



Cheer New Brunswick / Cheer Nouveau-Brunswick

RETURN TO CHEER TOOLKIT COVID-19

Effective November 3rd, 2020

August 14, 2020



RETURN TO CHEER TOOLKIT COVID-19

***Updated November 3, 2020**

BEFORE OPENING/STARTING SEASON

- ◇ All CNB members (gyms, middle school and high school teams) must have a Covid-19 Operation Plan following the Government of NB and Worksafe NB Guidelines updated and available at all times
- ◇ Complete the Sport NB Risk Assessment spreadsheet and return to CNB prior to beginning practices
- ◇ Contact your insurance provider/school governing body (school administration, school board and NBIAA) to check and see if there are any additional requirements
- ◇ Review your waivers to amend for Covid-19
- ◇ Amend your refund policy, if applicable, for Covid-19
- ◇ Appoint someone to be responsible for keeping up to date with the government's guidelines and address operation plan changes, training, and communication as needed
- ◇ Operation plan must be communicated and reviewed with all staff, volunteers, coaches, advisors and gym members prior to opening/beginning practices
- ◇ All staff should be trained on new procedures and procedures should be tested
- ◇ Display all signage as required by Government of NB and Worksafe NB
- ◇ If at any point within the gym, staff, volunteers, coaches, advisors and/or athletes cannot guarantee physical distancing they must follow the Health Canada requirements on **face masks** including procedures and training
- ◇ All staff, volunteers, coaches, advisors, and athletes must be screened prior to entering all-star gyms/school practices. Please see Worksafe NB's website on whether you need to actively or passively screen
- ◇ Taking comprehensive attendance and keeping clear records of every one who enters and exits your gym is mandatory. This should include the time and date and as much details as possible including contact information
- ◇ Stagger Class Times and request that athletes arrive at the designated time. If they are early, instruct them to wait in their vehicle
- ◇ Use contact-less payment and registration (e-transfers, direct deposit, credit cards online) whenever possible
- ◇ Have a plan in place for if a member of your program is diagnosed with or comes in contact with someone diagnosed with Covid-19. This plan should include communicating with the health authorities and your members. You should be able to precisely communicate all possible contacts and dates within your gym and during your practices
- ◇ Have a plan in place for communication and strategies for if or when we are required to return to the orange phase and red phase
- ◇ If you plan to move your program/team online or outdoors, policies and safe practices must be implemented



RETURN TO CHEER TOOLKIT COVID-19

***Updated November 3, 2020**

YOUR GYM/SCHOOL

- ◇ Create separate entrance and exit points when possible
- ◇ Increase ventilation by opening windows and doors when possible
- ◇ Have at least one hand washing/sanitizing station which is clear from contact points
- ◇ Disinfect contact points between each class using an approved disinfectant. This includes training aids, door handles, and washrooms
- ◇ Any equipment not easily sanitized should be avoided
- ◇ Post proper hand washing poster in all bathrooms
- ◇ Once classes are over for the day, and all athletes have left, all surfaces should be cleaned and disinfected (mats, floors, counters, bathrooms). This needs to be done over and above cleaning the equipment between uses

ATHLETES & GYM STAFF, VOLUNTEERS & ADVISORS

- ◇ All staff, volunteers, advisors, and athletes must be screened and this should be documented each and every day
- ◇ All staff, volunteers, advisors, and athletes must have a mask
- ◇ Minimal belongings are to be brought into the gym/practice area
- ◇ Disinfect phones, tablets and other coaching tools
- ◇ Do not share any belongings
- ◇ Athletes should bring their own filled water bottle —labeled with their name on it— and are not to share with anyone
- ◇ Clean your hands before and after training
- ◇ Avoid touching your face
- ◇ Cover cough/sneeze



