



RETURN TO CHEER TOOLKIT COVID-19

Effective November 22nd, 2020

November 21, 2020



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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. [This document must be kept updated with current information and be 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/team 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/facility is mandatory. This should include the time, date and as many 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 in the event 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



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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. [A face shield cannot replace a non-medical 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 and [sanitize immediately](#)



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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 and cannot change within a 7 day period
 - 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 **and not able to compete** (ii) someone is injured (iii) someone has quit or left your team
 - **Special circumstances do not include crossovers/fill ins for one practice**
- ◇ 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. **These must be captured in your operation plan.**
- ◇ 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 the orange phase** of the CNB Return To Play.
- ◇ **All All-Star competitions within New Brunswick during the 2020-2021 season will be required to offer non-stunt divisions and tumble divisions. To clarify: there are to be no 'regular' full outs in practice or at competitions.**



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- ◇ 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 in addition to complying with GNB, Worksafe NB, and Cheer New Brunswick's Return to Play
- ◇ All gyms/school teams should have a contingent virtual competition plan should the Government prohibit large events
- ◇ **2021 Competition Structure:**
Run 1/Day 1: Stunt Run
Run 2/Day 2: Non-Stunt Run
- ◇ Non Stunt Run, masks are not required
Scored on: Standing Tumbling, Running Tumbling, 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 difficulty and execution 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; however, both divisions are to be entered by the same team unless there are special circumstances (injury or illness). 'Team' is determined by the roster submitted to the EP.
- ◇ Due to the additional required awards EPs are encouraged to only offer awards for 1st through to 3rd and keep banners generic and not include the divisions.
- ◇ *For Offices:* Employees would be required to wear a mask in all common areas of a public building or office; such as lobbies, staircases, hallways, washrooms, and elevators, or otherwise when interacting with the public. In the workplace of a public building (e.g., workstations, office, cubicle), employees are not required to wear a mask if they are able to work 2 meters of each other and where they are not interacting with members of the public (patrons, customers, clients, general public)
- ◇ *For Meeting Areas:* If the facility determined that the meeting spaces and office spaces were appropriate places for masks to not be worn by specified users, they would want to clarify that masks would be required in all other aspects of the venue. Masks would be worn up until and upon entry into the meeting room or office space and would be reapplied once an individual got up to leave that space. Physical distancing is required at all times, with or without masks



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ORANGE PHASE

- ◇ Gyms and school teams can practice and run their classes + lessons with restrictions
- ◇ No in person competitions
- ◇ Lobbies, locker rooms and showers are closed
- ◇ There is no stunting or spotting while in the orange phase
- ◇ Participants of classes/teams/lessons cannot come into contact with each other in your facility, in your gym, in your halls, in your bathrooms. They must be completely separate
- ◇ All-Star gyms can have a max of 50 participants in their facility including admin, coaches etc. depending on the size of your facility and your ability to physically distant and keep groups separate
 - Per the NBIAA the limit of 50 does not apply to High Schools and school limits remain the same as during yellow (15 plus coaching staff and administrators)
- ◇ Active screening is required in the orange phase using the GNB symptom checklist
 - Temperature checks are not required for classes that maintain a minimum of 3 meters distance or more throughout the entire class/lesson
 - Temperature checks are required for team running their non-stunt full out
- ◇ 3 Meters physical distancing for all drills/skill training and warm up. Masks are encouraged
- ◇ Non Stunt Full outs are permitted
 - *Immediately* after finishing a non-stunt full out athlete must spread out a minimum of 3 meters, more if possible.
 - No back to back non stunt full outs
 - Water breaks are to be planned and athletes remain a minimum of 3 meters apart
 - If an athlete lives in a Zone that returns to orange they cannot travel to a gym/team/class in the yellow phase and participate in in-person training.
 - If an athlete lives in a Zone that is in yellow, they are permitted to travel to a gym/team/class in the orange phase but must follow the orange zone rules when returning to the yellow phase (i.e. they cannot participate in any other sport/activities) and must wear a mask at school etc.



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RED PHASE

- ◇ Gyms and teams are not permitted to host in person training
- ◇ Employees and volunteers can work in person if you can adhere to the GNB and Worksafe NB guidelines
- ◇ No videoing of routines nor in person events are permitted



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EVENTS

- ◇ All EPs planning to host an in-person and live event are required to have a schedule and plan for a virtual event. This plan must be communicated with all registrants a minimum of 2 weeks prior to the in person event to allow for gyms/teams to plan for both scenarios and communicate with their members.
- ◇ Day 1 of in-person events will be stunt routines / Day 2 of in person events will be non-stunt routines
- ◇ If a registered gym/school falls back into the orange zone and can no longer participate in person:
 - The EP will assign each of their teams and individuals a time on Saturday to video and submit their routine.
 - 10-20 minutes prior to each teams designated video time the EP will provide them with a code. The team is required to write this code and display it in the beginning of their video. It cannot be text added to a video to clearly show this video was taken on the day it was required.
 - The EP will then have the video prepared for viewing for the judges during the scheduled time and they will be judged in sequence as planned.
 - In-person competitions small enough to host both runs on the same day will need to have a clear plan laid out for how to handle video submission scenarios that meet the above guidelines. This must be communicated to their registrants a minimum of two weeks before their scheduled event.
- ◇ If a registered gym/school falls back into the red zone and no longer participate in person nor can they submit a scheduled video, they are permitted to submit a pre-recorded video of their non-stunt routine.
 - More details to follow re: submitting a video to compete in the stunt division while your zone is red but you were registered to compete in a live event that is taking place in a yellow zone
- ◇ Teams submitting videos:
 - They must be clear and good quality (note regular Facebook settings will affect your quality settings)
 - All skills must be visible in the video to be counted skills that start within the video frame and finish outside the video frame do not receive credit.
 - Adjust your routines to fit in your video.
 - Video recommendation: Stand back as far as possible, use the zoom out settings, take your video from on an elevated surface
- ◇ Gyms/teams that are in the yellow phase but wish to enter via the orange phase restrictions must receive written approval from CNB. Gyms/teams that are in the orange phase but wish to enter via the red phase restrictions must receive written approval from CNB. A minimum of 4 members of the Board of Directors must be present at the meeting and approve.



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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/safety-topics/covid-19/>
- ◇ <https://www.worksafenb.ca/media/60944/covid-19-screening-questionnaire-english.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/>
- ◇ <https://sportlaw.ca/returning-to-participation-under-covid-19-updating-your-waivers-and-forms/>