



# COVID-19 PROTOCOL & PREPARATIONS

*This Protocol is intended to help promote the best and safest logical practice at Cheer Extreme Richmond. We thank you for your support and commitment to the safety and wellness of our athletes, their families, and the community during these tough times.*

Please be conscious of your social interactions outside of the gym and the impact it could have on your team and their ability to have full team attendance at practices in the future. We also ask that you please avoid mass gatherings (concerts, big parties, etc.) especially when face coverings are not being worn. **Our staff holds the right to make ANYONE self-quarantine for 14 days if we have reason to believe the appropriate steps to avoid contacting COVID-19 were not taken.** Please understand that we are trying our best to limit as much exposure as possible for our athletes.

## **CEA RVA HEALTH OFFICERS**

We have designated four (4) Health Officers:

1. Kelly Lunderman – Senior non-technical staff member (Owner)
  2. Tracie Williams – Team Parent Health Advisor/Officer (Head Team Mom)
  3. Amanda Mossgrove – Team Parent Health Advisor/Medical Advisor working within the training facility.
  4. Susan Cassidy – Health Officer/Coaching Advisor working withing the training facility.
- Health Officers will be held responsible for staying up to date on CDC guidelines.
  - Health Officers are ultimately responsible for understanding and implementing the protocols.

## **TEAM PARENT HEALTH ADVISORS (TEAM MOMS)**

Team Parent Health Advisors are to assist with:

- a) The proper use of Primary Protective Equipment (PPE).
  - b) Administer any PPE if an athlete does not have any and/or if they are damaged in practice.
  - c) Remind good habits of social distancing.
  - d) Require sanitizing breaks every 15-20 minutes.
  - e) The primary communication that will notify the Health Officers of any violations, issues, and or concerns.
- Fill-in athletes from other teams will be documented and screened prior to practice so that we will be informed if any notifications need to take place.
  - If an athlete is seen putting their hands in or around their mouth or nose, they will be sent to the bathroom to wash hands with soap and water.



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## 'TEAM BUBBLE' & MINIMIZING 'CROSSOVER CONTAMINATION'

Each team is considered their own 'Bubble' from the time team tumble begins to the time team practice ends. This includes all athletes, coaches, team parents, and other essential staff from Cheer Extreme Richmond related to that one specific team (*For example: The Smoke Team Bubble will include all athletes on the Smoke team, all potential staff members, Team Mom, and any temperature checking door staff*).

- The Team Bubble is simply each separate team training within itself.
- It is advised that no athletes be within 6 feet of any other individuals that are part of another/different team bubble while at practice.
  - Example: A Junior Clique athlete should not come within 6 feet of a White Diamond athlete while practicing at the same time. This will allow us to keep track of who was in direct contact with who.

## SUPPLIES

### **EVERYONE IS REQUIRED TO WEAR A MASK WHILE AT CEA RVA**

- Mask are required for athletes, parents, friends, and staff members from the moment you leave your car till the moment you return to your car.
- If an athlete does not come prepared with a mask, the gym will supply a new one at that time if one is available.
- Failure to wear a mask would result in removal from the gym.
- Each athlete must bring their own hand sanitizer and be held responsible to sanitize during breaks. Please discuss with your athlete that breaks are meant for sanitizing, water, snacks, and minimal socialization compliant with CDC guidelines.
- Hand sanitizer will be readily available on all floors. If your athlete is unable to locate the sanitary supplies, please notify a staff member immediately.



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## STUNTING PROTOCOL AND THE 'MINI BUBBLE'

Stunting at Cheer Extreme Richmond is strictly an optional exercise during the COVID-19 pandemic. If you and your child do not feel comfortable stunting, please let us know by signing and turning in the last page of this document.