RETURN TO CHEER TOOLKIT COVID-19

***Updated November 3, 2020**

YELLOW PHASE

- ◇ Spotting is allowed when absolutely necessary for the safety of the athlete.
Coach and athlete(s) must use hand sanitizer before and after each lesson
Coaches should use hand sanitizer between spotting different athletes
Coaches must wear a mask that fits properly and covers both their nose and mouth for the duration of the lesson
- ◇ Stunt training is allowed within small groups of 5
 - Exception crossovers on stunting teams:
 - (1) Entire stunt groups can compete on two teams as long as those stunt groups do not change. These individuals are not permitted to cross over to a third stunt team and cannot substitute or fill in for another stunt team
 - (2) Stunting crossovers are only permitted for special circumstances. Crossovers are permitted to be on a maximum of 2 teams. Stunt crossovers have a group of 4 additional athletes on team A and four different athletes on team B.
 - Special circumstances include: (i) someone is sick (ii) someone is injured (iii) someone has quit or left your team
- ◇ All athletes participating in stunt training must wear masks and use hand sanitizer before, after and during breaks of *any* kind
- ◇ All gyms offering stunt training are required to have an option for members who do not wish to stunt train *for any reason*. Options such as additional jump, strength, choreography and/or tumbling training
- ◇ No pyramid training
- ◇ Stunt training groups must be clearly documented including names and the duration of the stunt training for each practice
- ◇ Stunt training may not exceed 50% of your practice time *in a week*. 7 days begin on Sunday and end on Saturday of each week
- ◇ Athletes cannot stunt with multiple groups within the same 7 days. 7 days begin on Sunday and end on Saturday of each week
- ◇ CNB Member gyms are encouraged to avoid out of province travel for events and training
- ◇ Showcases can take place if following all Department of Health, GNB and WorkSafe NB guidelines. It is the responsibility of gym owners/school administrators to ensure these are being followed
- ◇ During outbreaks in regions where the spread is being traced and uncertain and/or there is a possibility of community spread, programs and teams within that zone will move back to phase one of the CNB return to play.
- ◇ All competitions within New Brunswick during the 2020-2021 season will be required to offer non-stunt divisions and altered stunt divisions.
- ◇ All school teams must adhere to their schools' operation plan
- ◇ All all-star teams who practice within a facility must adhere to the facilities operation plan
- ◇ All gyms/school teams should have a contingent virtual competition plan should the Government prohibit large events



RETURN TO CHEER TOOLKIT COVID-19

***Updated November 3, 2020**

YELLOW PHASE

- ◇ **2021 Competition Structure:**
Run 1/Day 1: Non stunt Run
Run 2/Day 2: Stunt Run
- ◇ Non Stunt Run, masks are not required
Scored on: Standing, Running, Jumps, Choreography and Dance
Contact should be limited during choreography
If routine is cut to not include stunts: Max 1 minute 30 seconds
If marking stunts, physical distancing must be ensured
Tiny Novice and performance teams, with the same structure of routines, are to wear masks if performing 'ground version' of stunts and pyramids and being in contact.
- ◇ Stunt Run, masks are required
Scored on: stunts, choreography and dance
Coed stunts: If the flyer and co-ed partner can absolutely not be from the same group, their spotters must be from their original group and they are not eligible to crossover to another stunt team.
Tosses: Tosses will be included in your stunt difficult score but are not required similar to scholastic scoring.
If routine is cut to not include tumbling: Max 1 minute 30 seconds
- ◇ Teams are not required to enter both runs/days. These will be treated as two separate divisions. Due to the additional required awards EP are encouraged to only offer awards for 1st through to 3rd and keep banners generic and not include the divisions.
- ◇ All teams should have videos prepared to still be able to enter a competition if their zone returns to the orange phase and they cannot attend a competition in person. Video should be clear and show the entire view of the floor and all athletes clearly.



RETURN TO CHEER TOOLKIT COVID-19

***Updated November 3, 2020**

FIRST AID

*Information Retrieved from Red Cross

- ◇ If first aid is required, try to limit the number of individuals in contact with the person in need of aid
- ◇ If possible, have the person requiring aid use a face mask over their nose and mouth
- ◇ First aid providers should perform hand hygiene after interaction with a person requiring aid
- ◇ Clean and dispose of any PPE used.
- ◇ The risk of disease transmission is extremely low while performing CPR--especially when using a breathing barrier
- ◇ Use protective gloves, if available
- ◇ If you are uncomfortable or haven't been trained to perform traditional CPR, have someone call 9-1-1 and start Hands-Only CPR (continuous chest compression without any mouth to mouth contact) until someone else takes over or emergency help arrives

RESOURCES

- ◇ <https://www2.gnb.ca/content/gnb/biling/coronavirus.html>
- ◇ https://www.worksafenb.ca/media/60984/covid-19_health_and_safety_measures_for_workplaces.pdf
- ◇ <https://www.worksafenb.ca/media/60944/covid-19-screening-questionnaire-english.pdf>
- ◇ <https://www.worksafenb.ca/media/60996/embracing-the-new-normal.pdf>
- ◇ <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>
- ◇ <https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/MASK.pdf>
- ◇ https://assets.aspeninstitute.org/content/uploads/2020/04/Calls-for-Coaches-Adapted-for-COVID-19-Response-FINAL_1.pdf
- ◇ <https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/CDCOVIDE.pdf>
- ◇ <https://www2.gnb.ca/content/dam/gnb/Departments/eco-bce/Promo/covid-19/covid-op-plan-guide.pdf>
- ◇ <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>
- ◇ <https://sportlaw.ca/maintaining-safe-sport-during-covid-19/>
- ◇ <https://sportlaw.ca/balancing-your-communications-approach-during-covid-19/>