



RETURN TO SPORT STAGE 2 GUIDELINE

June 11, 2020

We are pleased to provide you with this resource to assist you, our ACA members, as our province begins to loosen COVID-19 restrictions during Stage 2. It is essential for us to do our part in mitigating the ongoing risk of contracting and spreading the COVID-19 virus.

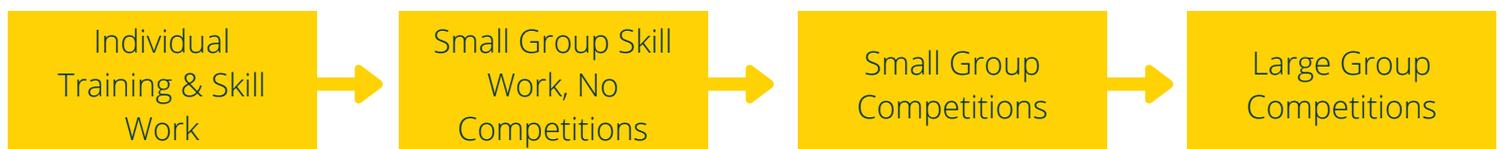
The following document has been created to help inform those looking to restart programming in their region. Please understand that this guide is fluid and may be updated at any time. It does not replace or supersede any government regulations and should be used in conjunction with [Alberta Health Services](#) guidelines and information available through [Alberta Biz Connect](#) (e.g. [RETURN TO SPORT, PHYSICAL ACTIVITY AND RECREATION - STAGE 2](#)).

ALBERTA BIZ CONNECT

*Return to Sport,
Physical Activity
and Recreation -
Stage 2.*

RETURN TO CHEERLEADING PROGRESSIONS

The return of cheerleading will adapt as restrictions and policies change regionally. The following is a likely progression of allowable activities. Mitigation strategies will need to be practiced throughout all stages.





GENERAL GUIDANCE

- Maximum of 50 people gathered indoor for social gatherings.
- Maximum of 100 people for outdoor events and indoor/seated audience events.
- Teams can participate in region-only cohorts of up to 50 participants.
- Training outdoors is encouraged.
- Minimize the total amount of users in one space at any given time.
- For any activities with close and sustained contact between participants, participants should be cohorted to the greatest extent possible.
- Coaches must wear a mask while spotting.
- **Stunting and pyramids are to be implemented when provincial regulations allow and NOT during Stage 2. Until that time, the focus will be on individual conditioning, drills, technique, and skills previously mastered.**
- Athletes are discouraged from attempting new skills to reduce the risk of injury.

FACILITY CONSIDERATIONS

- Access to meeting spaces, locker/change rooms, etc. should be carefully considered and likely discouraged.
- Mark floors with arrows in relation to toilets and shared spaces.
- Block off or remove shared contact items, including vending machines, water fountains, props.
- Increase ventilation by opening windows and doors when possible.
- Post required signage for processes: proper hygiene, parent education, social distancing, traffic flow, etc. [Information Posters and Fact Sheets](#)
- Hand washing/sanitizing stations:
 - Have at least one hand washing station, which is clear from contact points.
 - Have hand sanitizing stations at entry into training, within the training area, and at the exit for all.
 - [Hand Washing Poster](#)
 - Remove any mats or equipment that is torn or in disrepair, as these items cannot be properly cleaned and disinfected.
 - Separate and designate Entry and Exits where venues allow.
 - Create isolation rooms on-site for suspected patients so that they be dealt with appropriately.



GENERAL OPERATIONS

- Take attendance on entry for every individual (athletes, coaches, staff, AND parents).
- Administer a pre-training health assessment on entry (athletes, coaches, staff).
- Maintain attendance and assessment records for at least 14 days.
- Allow for extra time between cohorts and at the end of the day to accommodate cleaning.
- Stagger start and finish times. Request that athletes arrive at the designated time. If they arrive early, have the athlete wait in their vehicle.
- Spectators should be discouraged and if present, must abide by physical distancing guidelines.
- Develop drop off and pickup procedures that support physical distancing and separate cohorts.
- Use contactless payment whenever possible.
- Avoid sharing of equipment, including cell phones, whenever possible.
- Staff should wear masks when they are not separated by a physical barrier or two-metre distance from participants.
- Confirm with your insurance company if you must implement any new requirements and confirm that all modified programs are covered under your current policy.
- Review program waivers to add or modify any COVID-19 specific components.

HYGIENE & CLEANING

- Create a facility cleaning protocol and checklist.
- Wear gloves and masks when cleaning.
- Ensure that all cleaning products are authorized disinfectants against SARS- CoV-2, the coronavirus that causes COVID- 19 as per Government guidelines.
- All common contact surfaces should be cleaned and disinfected regularly, such as a deep clean at the start of the day, including vacuuming mats, high touch point sanitizing between classes and disinfecting all surfaces including the mats at the end of the day.
- Use a sanitizing spray on equipment between user groups.
- Clean the floor daily with increased deep cleaning.
- Avoid any equipment not easily sanitized.



