SportCheer Wales
Local Lockdowns
October 16th 2020

Local Lockdown Guidance Document Version 9

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This document is correct at the time of publication.
Please read this document in conjunction with the Welsh Government guidelines.
Updates will be produced to coincide with further local lockdowns.

This document is intended to be used in its entirety. Individual sections should not be used alone without consideration of the document as a whole. This guidance does not constitute legal advice or replace any government or Public Health Wales advice; nor does it provide any commentary advice on health-related issues.

Introduction

SportCheer Wales (SCW) is recognised by the world governing body for Cheerleading; the International Cheer Union (ICU) as the National Governing Body for the sport of Cheerleading in Wales. Cheerleading is a SportAccord recognised sport, and an International Olympic Committee member sport.

Cheerleading is one of the fastest growing sports in the country, with over 89,000 athletes across the UK participating at recreational, competitive and elite level.

Cheerleading is a high energy, team-based performance sport that is athletic, artistic and acrobatic. Depending on the division, athletes may be required to showcase a variety of skills including: tumbling, partner stunts, pyramids, tosses and dance. A stunt is defined as any skill in which an athlete is supported above the performance surface by one or more persons. Tumbling is defined as any hip over head skill that is not supported by another person beginning and ending on the performance surface. While some skills are individually developed, such as tumbling or dancing, partner stunts, pyramids and tosses require a great deal of teamwork and routines require synchronization and team uniformity. In its modern form, Cheerleading is more akin to group acrobatics than the traditional stereotype of pom poms and chants.

While we are keen for our teams to return to training as soon as possible, the health and safety of our athletes and coaches is our highest priority. This document is designed to help athletes, coaches and gym owners navigate the government guidance, and safely prepare for the return to activity, in a manner that complies with government guidelines and the advice of Public Health Wales.

Please note that this document is based on the latest information and research available at the time of writing. This guidance does not constitute legal advice or replace any government or Public health Wales advice; nor does it provide any commentary advice on health-related issues. The COVID-19 pandemic, and the responses of the public health community and UK Government remains fluid; data and recommendations will change. As they do, this document will be updated to reflect this. Please check the date of the last update on the front cover to ensure you are viewing the most current document.

Covid-19

Coronavirus disease 2019 (COVID-19) is an ongoing Worldwide pandemic caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). This virus appears to be highly infectious and at present, we do not have an effective treatment for it. Most people (80%) who are infected have mild symptoms and some do not have any symptoms at all. Because this is a new virus, there is much we do not know about it. Like other viral infections however, we know that many individuals who are infected, are infectious for up to 2 days (48hrs) before they have symptoms. This means it is easy to spread this disease before you are aware you have it.

While the majority of those who become symptomatic can be managed at home, 15- 20% who contract the virus become unwell and may require hospitalisation. A small number (5%) require intensive care, some of whom require breathing support through ventilation. These patients are more likely to be male, older (>60) and have underlying conditions such as cardiovascular disease, raised blood pressure chronic lung disease, or diabetes. There is also growing evidence that individuals from Black, Asian & Minority Ethnic (BAME) communities and disabled people appear to have higher rates of serious illness from COVID-19

The exact mortality rate associated with COVID-19 infection is unknown, but it may be as high as 1- 2% overall and is higher in vulnerable groups. COVID-19 will likely remain a potentially deadly virus until an effective vaccine is created, but vaccination is unlikely to be available for several months to years.

Younger, healthy people appear to be less likely to develop severe symptoms based on current knowledge. Anyone, however, can spread the disease infecting those they love, their friends, colleagues, and teammates.

Governments and health authorities around the world have instigated social distancing requirements, restrictions on public gatherings, quarantine measures and limited travel to and from other countries to slow the spread of the disease and to enable health care systems to cope with the potential increased demands associated with managing the disease. The Cheerleading community has a responsibility to support these efforts.

Local Lockdown

Due to a significant increase in positive Coronavirus tests from within the areas and in order to try and prevent further spread of the virus, a local lockdown was considered necessary in some parts of Wales.
As of 6pm on Saturday October 10th 2020, The Welsh Assembly government has placed 15 County Boroughs into local lockdowns. Llanelli and Bangor ward areas have also been placed into a local lockdown.

What Areas are Locked down?

These areas extend to many places close to, or containing Welsh Cheer and dance programmes. The whole of the Borough Councils and ward areas are in lock down. The areas are detailed by following the links below.