- Coaches and team parents will implement 'Stunt Sanitation' every 20 minutes or less during any stunting. **This means that every 20 minutes or less, all athletes involved in stunting must visibly sanitize their hands as high as their elbows with the proper hand sanitizer and/or soap and water.**
- **MASKS ARE MANDATORY and they must always cover the nose and mouth.**
- Fill-in athletes from other teams will be documented and screened prior to practice so that we will be informed if any notifications need to take place.
- When necessary, the 'Mini Bubble' concept is a self-isolation of your stunt group from the rest of the Team Bubble.
- When stunting, all stunt groups must stay 6 feet away from each other.
- After any stunt group member uses the restroom, they must wash their hands for a minimum of 20 seconds.
- Flyers are required to sanitize the bottom of their shoes with a designated spray bottle.

**In the instance that the Mini Bubble concept is practiced successfully from the observance of the teams coaches and the team parent health advisor, if any athlete is to be reported positive for Covid-19, only the mini bubble/stunt group involved will have to quarantine for 14 days post positive objective test. That is IF (AND ONLY IF) said Team Bubble practices good social distancing rules and correct protocol.**

## TUMBLING

All tumbling must be done with the use of PPE (mask and hand sanitizer). If your athlete does not have a mask, the gym can provide one for them. It is advised that your athlete stays 6 feet apart from other athletes as often as possible. While wearing a mask, athlete can stand within 3 feet from one another. This includes standing in line, standing in any formation, or waiting for further instructions from coaches. Choreographed sections may call for multiple athletes from other Mini Bubbles (someone other than those in their personal stunt groups) to come closer in contact.

- For high risk tumbling elements, masks may be pushed down to the chin level to eliminate blinding during advanced, risky, acrobatic skills. This is to be accommodated directly before the pass, replacing the mask correctly after the skill is completed. Before dropping the mask before a pass, no persons can be within 6 feet of the athlete. If you do not feel comfortable with your child tumbling with mask lowered for visual protection, you have the right to refuse to participate in tumbling activity.



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## ENTERING THE FACILITY

**Any athlete traveling outside the state of Virginia must wait 5 days, from the date of return, in order to continue training in our facility. During this timeframe, parents are responsible for screening their athlete for any COVID-19 symptoms OR you can provide a Negative Rapid test result to your Team Parent after the 3<sup>rd</sup> day of monitoring symptoms. If any symptoms arise, the athlete must quarantine for 14 days AND submit a negative test result to the health advisors to be allowed back in our facility. Parents are responsible for notifying their team parent and health advisors IMMEDIATELY if their athlete develops any symptoms after travel\***

- Upon entering the facility, all athletes are required to turn in our Covid-19 protocol form. This form can be found at [cheerextremerichmond.com](http://cheerextremerichmond.com) or a copy can be provided to you by the front desk. **This form must be signed by the athlete's legal parent or guardian and is required EVERY single time your athlete enters the gym.**
- Athletes will be asked to form a line 5 minutes or less prior to class/ lesson time. **Please DO NOT drop off your athlete earlier than 5 mins before their training start time.**
- Please stand in line with your mask on while practicing social distancing of 3-6 feet or more. We are in the process of installing floor decals in our lobby and in the training gym to ensure all athletes are practicing social distancing.
- All Athletes and staff members will be required to be temperature checked before entering. Since our external digital thermometers show lower temps than oral thermometers, we will not allow participation for athletes with temperatures recorded at 99.5 Degrees Fahrenheit or above. We do reserve the right to take the temperature again after removing an athlete from the heat outside (as it causes an elevated temperature). If the temperature does not drop below 99.5 degrees, the athlete will be asked to leave. Therefore, please make sure your child has safely entered the building before leaving.
- In the event an athlete has a temperature of 99.5 or above, the parent will be notified, and the athlete must be picked up by immediately. To return to the gym, the athlete must be fever free for 24 hours without the use of fever reducers. Please be on the lookout for additional symptoms during this time.
- Upon allowing your minor to enter the facility, all parents are required to scan and question their child to assure they do not have any of the following symptoms below.
- **Entering our facility is a notable consent that you have screened your athlete and allow them to enter the facility.**



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## SYMPTOM CHECKLIST

Anyone entering the gym must be clear of all symptoms below:

- Shortness of breath or difficulty breathing.
- Cough
- Fever
- Headache
- Chills
- Sore throat
- Loss of taste or smell
- Abnormal muscle pain
- Nasal congestion
- Runny nose
- Diarrhea
- Fatigue

## EXITING FACILITY

After every training session/lesson, all athletes are asked to first sanitize their hands up to their elbows, grab all their personal items and exit out of the back-garage doors.

