



2020-21 MHSA SPIRIT REQUIREMENTS/CONSIDERATIONS FOR COVID-19



The requirements / considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

GENERAL REQUIREMENTS / CONSIDERATIONS

1. Workouts/practices should be conducted in “pods” / “bubbles” of participants with same participants working out together to limit overall exposure.
2. Before, during and after the contest, players, coaches, cheerleaders and administration should wash and sanitize their hands as often as possible.
3. Always maintain social distancing of 6 feet while on the sideline/field/court of play when possible.
4. Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water source.
5. Gloves are permissible for all players, coaches, cheerleaders and officials.
6. Administrators must limit the number of non-essential personnel who are on the field/playing surface throughout the contest.
7. Attendance at MHSAA events is dependent on both the host site and local health department guidelines and restrictions.
8. A family’s role in maintaining safety guidelines for themselves and others is very important. Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home). Provide personal items for your child and clearly label them.

RETURN TO COMPETITION

Spirit Rules Requirements/Considerations

- **Stunting will be allowed this year.** The MHSAA Executive Board is allowing stunting this year as long as spirit squads follow all NFHS stunting requirements and wear a mask per USA Cheer and MHSAA guidelines:
 - Facial coverings must be a single solid color and unadorned, except the mask can include the school logo/name and bear only a single manufacturer’s logo/trademark/reference (partial or whole) that does not exceed 2 ¼ square inches with no dimension exceeding 2 ¼ square inches.
 - Face coverings should be snug fitting.
 - Face coverings should not impede vision or movement.
 - Face coverings should be soft and pliable with no exposed metal and should provide adequate ventilation and protection from the spread of particulate matter.
 - Modifications to skills should be considered while wearing face coverings, such as limiting inversions, twisting, and tosses.

Recommended Coverings:

- Coverings that are held in place with over-the-head straps using Velcro or other breakaway type connections.
- Full head coverings.
- Coverings that minimize the chance of having fingers caught in them or shifting to impede any visual sight

- Masks must be worn during sideline cheering and all cheerleading/dance routines if social distancing specifications cannot be appropriately met.
- Cheerleading and Dance General Risk Management (2-1-14, 2-1-16): Sideline and playing surface placement during game.
- Participants should be appropriately spaced on the court, field or sideline to ensure proper social distancing.
- Cheerleading and Dance that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors
- Cheerleading and Dance Apparel / Accessories (3-1-1): Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

Special Requirements for the use of the following equipment:

- Any item that is held in the hands or makes contact with the body. This includes cheer boxes, poms, megaphones, flags, signs, spirit items, spirit towels, small balls, mini megaphones, etc. All items may be held but cannot be thrown into the crowd per MHSA rules and Covid-19 specifications).
- Sound systems, mats, food/drink items for cheer groups.
- All other Spirit related equipment or accessories.

Equipment:

- There should be no shared athletic equipment (towels, water bottles clothing, shoes, or specific equipment) between students. Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water source.
- Each student shall have their own clearly marked handheld item (poms, megaphones and signs must be clearly labeled with student's name to insure they are used only by that student.)
- Cheer boxes may be used by different cheerleaders provided only one cheerleader is on a box at a time.
- There should be only one designated person to operate sound equipment unless it cleaned prior to use by the next individual.
- Megaphones cannot be transferred from one to another or picked up by another person.
- Poms and signs may be shared provided the items have been sanitized and cheerleaders sanitize their hands before and after each practice/performance.