Bangor area Lockdown
Blaenau Gwent Borough Council
Bridgend Borough Council
Caerphilly Borough Council
Cardiff Borough Council
Conwy Borough Council
Denbighshire Borough Council
Flintshire Borough Council
Llanelli Area Lockdown
Merthyr Borough Council
Neath Port Talbot Borough Council
Newport Borough Council
Rhondda Cynon Taff Borough Council
Swansea Borough Council
Torfaen Borough Council
Vale of Glamorgan Borough Council
Wrexham Borough Council

What are the rules?

There are five main points:

- People who live in the local lockdown areas must stay in the area unless they have a good reason to leave it
- People from outside the local lockdown areas should not enter the area unless they have a good reason,
- People living in the local lockdown areas should not meet indoors (including in a café, pub, bar or restaurant) with anyone who is not a member of their household unless they have a good reason – extended household arrangements are suspended for those living in the area.
- Face coverings must be worn in nearly all indoor public places by people over the age of 11.
- People must work from home wherever possible

Guidelines for Sport and Exercise

The Welsh Government guidelines for **adults** state that:
You can only play sport or exercise with others from within the local authority area as long as you maintain social distancing, all reasonable steps are taken to minimise risk, and only do so in groups or classes of up to 30 people.

However, exceptions have been made for **children aged 18 or under on August 31st 2020**;
Accessing organised activities for children is a reasonable excuse for leaving or entering an area with local restrictions. However, you should only do so if you can't reasonably be expected to do this inside your local area. You can also enter or leave an area to access childcare or education.

If you are transporting your child to and from an organised activity for children and this involves entering or leaving an area with local restrictions, you can remain in the area while waiting for your child to complete the activity. However, while away from your area you should keep any contact with other people to an absolute minimum.

Can I drive through the area to get to practice?

The Welsh Assembly Government has stated that travel through any part of the local lockdown areas is to be restricted unless there is no alternative route. In this case, it is important that you do not stop or leave your car within the local lockdown area.

Resources

Government guidance and relating supporting documents

Local Lockdown

https://gov.wales/local-lockdown

Bangor Area Coronavirus Lockdown: FAQs

Blaenau Gwent County Coronavirus Lockdown: FAQs

https://gov.wales/blaenau-gwent-county-borough-lockdown-frequently-asked-questions

Bridgend County Coronavirus Lockdown: FAQs

https://gov.wales/bridgend-lockdown-frequently-asked-questions

Caerphilly County Coronavirus Lockdown: FAQs

https://gov.wales/caerphilly-county-coronavirus-lockdown-frequently-asked-questions

Cardiff County Coronavirus Lockdown: FAQs

https://gov.wales/cardiff-council-area-lockdown-frequently-asked-questions

Conwy County Coronavirus Lockdown: FAQs

https://gov.wales/conwy-county-borough-lockdown-frequently-asked-questions

Denbighshire County Coronavirus Lockdown: FAQs

https://gov.wales/denbighshire-county-lockdown-frequently-asked-questions

Flintshire County Coronavirus Lockdown: FAQs

https://gov.wales/flintshire-county-council-lockdown-frequently-asked-questions

Llanelli Area Coronavirus Lockdown: FAQs

https://gov.wales/llanelli-lockdown-frequently-asked-questions

Merthyr County Coronavirus Lockdown: FAQs

https://gov.wales/merthyr-tydfil-county-borough-lockdown-frequently-asked-questions

Neath Port Talbot County Coronavirus Lockdown: FAQs

https://gov.wales/neath-port-talbot-lockdown-frequently-asked-questions

Newport County Coronavirus Lockdown: FAQs

https://gov.wales/newport-city-council-area-lockdown-frequently-asked-questions

Rhondda Cynon Taf County Coronavirus Lockdown: FAQs

https://gov.wales/rhondda-cynon-taf-lockdown-frequently-asked-questions

Swansea County Coronavirus Lockdown: FAQs

https://gov.wales/swansea-council-area-lockdown-frequently-asked-questions

Torfaen County Coronavirus Lockdown: FAQs

https://gov.wales/torfaen-lockdown-frequently-asked-questions

Vale of Glamorgan Borough County Coronavirus Lockdown: FAQs

https://gov.wales/vale-glamorgan-council-lockdown-frequently-asked-questions

Wrexham Borough County Coronavirus Lockdown: FAQs

https://gov.wales/wrexham-county-borough-lockdown-frequently-asked-questions