- All staff in charge of the class/training session will reiterate the exit procedures.
- **NO LOITERING OUTSIDE OF PRACTICE FOR ATHLETES!**
- Athletes may only be in the gym during their scheduled training time.
- Parents cannot convene near each other while on gym property without wearing masks. This includes our parking lot.

## CONTACT TRACING

Health Officers, Staff members, and Team Parent Health Advisors will conduct contact tracing investigations in the event of a positive case. This will help notify those who could be directly involved.

- Health Officers will directly contact parents of those athletes directly involved with an infected athlete. This is any athlete within the Mini Bubble/Stunt Bubble, or any individuals noted to have been in close contact 15 minutes or more.
- **For more information on contact tracing, you can participate in a free course offered through John Hopkins University - <https://coronavirus.jhu.edu/contact-tracing>**
- Team Parent Health Advisors and staff members apart of each Team Bubble are to keep daily records of people whom they have been in close contact (If your athlete happens to "Crossover Contaminate" with another athlete for 15+ minutes of direct contact with the positive athlete).



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## **ATHLETE WITH CLOSE FAMILY/FRIEND EXPOSURE**

Athletes who have been overly exposed for 15 or more minutes with a positive Covid infected person must contact their team parent health advisor immediately. This athlete may not return to our facility until a 14-day quarantine has been completed and a negative test result is turned in.

## **TESTING POSITIVE**

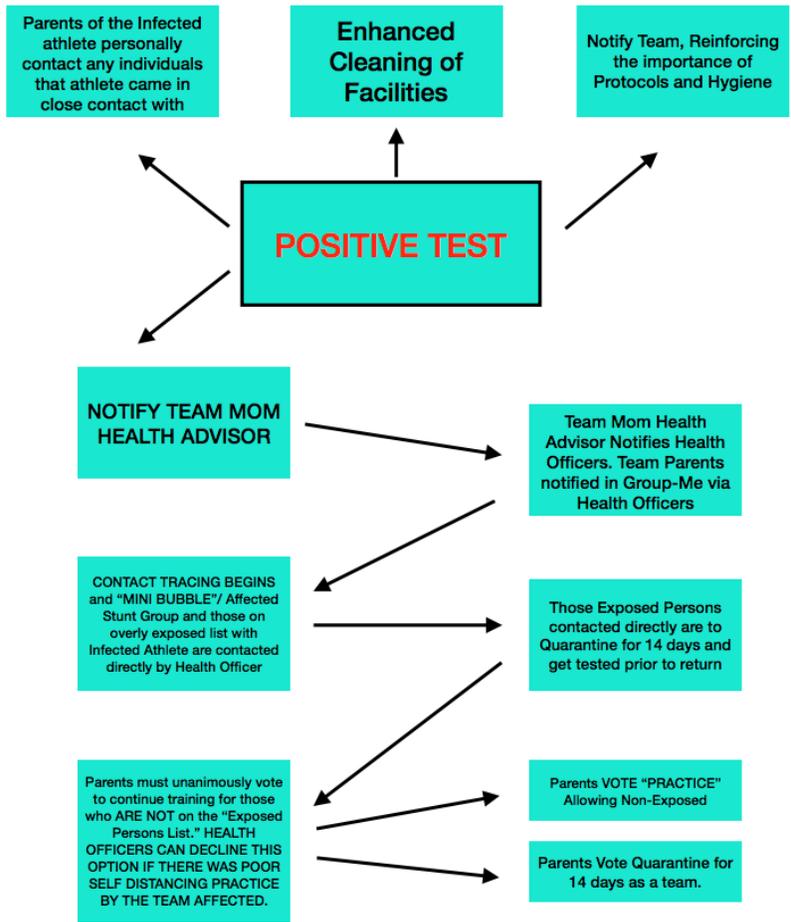
Any athlete with symptoms or a temperature above 100 Degrees Fahrenheit must immediately notify their team parent health advisor, not participate in any training in our facility, and the athlete must be tested at that time to be allowed into the gym before 14 days or less.

