

V.2020.1



SportCheer Wales  
Return to Play Guidance  
Phase 1  
August 2020

# Return to Play Guidance Document Phase 1

**LAST UPDATED 07/08/20**

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 significant national guidance changes

**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.**

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## 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.

## Signs and symptoms

In the UK, the National Health Service (NHS) describe common symptoms of COVID-19 to include:

- High temperature over 37.8°C
- New and persistent cough
- Loss of taste or sense of smell

In addition, other symptoms can include:

- Hoarseness
- Runny nose
- Sneezing
- Shortness of breath
- Sore throat
- Wheezing
- Tiredness

Though these are common symptoms of other illnesses, they may be signs an individual has been infected by COVID-19, and it is vital that you do not infect teammates, colleagues, your friends and family or the general public.

## What can you do to stay safe?

- Please see the information provided later on in this document on [hygiene considerations](#).
- Wash your hands – regularly and thoroughly clean your hands with soap (for minimum of 20 seconds) and an alcohol-based (minimum 60% ethanol or 70% isopropanol) hand rub. Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain social distancing rules - maintain at least 2 metre distance, and as close to this distance as practicable for children 11 years and younger, in line with current [restrictions](#). When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus, if the person coughing has the disease.
- Avoid touching hands to face, mouth or nose - Hands touch many surfaces and surface to hand transfer can spread the virus. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Catch it, bin it, kill it - Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze.
- We advise that those athletes who were put onto the government's vulnerable list, seek medical advice before returning to training sessions.

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## What happens if I have been in contact with an infected person?

- NHS Wales defines close contact as;
  - someone within 1 metre of you with whom you have had a face-to-face-conversation, had skin-to-skin physical contact, you have coughed on, or had other forms of contact within 1 metre for 1 minute or longer or
  - someone within 2 metres of you for more than 15 minutes.
- The NHS currently recommends that close contact with an infected person requires that individual be isolated for 14 days from the last time they were exposed to the infected person. You may have been informed of this via the NHS Wales Test Trace protect system.
- If you are worried that this may relate to you, you should follow NHS Wales [Isolation Guidelines](#).
- Further guidance is contained later in the document under ['what to do if someone reports COVID-19 symptoms after a training session'](#).

## Black, Asian and minority ethnic groups

There is evidence that these communities are affected more by COVID-19 than other sections of society. The Office of National Statistics (ONS) describe black people as being 1.9 times more likely to die from COVID-19 than white people, with Pakistanis and Bangladeshis at 1.8 times and Indians at 1.5 times more likely to die from COVID-19. There appears to be a number of possible reasons for this, but none that have been researched in enough depth by the scientific world to be acted upon specifically. However, Clubs should take this into consideration when completing their risk assessment.

## Recommendations for return to play for disabled athletes

SCW are keen to ensure that athletes with disabilities, for instance on Adaptive Abilities, Special Abilities teams, and those who are part of classical teams, are not left out of the considerations when planning for a return to play.

Recent statistics from the ONS\* show that disabled people are significantly more vulnerable to the effects of COVID-19 than their non-disabled counterparts. We therefore recommend that coaches of these teams take significant extra precautions in planning and managing the return to training for those athletes.

After adjusting for region, population density, socio-demographic and household characteristics, the relative difference in mortality rates from COVID-19 between those classed as "limited a lot", in the latest census, and those

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without disabilities was 2.4 times higher for females and 1.9 times higher for males. There are a number of socio-economic factors which adjust for these risks to disabled athletes in Cheerleading, for instance many elderly people are disabled and mortality rates in care homes will have had a large impact on the data as represented above.

However Clubs should still take this into consideration. SCW has detailed below further guidance on the additional considerations and recommendations for return to play for teams with disabled athletes to ensure that more vulnerable athletes are kept safe:

