

Dover Little Green Cheerleading 2021 Indoor Practice/Event Protocols

DLG Cheerleading's Indoor Practice/Event Protocols are based on the information in the State of New Hampshire's Stay at Home Universal Best Practices document:

<https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/inline-documents/sonh/universal-best-practices.pdf>

We will utilize Dover Middle and High School's gyms, and have taken into account the Dover School District's Athletic Return Protocols for Fall Sports:

<https://4.files.edl.io/084e/08/26/21/155726-e7646ae4-7946-4df5-a22f-2f6a5c47e897.pdf>

All participants are required to follow these protocols in order to create a safe and successful season.

DLGC League:

- Will provide guidelines to all its members (athletes, parents, coaches) for safe in-person practice.
- Will provide hand sanitizer for use at practices/events.

Coaches:

- Will wear a face mask/face covering to/from and during practice/event.
- Will answer COVID-19 screening questions in order to attend practice/event.
- Will NOT attend practice/event if feeling sick.
- Will keep daily attendance of athletes and coaches at practices/events and will produce those records upon request.
- Will use hand sanitizer upon arrival to practice/event, and as necessary.
- Will provide non-contact direction/coaching during practice/event when possible.
- Will ensure any trash is collected and not left on the floor.

Athletes:

- Will arrive at practice in athletic clothing ready to practice (shorts/capris, shirt, and wearing cheer shoes)
- Will bring a water bottle and hand sanitizer to practice/event.
- Will wear a face mask/face covering to and from practice/event.
- Will NOT attend practice/event if feeling sick.
- Will use hand sanitizer upon arrival to practice/event and during practice/event as necessary.
- Will place water bottle away from other water bottles.
- Will minimize congregating with others and maintain a safe distance from others upon arrival, during, and at departure from practice/event.
- Will comply with Coaches' prompts about social distancing, hand hygiene and use of face coverings.

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- Will drink water from her/his own water bottle only – no sharing. A water filling station will NOT be available, so each athlete will ensure she/he has brought adequate water to practice/event.

Parents:

- Will review the protocols in this document with their athlete.
- Will review the COVID-19 screening questions with their athlete to ensure the athlete's understanding and intent of questions.
- Will provide an answer to COVID-19 screening questions for their athlete on the team Facebook page each day of practice/event.
- Will ensure timely (not early/late) drop off / pick up of athlete at practice/event.
- Will wear a face covering/mask when in the practice/event building.
- Will ensure he/she arrives at least 10 minutes prior to the end of practice/event to cause no disruption in departure protocol.
- Will make every attempt not to provide ridesharing to/from practice/event with non-family member athletes.
- Will keep athlete home if she/he is feeling sick.
- Will communicate with coaches via team Facebook page, email, text or phone to minimize the need for in person communication.
- Will provide sign-off of review, understanding and compliance of these protocols.

Mandatory Face Coverings/Masks:

- All athletes and coaches must bring to practices/events and wear reusable/washable cloth or surgical face coverings over their nose and mouth when around others and not actively engaged in athletics and/or when social distancing is not possible.
- Masks will be worn by athletes at all times while inside unless the athlete is stunting, tumbling or performing the routine in its entirety.
- "Gaiters" (or similar) are NOT permitted to be worn in place of surgical or cloth face coverings.
- Coaches WILL ensure social distancing and mask guidelines are followed whenever possible.
- Parents/visitors will wear face masks at all times while inside practice/event building.

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COVID-19 SCREENING QUESTIONS:

Coaches and athletes will be screened the day of each practice/event by answering:

1. In the past 10 days, have you had any close contact with someone who is suspected or confirmed to have COVID-19?
2. Are you experiencing any symptoms of COVID-19 (cough, congestion, chills, shortness of breath or difficulty breathing, runny nose, sore throat, headache, diarrhea, muscle pain/body aches, nausea/vomiting, new loss of taste or smell) or do you have a fever of 100.0 degrees F or higher?
3. Is there a person in your household currently waiting for a COVID-19 test result because they are symptomatic?
4. In the last 10 days, have you traveled internationally or on a cruise ship?

Person(s) with any COVID-19 symptoms, those who are unvaccinated and report that in the past 14 days they have had close contact (closer than 6 feet to the person for more than 10 total cumulative minutes) with someone who is suspected or confirmed with COVID-19, or those who report travel risk factors **will not be allowed into the DLGC practice or event.**

Person(s) with a suspected or confirmed diagnosis of COVID-19 must stay home until symptom-based criteria are met for discontinuation of isolation which are:

- At least 10 days have passed since symptoms first started, AND
- At least 24 hours have passed since last fever (off any fever-reducing medications), AND
- Symptoms have improved; or
- Approved COVID-19 testing is negative, at least 24 hours have passed since their last fever (off any fever reducing medications) and symptoms have improved.

Unvaccinated person(s) exposed to COVID-19 in their household are at risk of developing COVID-19 in the 14 days after exposure. They should:

- Stay home (quarantine) for 10 days from last exposure.
- Get tested 5-7 days after their last exposure.
- Monitor for symptoms and if symptoms develop, follow protocols above for person(s) with suspected diagnosis.

Unvaccinated person(s) exposed to COVID-19 in the community are at risk of developing COVID-19 in the 14 days after exposure. They should:

- Monitor for symptoms and if symptoms develop, follow protocols above for person(s) with suspected diagnosis.

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Fully vaccinated person(s) in close contact to someone in the community (non-household contact) with COVID-19 OR fully vaccinated person(s) in close contact to someone in their household with COVID-19 should:

- Monitor for symptoms for 14 days after exposure
- Get tested with a PCR-based test 3-5 days after exposure and wear a face mask indoors for 14 days or until a negative test result.
- If symptoms develop, get tested. If negative tests results are received, stay home until fever-free for at least 14 hours (off any fever-reducing medications) and other symptoms are improving. If there is a positive test result, follow protocols above for person(s) with confirmed diagnosis.

NH Division of Public Health Services guidance documents:

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-isolation-covid.pdf>

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-quarantine-covid.pdf>

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-observation-covid.pdf>