- After notifying the team parent, the team parent will communicate with the Health Officers immediately. Health Officers will communicate with the affected team/teams, affected staff members, and notify all parents apart of the team via Groupme. **The team affected will immediately be put on a 14-Day quarantine from the time the positive test results are received from the active symptomatic athlete.** The positive tested athletes name will not be shared by our staff.
- The moment we receive notification of a symptomatic athlete or a positive test, any staff member who came in direct contact with the athlete will be removed from the facility. A contact tracing investigation will be held to conclude if the staff member came in close contact/vicinity of the infected athlete or other athletes on the team.
- It is advised that coaches keep their distance as often as possible. Only exception is a safety concern for spotting stunts or addressing an emergency.
- If there is a report of a staff member coming in close contact with a positive tested athlete for more than 15 mins, that staff member will participate in the CDC recommendations for quarantine.



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**POSITIVE TEST PROTOCOLS**  
For more information visit [www.cheerextremerichmond.com](http://www.cheerextremerichmond.com)





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## CONCERNS/ QUESTIONS

Please contact the Health Officers using the contact information below:

- Kelly Lunderman – [jus4kk@aol.com](mailto:jus4kk@aol.com) ; cc: [cearichmondva@gmail.com](mailto:cearichmondva@gmail.com)
- Tracie Williams - [Tracie.williams719@gmail.com](mailto:Tracie.williams719@gmail.com)
- Amanda Mossgrove (Medical Advisor) - [amossgrove22@icloud.com](mailto:amossgrove22@icloud.com)
- Susan Cassidy - [daddysusu@verizon.net](mailto:daddysusu@verizon.net)



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## PERMISSION TO STUNT AND PROTOCOL AGREEMENT SIGNATURE

With choreography coming up, we are allowing stunting in a controlled manner during Phase 3. After speaking with several medical professionals, we have developed the best protocol to stunt:

- Groups will be spread out away from each other and remain the same the duration of the practice. We will refrain from switching out athletes in each stunt group unless necessary and only do so if safety becomes an issue.
- Athletes will wear mask the entire time while stunting and use hand sanitizer before and after stunt work.
- We will be limiting dismounts catching in the cradle position unless a fall is happening to minimize exposure.
- When discussing grips and technique, we will encourage athletes to step back away from one another before giving instructions.

Above all, we want to ensure that our clients feel safe regarding our decision to return to stunting. We will need this page signed and returned to us on or before your athletes first day of choreography or first day of practice (whichever comes first) in order for your athlete to participate in stunting. We will not punish your athlete if you do not wish for them to stunt. We will make sure to find another conditioning/training activity to fill their time during practice.

**NO ATHLETE WILL BE ALLOWED TO PARTICIPATE IN STUNTING WITHOUT THIS SIGNED AGREEMENT FROM THEIR PARENT/GAURDIAN.**

I, \_\_\_\_\_ the Parent/Guardian of \_\_\_\_\_  
have read the above protocol for stunting and WILL / WILL NOT (circle one) allow my child to participate in stunting at choreography and/or practices.

**By signing below, we (athlete and parent/guardian) hereby acknowledge that we have completely read and fully understand the Cheer Extreme Richmond COVID-19 Preparation and Protocols.**

Athlete Name: \_\_\_\_\_ Athlete Signature: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_