- At the start and end of training sessions and in breaks during longer sessions, we advise that mobility and other disability support equipment is disinfected as a part of the Club's sanitation routines.
  - For athletes who use separate mobility equipment for sport and day to day, SCW advise that where possible, athletes transfer to their sports device outside of the training environment and leave their day to day mobility device in a separate area.
- Ensure that the Club's accessible routes, which may not be the usual routes in and out of the facility or onto the floor, are also disinfected and cleared between sessions so they are safe for the athletes to use.
- If an athlete needs a support worker in order to participate in the sport (or to manage day to day activities while participating, for instance as an interpreter, when consuming water, washing their hands, etc) that person should be included in your considerations when calculating the maximum number of people in the facility at one time.
  - As the level of risk of infection reduces, SCW advises Clubs to relax the inclusion of support workers when calculating the maximum number of people allowed to enable a larger number of athletes to participate together whilst allowing for the support worker to remain in the training space enabling the disabled athletes to participate fully.
- If an athlete has a support worker they are in regular contact with but who is not required to assist them during sporting activity, SCW advises that the support worker is enabled to stay at a reasonable and close distance so that they are available to support the disabled athlete if needed, without being present during the sporting activities. For instance they may be in another room of the facility, waiting just outside, or in a vehicle close by.
  - As the level of risk of infection reduces, SCW advise Clubs to relax the distancing of support workers who are not needed by athletes during sporting activity, but may be needed for other types of support and to allow them to be present in the training space even if not needed for direct participation, rather than in a separate space.

- Research carried out by [RNIB](#) found that almost two thirds of blind or partially sighted people reported that they have found maintaining a social distance difficult. When working with athletes with visual impairment SCW recommends the following additional considerations:
  - If athletes usually need guiding to find their way around, Clubs should try to implement verbal guiding rather than contact guidance.
  - Clubs should ensure that visually impaired athletes are made aware of sanitisation stations and any new installations like protective screens and contactless payment terminals.
  - Tactile floor markers may be helpful to support visually impaired athletes to maintain social distancing.

Some athletes with disabilities may not feel comfortable returning to play at this stage, or may not get an agreement from their GP to do so. SCW advises that Clubs ensure an opt in ethos is supported and that disabled athletes are not indirectly discriminated against by putting undue pressure on those athletes to return immediately on reopening of the facility. Instead Clubs should ensure there is still a place on the team for these athletes when they feel it is personally safe for them to return and/or they have an agreement from their doctor to do so.

\*ONS statistics

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/articles/coronavirus-covid19relateddeathsbydisabilitystatusenglandandwales/2marchto15may2020>

## Risks within cheerleading

COVID-19 is an infectious disease spread primarily through respiratory droplets in the saliva or nasal discharge on coughing or sneezing. COVID-19 has led to a global pandemic with significant mortality. Since March 2020, the UK government strategies have led to reduced rate of spread of COVID-19, with current advice being to 'protect yourself and others.'

Since March 21st 2020, leisure facilities and training venues including Cheerleading gyms have been closed. The Government has supported the re-opening of such facilities as of August 10th 2020, if deemed appropriate by the National Governing Body for each Sport. SCW has taken many considerations into account when developing this framework including the physical and psychological benefits of Cheerleading for the 89,000 athletes across the UK, and the economic return of the Cheerleading community.

The key principle underpinning the SCW framework and Return to Play Cheerleading Guidance is that the resumption of Cheerleading should not compromise the health of individuals whilst enabling participation in all aspects of the sport. The SCW framework is based on the latest data and recommendations published by the Welsh Government as well as medical advice and expert knowledge of Cheerleading.

It is recognised that the use of music in training sessions, during performances and at competitions is part of the sport of Cheerleading. Clubs should put measures in place to avoid the need for people to unduly raise their voices to each other. This includes refraining from playing loud music that may encourage shouting if played at a volume that makes normal conversation or giving coaching instructions difficult. Athletes should be encouraged not to shout additional instructions or count along to the music, and other common practices associated with Cheerleading that involve raised voices. This is because of the potential for increased risk of transmission.

Cheerleading as a sport involves frequent physical contact between athletes during the stunting elements of training and competitive routines. It also involves a high moisture level where there is potential for sweat, saliva and moisture rich breath to be present during contact between athletes and coaches during training sessions, performances and competitions. As Cheerleading training sessions and competitions most usually take place inside, the risk of high moisture levels is increased versus if these activities were to take place outdoors.

With variations in Club structure and so many different considerations individual to each Club, SCW advises that each Club undertakes a full risk assessment as per Government documentation and adheres to the Return to Play Cheerleading Guidance when returning to training. If cases are identified, or regional R rates increase, it is critical to re-evaluate the risk and make changes as necessary. This may involve a period of closure.

