone with or suspected of having COVID-19 in the last 48 hours?
- Has anyone in your household had COVID-19 symptoms in the last 2 weeks?
- Have you been advised to self-isolate due to an infection within another setting, such as school?
- Do you have a new persistent cough?
- Have you had any loss of taste or smell?
- Do you have any underlying health conditions that would put you at further risk should you contract COVID-19?
  - Cardiovascular problems
  - High blood pressure
  - Diabetes
  - Chronic kidney or liver disease
  - Compromised immunity diseases
  - Obesity (BMI 40+)

Name	Age	Temp	Contact within 48 hours Y/N	Loss of smell Or taste Y/N	New persistent Cough Y/N	Underlying illness

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# APPENDIX 2: SPORTCHEER ENGLAND RISK SHEET TEMPLATE TO SEND OUT TO ALL ATHLETES PRIOR TO RETURN

## PERSONAL AND HOUSEHOLD RISK INFORMATION

This information sheet helps identify those who are most at risk should they contract COVID-19. You should identify whether you or a member of your household is at higher risk. If you are, please discuss the risk of returning to Cheerleading with your GP and your coaches to make an informed decision as to whether returning to Cheerleading is appropriate and safe for you and your family.

## STATEMENTS TO APPLY TO YOU OR YOUR HOUSEHOLD

- Had a solid organ transplant
- Undergoing treatment currently or in last 6 months for any cancer
- Currently taking or in the last 6 months have taken immunosuppressant medication
- Have a respiratory condition including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary (COPD).
- Have any rare diseases or inborn errors of metabolism that significantly increase the risk of infections (such as Severe Combined Immunodeficiency (SCID), homozygous sickle cell).
- Pregnant
- Aged 70 or older
- Have one or more of the underlying health conditions listed below:
  - chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
  - chronic heart disease, such as heart failure
  - chronic kidney disease
  - chronic liver disease, such as hepatitis
  - chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
  - diabetes
  - a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets
  - being seriously overweight (a body mass index (BMI) of 40 or above)
- Are you providing caring responsibilities for anyone meeting any of the above criteria?

# APPENDIX 3: SPORTCHEER ENGLAND HANDOUT TEMPLATE FOR SOMEONE WITH SYMPTOMS OF COVID-19

1. **Isolate:** as soon as you experience coronavirus symptoms, medical advice is clear: you must self-isolate for at least 10 days. Anyone else in your household must self-isolate for 10 days from when you started having symptoms
2. **Test:** order (and then use) a PCR COVID-19 test immediately at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or call 119 if you have no internet access
3. **Results:** if your test is positive, you must complete the remainder of your 10-day self-isolation. Anyone in your household must also self-isolate for 10 days from when you started having symptoms. If your test is negative, you and other household members (who aren't showing any COVID-19 symptoms) no longer need to self-isolate
4. **Share contacts:** if you test positive for coronavirus, the NHS test and trace service will send you a text or email alert or call you with instructions of how to share contact details of people with whom you have had close, recent contact and places you have visited. It is important that you respond *as soon as possible* so that we can give appropriate advice to those who need it. You will be told to do this online via a secure website or you will be called by one of the NHS contract tracers.

The gym phone number is XXXXX XXXXXX and our email is XXXXX@XXXXX - you will need to pass this information on to the NHS test and trace service.

Athletes who have attended sessions with you will be notified that someone at the gym has shown symptoms/tested positive for COVID-19. Your name will not be shared in this process with anyone.

# APPENDIX 4: SPORTCHEER ENGLAND HANDOUT TEMPLATE FOR SOMEONE WHO HAS BEEN IN CONTACT WITH A COVID-19 CASE

You may be contacted by the NHS test and trace service because you have been in close contact with someone who has tested positive for coronavirus:

1. **Alert:** If someone at the gym reports symptoms of and then tests positive for COVID-19 and you have been in close contact with them, your information (including name, phone number and email) will be shared with the NHS test and trace service. You will then be contacted by that service to make you aware that you have come into contact with someone who is/maybe carrying the virus. The alert will usually come by text, email or phone call. You should then log on to the NHS test and trace website, which is normally the easiest way for you and the service to communicate with each other; but, if not, a trained NHS call-handler will talk you through what you must do. Under-18s will get a phone call and a parent or guardian will then be asked to give permission for the call to continue.
2. **Isolate:** If you are over the age of 18 years and 6 months and have not had 2 vaccinations (the second vaccine being over 14 days ago) you may be told to begin self-isolation for 10 days from your last contact with the person who has symptoms/tested positive. It's really important to do this even if you don't feel unwell because, if you have been infected, you could be infecting other people without knowing it for as long as 10 days. If you do not have symptoms then your household doesn't need to self-isolate with you, if you do not have symptoms, but they must take extra care to follow the guidance on social distancing and hand hygiene advice.
3. **PCR Testing:** If you are under the age of 18 years and 6 months, have had two covid 19 vaccinations or are exempt from vaccination (see Government listing) you may be asked to have a PCR test. You do not need to isolate whilst waiting for the result. If you have have a positive Covid19 PCR in the last 90 days, you should not do a PCR test unless you develop symptoms.
4. **Test if needed:** If you develop symptoms of coronavirus, other members of your household may need to self-isolate immediately at home for 10 days and you must book a PCR test at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) - or call 119 if you have no internet access.

- a. If your test is **positive**, you must continue to stay at home for at least 10 days and the NHS will get in touch to ask about your contacts to let them know that they may need to self-isolate.
- b. If your test is **negative**, you must still complete your 10-day self-isolation period if you have been asked to isolate as the virus may not be detectable yet - this is crucial to avoid you unknowingly spreading the virus.

## **APPENDIX 5: THE RULE OF SIX – HOW DOES THIS IMPACT CHEERLEADING?**

New laws and guidance on social distancing in England were announced on the 22nd September 2020 details of which can be found here:

<https://www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others-safely-social-distancing/coronavirus-covid-19-meeting-with-others-safely-social-distancing>. SportCheer England advises that Clubs amend their risk assessment to reflect any changes relating to the Rule of Six and to update their insurance provider.

This impacts some athlete groups in relation to how they can partake in Cheerleading when training indoors (Organised outdoor team sport, outdoor exercise classes and outdoor licensed physical activity are exempt from the rule of 6, and can happen in any number as long as undertaken in line with published COVID-secure guidance).

### ATHLETES UNDER THE AGE OF 18

Athletes under the age of 18 can continue to practice indoors in groups larger than six as long as they remain socially distanced throughout. EXCEPTION: If operating at 'Level 1 or 2' on the [RTP Cheerleading Roadmap Chart](#), athletes may stunt for 15 minutes at a time providing they follow the guidance set out for operating at that level (Page 13).

### ADULT ATHLETES (AGED 18 AND OVER) AND TEAMS WITH MIXED ADULT & CHILD ATHLETES

Teams made up of solely adult athletes and teams made up of a mixture of adult athletes and athletes under the age of 18, are further restricted when training indoors and should follow the same guidance as each other in relation to the Rule of Six. They should not progress to Level 1 or Level 0 whilst the Rule of Six remains in place.

Adult athletes and athletes under the age of 18 who train with adult athletes can continue to train indoors as long as they remain in groups no larger than six and those groups of six don't mix and remain socially distanced throughout.

If the training space allows, then multiple groups of six may train at the same time only if they remain clearly separated and socially distanced from other groups of six. Groups of six should remain consistent. Coaches do not need to be included in the group of six.

DISABLED ATHLETES:

Disabled athletes (regardless of age) are exempt from the Rule of Six.

TEAMS WITH A MIXTURE OF DISABLED AND NON-DISABLED ATHLETES:

The exemption to the Rule of Six applies to disabled athletes only and so if training in teams made up of a mixture of disabled and non-disabled athletes, the non-disabled athletes (if aged 18 or over) should follow the guidance above pertaining to adult athletes and mixed age teams.

People who provide essential support (e.g. carers) to disabled people are exempt and do not count towards the six people in a group (where the Rule of Six applies).



## **APPENDIX 6: ADHERENCE TO MEASURES IN THE RTP**

The primary aim of the Return to Play is the health and safety of all athletes, coaches, staff and volunteers involved in the sport of Cheerleading. As such, all individuals involved with Cheerleading have the responsibility to keep the sport free from COVID-19 and to adhere to the RTP guidance.

If an individual believes that there has been a breach of the guidance putting the health and safety of other athletes, coaches, staff and volunteers at risk they are able to report this by emailing [sportcheerengland@gmail.com](mailto:sportcheerengland@gmail.com).

We are approaching RTP breaches from a position of education and support. However if repeated breaches occur a formal complaint may be raised using our existing complaints procedure.