



SYC CHEERLEADING



Phase 2 up to 50 total attendees training

Rec Cheer Program Activity Plan

- Squads will only perform sideline cheers
 - Participants will be spaced according to CDC Guidelines using floor/ground markers arranged by coach
 - NO stunting will be permitted
- Fall 2020 Dates
 - Start = TBD
 - End date: TBD
 - Cheerleaders will participate in a weekly practice and an opportunity to perform a short dance and cheers for families at the last practice
 - There will be no weekend games or participant obligations
- Practices will be held outside at local elementary schools
 - Practice start time will be between 5:00 and 5:30
 - Practice end time will be no later than 6:30

Events

- Season Kickoff: Cheerleaders will have the option to participate in our bi-annual season kickoff
 - Held outdoors
 - All social distancing measures will be firmly enforced
 - Cheerleaders will learn chants, jumps, and motions
 - No Stunting
 - All Star Cheerleaders will instruct cheerleaders
 - Adult coaches will closely monitor and oversee all activities
- No end of season Pep Rally will be held

On-site Practice Procedures

- Arrival:
 - All participants will be expected to complete daily screening check-in procedures
 - Parents will be required to show email proof of screening completion
 - Participants must wear masks to/from practice
 - Participants must use hand sanitizer (provided by coach at check-in) upon arrival
 - Parents must wear mask when dropping off and picking up
 - Parents may remain at field during activities but must remain in their cars for the duration of practice
- Squads will be limited to max of 12 cheerleaders per squad
- All participants must practice social distancing
- Mask wearing is mandatory to/from practice but optional during practice



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- Participant personal items must be spaced out or held by parents
- During games, spectators must social distance and maintain a safe distance from participants during games.
- Departure: do not socialize or linger on field.
- Professional photography will be cancelled for this season
- No community snacks can be given out at the end of practices or games
- All participants must bring their own water to practices and games
- Coaches will maintain and display SYC Signs at practices and games

Equipment

- Cheerleaders do not and will not share equipment (poms)
- Only coaches may handle floor markers/cones

Coaches/Activity Volunteers

- Use hand sanitizer issued to coaches to spray participants' hands
- Coaches must wear masks during practices and games

Field Monitor Volunteers (required)

- Head Coach duties:
 - Responsible for daily check-in
 - Monitor participant distancing
 - Maintain supply of disposable masks for volunteers (provided by SYC)
 - Have guidelines in hand and be ready to answer questions
 - Volunteer credit amount: \$75
 - Identifying pinnie provided by SYC
- Assistant Coach duties:
 - Assist with daily check-in
 - Monitor player distancing
 - Maintain supply of disposable masks for volunteers (provided by SYC)
 - Have guidelines in hand and be ready to answer questions
 - Volunteer credit amount \$75
 - Identifying pinnie provided by SYC

Communication

Contact cheer@sycva.com with any questions or concerns about Return to Play procedures

Phase 3 up to 250 attendees with training, games, and scrimmages

- No change in procedures from Phase 2

SYC General Guidelines: *see SYC General Return to Play Guidelines