Good communication between the Club and the athlete is fundamental to ensure any changes in individual athlete risk is continually evaluated e.g. if new medical conditions are diagnosed or they have new contacts with vulnerable individuals. It is important that Clubs do continually risk assess to ensure the safety of the athletes and the community around them.

It is essential that every Club engages fully with the NHS Wales Test, Trace, Protect Strategy (<https://gov.wales/test-trace-protect-coronavirus>) This includes the accurate record keeping of athlete and staff attendance including name, phone number, time of arriving/leaving whilst ensuring GDPR [regulations](#) are adhered to. This should be kept for 21 days as per Government advice. If an outbreak is identified within the Club or facility, SCW advises liaising with the local Public Health Wales team regarding temporary closure. (<https://gov.wales/keeping-records-staff-customers-and-visitors-test-trace-protect>)

COVID-19 can range from asymptomatic, to mild, to severe illness with an incubation period of 5 - 14 days. It is critical that however mild or common the symptom is reported; isolation guidelines are followed until a test is returned as negative or the individual is symptom free for 10 days (current Government guideline). If a symptom is reported during a training session, the individual must be isolated in a designated area and collected by a household member as soon as possible with advice to isolate and test the household as per current government advice. The most common symptoms include; fever (37.8 or above), cough and shortness of breath. Other symptoms include but not limited to; sore throat, conjunctivitis, headache, fatigue, muscle aches, diarrhoea, nasal congestion, loss of smell or taste, rash, discolouration of fingers or toes, chest pain.

## Club considerations

SCW acknowledges that while all Clubs share the common ground of Cheerleading as their sport, every Club faces its own specific set of circumstances that pertain to them, based on a number of variables. These variables should be considered carefully by Clubs and form the basis of any decisions on which phase on the RTP Guidance, they should operate at and other important [factors](#) surrounding their return to Cheerleading.

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Variables that Clubs may want to consider include, but are not limited to: regional variation in R rates, any localised lockdowns, population density in your area of operation, the demographic make-up of your participants (for example: [BAME](#) and [disabled athletes](#) have increased associated risks), local public transport links, training space and facility provision (for example; number of toilets, entry/exits, walkways, fire safety policies, floor space, ventilation, ability to social distance), and coaching capacity. Above all the priority of each Club must be the safety of their athletes.

## Return To Play Cheerleading Guidance Phase 1

SportCheer Wales' Return to Play Cheerleading Guidance is a tool to help guide Clubs through the process of safe reopening and has been created based on government guidance, medical advice and expert knowledge of Cheerleading. However, it is important to note that your Club's circumstances and the government risk levels are subject to change at any time. 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.

SCW advises that each coach and assistant coach completes Covid-19 training from an online source. This can be accessed for a fee via the [Welsh Sports Association](#) or for free via the [World Health Organization](#)

Once you have completed a full [Risk Assessment](#) SCW advises that Clubs communicate with their insurance company to check that they will be covered for the activity level proposed.

Individuals must remember that there can never be risk free Cheerleading and any Cheerleading activity will come with inherent COVID-19 risks until there is a proven vaccine or treatment and a significant reduction of the disease in the population.

## Return to Play Cheerleading Guidance Phase 1

**Please note: The Phase 1 guidance is a continual process and will be updated as and when further guidance is released from the Welsh Government**

Level	Advice	Conditions to be met
'Stay Home'	All leisure facilities closed	Exercise within households only.
Pre – Return Phase	Outdoor group training Maximum groups of 30 (including coaches) Socially distanced No stunting or spotting No equipment sharing	Exercise with members of other households.  Exclusion of any athlete who has symptoms of COVID19 or should be isolating as per <a href="#">government advice</a>  Must be able to meet <a href="#">government advice</a> for re-opening outdoor gyms including environmental risk assessment, social distancing, infection prevention and control, toilet provisions and PPE.  Individual athlete risk assessment to include medical health, close contacts with vulnerable individuals and <a href="#">ethnicity</a>  High risk individuals should have risk discussed with them and risk stratifications in place.
<b>PHASE 1</b>	Indoor training  Depending on floor size -  Socially distanced by 2 m Maximum of 30 participants including coaches – ensure crossover times do not increase this number No stunting or spotting No use of foam pits Follow government cleaning guidelines	Exclusion of any athlete who has symptoms of COVID19 or should be isolating as per <a href="#">government advice</a>  Must be able to meet government advice on facility suitability and with facility adaptations. This includes but not limited to; maintaining social distancing, cleaning between uses, PPE, workforce management, time between sessions.  Individual athlete risk assessment to include medical health, close contacts with vulnerable individuals and <a href="#">ethnicity</a>  High risk individuals should have risk discussed with them and risk stratifications in place.