RESPONSE PLAN

- Have clear written communication with parents, participants and staff on policy directly related to COVID-19. This should clearly identify whom to contact, and how to do so if they or other participants feel unwell or show symptoms of COVID-19.
- Ensure that all participants are notified of possible exposure to COVID-19 if staff are made aware of any suspected or confirmed cases that attended the activity.
- Assign a responsible staff member who understands the risks and transmission routes of COVID-19, the steps that attendees can take to limit the spread, the recognized best practices (including respiratory etiquette, hand hygiene, physical distancing, etc.).
- Create and implement a staff training program for all new processes.
- Implement a protocol regarding whom medical should contact to report suspected cases and request testing and epidemiological investigations if someone is feeling unwell or showing signs of COVID-19.
- Ensure that there are first-aid services or other medical services in place and equipped to support participants with COVID-19.
- Ensure that contact numbers and procedures are clearly visible for medical facilities that manage patients with COVID-19 infection in the region.

FIRST AID PROCEDURES

- Limit the number of individuals in contact with the person in need of aid when possible.
- Mask the mouth and nose of the person requiring aid when possible.
- First aid providers should perform hand hygiene before and after interacting with a person requiring aid.
- Clean and dispose of any PPE used as soon as safely possible. Use protective gloves, if available.
- Individuals who have not been trained to perform traditional CPR should assign someone to call 9-1-1 and start Hands-Only CPR (continuous chest compression without any mouth to mouth contact) until someone trained takes over, or emergency help arrives.
- Ensure mouth-guard rescue products are available if mouth-to-mouth CPR is required.

**This information was retrieved from Red Cross. Please refer to their guidelines.*



PARTICIPANTS (ATHLETES & STAFF)

- Wash hands before and immediately following participation.
- Hand sanitize on entry, during, and exit.
- Enter and exit one at a time.
- Upon entry, go directly to your designated spot to start training.
- Stay home if they have been in contact with a known case in the previous 14 days.
- When able, maintain 6 feet of distance between people.
- Limit belongings brought into the gym.
- To the extent possible, arrive dressed and ready to participate.
- Athletes should arrive at the gym no more than 5 minutes early.
- Athletes should bring their own labelled and filled water bottles.
- Belongings must not be shared.
- Avoid touching faces.
- Cover coughs and sneezes into the crook of the elbow.
- High-fives, handshakes, and/or hugs are not allowed.
- Do not carpool with those from outside of your household.
- If possible, minimize the use of shared equipment.

RECOMMENDATIONS

- Prepare. Prepare. Prepare.
- Understand different kids have had different experiences during quarantine.
- Be honest with the athletes and staff about the new protocols and make them the 'new' normal.
- Redirect athletes' attention to focus on what is within their control and the opportunities that may exist. This can involve identifying the gains that can be made under the current training circumstances and the opportunities for developing areas (like mental fitness, injury recovery) that may otherwise have been neglected.
- Manage expectations by clearly outlining the procedures and efforts required by individuals entering the training environment. This will help athletes to conceptualize and understand modifications and make adaptations to transition to the 'new normal'. Make new team bonding rituals that do not require contact.
- Return gradually to full athleticism.



SCREENING CHECKLIST

Please fill this checklist before every class, camp or training.

If you have answer "Yes" to any of the below questions do not participate. Proceed home and use the AHS Online Assessment Tool to determine if testing is recommended.

Date: _____ Activity Start Time: _____

Participant / Staff Member Full Name: _____

Guardian Full Name (if under 18): _____

Do you have symptoms of COVID-19 such as:

- 1. Fever ___ YES ___ NO
Normal temperatures in children are:Mouth: 35.5-37.5°C (95.9-99.5°F)Underarm: 36.5-37.5°C (97.7-99.5°)Ear (not recommended in infants): 35.8-38.0°C (96.4-100.4°F)*
- 2. New or changed chronic cough ___ YES ___ NO
- 3. Sore throat that is not related to a known or pre-existing condition ___ YES ___ NO
- 4. A runny nose that is not related to a known or pre-existing condition ___ YES ___ NO
- 5. Chills ___ YES ___ NO
- 6. Painful swallowing ___ YES ___ NO
- 7. Feeling unwell / fatigued ___ YES ___ NO
- 8. Nasal congestion that is not related to a known or pre-existing condition ___ YES ___ NO
- 9. Shortness of breath that is not related to a known or pre-existing condition ___ YES ___ NO



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SCREENING CHECKLIST CONTINUED

10. Nausea / vomiting / diarrhea YES NO
11. Unexplained loss of appetite YES NO
12. Loss of sense of smell or taste YES NO
13. Muscle or joint pain YES NO
14. Headache YES NO
15. Have you, or anyone in your household, returned from travel outside of Canada in the last 14 days?
 YES NO
16. Have you had unprotected close contact with an individual who has a confirmed or presumptive diagnosis of COVID-19 (For example, individuals exposed without appropriate PPE in use?)
 YES NO
17. I AGREE to engage in appropriate hand washing both before and after my training. If outdoors, I will wash my hands prior to coming to training.
 YES NO
18. I certify that the above information is correct to the best of my knowledge.
 YES NO

Signature of Participant or Guardian: _____