

Lightning Elite Cheer

Healthy Athlete Pledge

Lightning Elite has always been like a big family with everyone looking out for and helping out each other. During this time, I know we will all do our best to look out for each other's health. These simple precautions go a long way in reducing the impact of coronavirus on our teams and in our communities. With everyone engaging in these small actions, we can continue to participate in our favorite sport – cheerleading- where we are able to work on athleticism, teamwork and leadership. Together, we are healthy athletes.

By signing the Healthy Athlete Pledge I acknowledge that I am familiar with the plans set forth below, including the mandatory wearing of face coverings at cheer practice until the CDC gives a Low risk level to Latah and Nez Perce counties.

Daily symptom monitoring

I will conduct daily symptom monitoring before attending cheer. The CDC provides an updated list of known symptoms at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

Take your athlete's temperature and scan for illness symptoms at home the day of practice. Neither athletes nor parents should enter the Cheer Barn if they are presenting any signs of illness or if you've been traveling for 14 days prior to attending. Have a look at CDC guidelines.

At this time, known symptoms include, but are not limited to, the following:

Fever or chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

If I experience any of these symptoms and they cannot be attributed to a non-infectious health condition, regardless of how mild, I will stay home. Additionally, I will stay home if I test positive for COVID-19 or have been potentially exposed to someone with COVID-19 and follow quarantine and isolation guidance.

I will follow the face covering requirement, as described below: A face covering is an item that covers the nose and mouth, including cloth masks, scarves, bandanas or buffs or medical-grade masks. All parents, family, spectators, students and visitors in The Cheer Barn must use face coverings unless one of the following exceptions is met:

- When tumbling alone in the designated area.
- In an activity where 6 feet social distancing can be constantly maintained

- When eating in a designated spot so long as the Lightning safety protocols are otherwise followed;
- Where space can be designed to provide for adequate barriers or consistent social distancing;

Face coverings are required in The Barn and in outdoor settings where 6 feet of physical distancing cannot be maintained.

I will follow the below social distancing recommendations:

- In general: Stay at least 6 feet from other people

I understand that handwashing and the cleaning and disinfecting of surfaces are important strategies to mitigate the spread of COVID-19. I will follow the related CDC guidance:

- Wash hands often with soap and water for at least 20 seconds, especially after being in a public place, or after using the restroom, blowing nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Clean AND disinfect frequently touched surfaces regularly.

I will contact Lightning Elite Cheer for all concerns, questions and requests about COVID-19 (and related variants) safety. This includes reporting known and suspected cases of COVID-19.

I understand there are support resources available to me.

Thank you for acknowledging these simple strategies to protect yourself and others and reduce the impact of COVID-19 on our teams and in our communities.

Lightning Elite Cheer Operational Guidelines

Operational guidelines are to reduce the risk of spread of COVID-19 among coaches and athletes.

Coaches and athletes are required to wear face coverings. All athletes and coaches will wash their hands upon arrival. Athletes will be directed to wash their hands after touching some surfaces. Coaches will wash their hands appropriately. Please have your athlete use the restroom before attending.

Please remain 6 feet away from other people at all times. Spotting will be kept to a minimum and used only for safety at this time. Please only one parent or adult into the barn with the student if parents wish to stay they need to stay appropriately distanced in the balcony.

Facemasks are required when entering or exiting the Cheer Barn and spectators need to wear a face mask at all times. Instructors will wear a face mask at all times.

-Clean the mats every 2 hrs and prior to practice.

-If you are sick, say home.

-Wash your hands often. We have restrooms available for your safety.

-Social distance - we have done our best to provide a safe distance within the facility, please help each other out during practice.

I have read and understand this information: _____ DATE: _____