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# Safeguarding

The COVID-19 outbreak has caused significant mental health and wellbeing difficulties for some children, young people and adults. It is therefore important that all facility staff/volunteers are aware of the safeguarding issues that can put children at risk, such as abuse and neglect and be able to identify the signs. A robust safeguarding policy must be in use before a facility opens. It is important that continuous and effective communication with parents and guardians is part of the safeguarding policy.

Below are a few simple steps Clubs can take to support children at this time:

- Follow the process outlined in SCW's [Safeguarding Policy](#) for reporting concerns.
- Ensure the common standards of the [Wales Safeguarding procedures](#) are met.
- Staff and volunteers should be reminded how to respond if a child or adult at risk talks about a concern. The link below from the NSPCC includes information, advice and posters which can be shared with staff and volunteers.
- Continue to share contact details of key support services through the Club's social media and other channels:

Childline Tel: 0844 892 0220 (9am-Midnight) Web: [www.childline.org.uk](http://www.childline.org.uk)

NSPCC Tel: 0808 800 5000 (9-6 Mon-Fri) Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Web: <https://www.nspcc.org.uk/keeping-children-safe/our-services/>

For more information please visit: <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/>

## Covid-19 Club Officer

Each Club must name an individual as Cheerleading [Covid-19 officer](#). They should have knowledge of [Safeguarding](#), [GDPR regulations](#) and should keep up to date with any further SCW updates as the pandemic evolves. Government guidelines for this can be found [here](#).

The Covid-19 officer must complete the Coronavirus disease webinars and training via the [World Health Organization](#). It is also advisable that they complete the [Welsh Sports Association](#) training as it pays particular attention to sports.

The key roles and responsibilities will include:

- Ensuring the Club is compliant with SCW COVID-19 guidance & current Welsh Government guidance
- Responsible for completing appropriate COVID-19 risk assessments
- Keeping up-to-date with developments within the UK and Cheerleading itself to reduce the risk of COVID-19 infection and communicate it to all Club athletes. Sources of information may include:
  - The SCW [website](#)
  - SCW's social media outlets
  - [NHS Wales](#)
  - Welsh Government [website](#)
- Lead on screening of all athletes and staff for each training session in accordance to the guidelines in this document.
- Upskill other staff or coaches to be able to conduct the screening
- Responsible for the collection and appropriate storage of screening forms and attendance forms.
- Responsible for contact tracing in relation to the individuals who have been in contact with a suspected case of COVID-19 within the Cheerleading session once an individual has notified the Club that they have been infected with COVID-19
- Responsible for directing an individual who has been infected by COVID-19 to report this to the NHS and get a test in order to commence NHS led contact tracing.

Information for [club recruitment](#) and a [job description](#) are available on the SCW website.

## Risks within cheerleading: further considerations

### Personal risk

Athletes and coaches should be aware of all signs and symptoms of COVID-19 and should aim to reduce risk of infection as much as possible (see also COVID-19 symptoms and Hygiene Advice). They should consider that:

- Increased numbers at training will increase risk of exposure to the virus
- Cheerleading indoors has a higher risk than training outdoors
- Individuals (or members of their household) suffering from other underlying illnesses may have a higher risk than others if exposed to COVID-19. Underlying medical issues may include:
  - Cardiovascular problems
  - High blood pressure
  - Diabetes
  - Chronic kidney or liver disease
  - Compromised immunity diseases
  - Obesity (BMI 40+)

These individuals have an unquantifiable risk with current research predicting possible risk. Therefore, ALL individuals within the Club need to have been made aware of the risks outlined in this document prior to re-commencing Cheerleading to understand the associated risks of participating. SCW recommends that the Club's COVID-19 Officer send the [SCW risk sheet](#) to all members. This should help ensure that athletes and their families are aware of the risks of participating in Cheerleading with others and that they consent they are happy to do so, despite the increased risk to their health.

