



2020-21 Recommendations for Cheerleading

Practice points of emphasis:

- Mats cleaned prior to start of practice
- Hands sanitized at the start of each practice as well as at all water breaks prior to touching water bottles, etc.
- Use of hand towels restricted
- Mats cleaned during water breaks
- Coaches masked
- Limit physical contact as able
- Mats cleaned after each practice

1. Limit and/or restrict stunting
2. At practice follow Social Distancing currently being used by vocal/music classes with expanded social distancing when cheering – outside when able
3. Mask at all times for cheerleaders
4. During games: Extend social distance spacing on game days in the stands as well as consider moving further away from the court. (minimum distance?)
5. Restrict on floor appearances at quarters, etc
6. Cheer parents permitted for home team