### Personal protection equipment (PPE)

Gloves, masks and aprons are recommended for dealing with incidents of First Aid situations where close contact is unavoidable.

It is important Clubs are adequately stocked to supply coaches, support staff, and First Aiders with appropriate PPE.

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## Team risk

The larger the group participating, the more the risk level is increased. Below is a list of key considerations to take into account when increasing the number of participants in your training sessions.

- Small group sessions will reduce infection risk.
- Outdoor training is likely to reduce infection risk due to the reduction in the virus' ability to travel in that environment – aerosol spread.
- Large gatherings and high numbers within a confined space are likely to increase risk of infection.
- We recommend communicating with parents and athletes to request people do not congregate in communal areas or the car park before or after training, but arrive on time and leave immediately after practice has finished to avoid prolonged periods of social interaction.
- When considering how athletes will arrive for training, SCW are advising against carpooling where possible.
- SCW advise that parent viewing areas or waiting areas are closed and that training is limited to athletes only. Parents and carers should be discouraged from congregating at the entry and exits of the training facility before and after sessions. (Exemption: the provision of carers/support workers for disabled athletes).

## Screening of athletes & staff

Due to the close contact nature of Cheerleading, SCW is advocating screening of anyone training or participating in Cheerleading to ascertain whether individuals are able to train safely. SCW are asking both Clubs and all individuals associated with Cheerleading (such as family members) to take responsibility for reducing the risk of COVID-19.

### Individual self-screening

Before leaving the house to participate in Cheerleading, athletes should check that:

- They do not have symptoms of a high temperature (feeling hot, feeling cold, shivers, feeling under the weather) or a measured temperature of 37.8 or above.
- They do not have a new persistent cough.
- They do not have a loss of taste or smell.
- They have not been in contact with a person with suspected COVID-19 within the past 48 hours.
- They have not been advised to self-isolate due to a third party from another setting (i.e. school) being infected with COVID-19.
- No one within their household has COVID-19 symptoms as outlined above which would require the whole household to self isolation as guided by the UK Government.

Individuals must not attend a Cheerleading session if any of the above are true. Clubs should ensure that:

- There should be no pressure placed upon an athlete to attend a training session or competition if they have symptoms or they feel like the environment is unsafe for them.
- If during a session an individual feels uncomfortable with the management of the session, then there should be no pressure placed on that individual if they decide to opt-out of that session.
- All individuals should have read the SCW COVID-19 Information as set out in this document.

## Screening information for clubs

Clubs are responsible for maintaining up to date records of athletes' contact details and health, in order to assist in effective NHS Wales Test, Trace, Protect Strategy. SCW recommends screening throughout Phase 1 of Return to Play Cheerleading Guidance. Clubs should consider the following key considerations:

- The priority is to keep your athletes and staff healthy.
- Any individual coming to training/competition (coaches, athletes, staff) will need to have their attendance documented, and may need to be screened before entering the venue, depending on the risk level.
- Any positive answers to questions on the SCW Covid Screening Template will mean that the individual cannot attend the session and they should be advised to return home to self-isolate as per the Government's guidelines.
- Contact details are required in order to help the NHS Wales Test, Trace, Protect Strategy service if a suspected case of COVID-19 arises.
- The attendance records of all individuals attending training or competition is to be held with the Club's COVID-19 Officer in a secure place and records should be maintained in line with the Club's existing policies and procedures.
- Screening temporary records are to be securely kept for 21 days after a training session before being confidentially destroyed.
- SCW reminds Clubs to be mindful of GDPR regulations. Follow this [link](#) to the Information Commissioner's Office (ICO) regarding holding data during this pandemic.
- Clubs are required to provide all staff and athletes with education on COVID-19 and the potential risks associated with Cheerleading.
- If screening athletes and coaches see SportCheer Wales screening [template](#)
- Clubs should ensure that where screening takes place it is conducted in a suitable area away from venue entrances, ensuring good social distancing practices.

## What to do if someone reports covid-19 symptoms after a training session

In the event that someone reports symptoms of COVID-19 or a confirmed case of COVID-19 after attending a session the following is advised:

- All participants (athletes, coaches, staff) in the training session have the responsibility to notify the Club COVID-19 Officer should they experience symptoms of COVID-19 within 2 days of the training session.
- Anyone with symptoms should ask for [a test online](#) or call to arrange a test by calling 119. The test should be completed within 5 days of the symptoms starting.
- The Club's COVID-19 Officer should direct any individual who tests positive to the Welsh Government's Test and Trace procedures. In Wales this will mean that individuals will have to self-isolate for 14 days, unless you are showing any symptoms, in which case you would be sent a test. Each nation: England, Scotland, Wales and NI, have different procedures currently.
- In addition to the above advice, Club COVID Officer to contact all individuals that attended the training session in question to advise that an individual within that group has reported symptoms. If the individual is a coach, then all participants of all sessions will need to be contacted. Useful print-outs for parents and athletes can be found on the [SCW Website](#)
- If a member of the Club presents with symptoms or reports a confirmed case of COVID-19 within 48 hours of a training and has been in contact with any other athletes, coaches and officials in the interim, then training for that particular session must be suspended and all those that have had contact with the reporting individual be advised to isolate for 14 days.
- The name of the infected individual is not to be disclosed to protect anonymity
- All attendees of the session should be advised to isolate for 14 days (as per government guidelines) in case symptoms arise.
- Following a suspected case of COVID-19 in your gym, the gym and any equipment used will require a deep clean. Full PPE must be used for this process.

See flow chart on the following page:

Screening conducted prior to entering the training facility  
(check for high temperature, cough, loss of taste / smell or recent contact with another individual showing symptoms)

**NO** Symptoms  
**NO** Contact  
**NO** Temperature

**ENTER THE GYM**

**YES** to either; Symptoms, Contact or Temperature

Self Isolate as per Welsh Government guidelines

Inform club Covid officer

**DO NOT ENTER THE GYM**

Has the individual had contact with any athletes or coaches at the club in the last 2 days?

**NO**

Resume normal practice.  
Retain screening procedures.

**YES**

**All individuals who have had contact to be notified and removed from training.**

**All training sessions may need to be temporarily suspended.**

**Deep cleaning of facility and equipment required.**

# NHS Wales Track, Trace, Protect System

Please see information chart below:

Llywodraeth Cymru  
Welsh Government

## Test. Trace. Protect. To keep Wales safe.

What do you need to do?

GIG CYMRU  
NHS WALES | Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

  

1

You develop at least 1 coronavirus symptom: a new continuous cough; high temperature; or loss of smell or taste.

!

If you've been within 1m of someone for 1 minute or longer or within 2m of someone for 15 minutes or longer, you'll need to tell us about them. You'll also need to tell us about anyone you've travelled in a vehicle with, or people who've sat near you on public transport.

Please be vigilant for scam callers. We will never ask you for any financial information, bank details, or passwords. If in any doubt, do not provide the information. Texts will be sent from +447775106684, emails will be sent from [tracing@wales.nhs.uk](mailto:tracing@wales.nhs.uk) / [oihain@wales.nhs.uk](mailto:oihain@wales.nhs.uk), and calls will be made from 02921 961133. No other channels will be used by the NHS Trace, Test, Protect team.

2

You and members of your household follow self-isolation guidance.

3

Take a test within the first 5 days of developing symptoms, when the test is most effective.

[Apply for a test here.](#)

6

A contact tracer will get in touch with your contacts. They will tell them that they have been in contact with someone who has tested positive for coronavirus. Your identity will not be revealed unless you give permission. They will be provided with support and advised to self-isolate for 14 days from their last contact with you. Members of their household will not be asked to self-isolate, but should follow the [social distancing guidance](#) and avoid contact with the person isolating at home.

4

If the test is negative, no further action is needed by you or others in the household. You no longer need to self-isolate. If the test is positive, you will be contacted by a contact tracer on behalf of the NHS Wales Test, Trace, Protect service. You will only be contacted after you have had a positive test.

7

Your contact will only be advised to take a test if they are displaying symptoms. Testing asymptomatic people is not recommended as it can generate false negatives. If they test positive, the process will be repeated for this person, their household members and contacts.

5

You will be asked to provide us with information. We will need to know who you've been in contact with and where you've been in the two days before your symptoms started until now.

**TRACE YOUR MOVEMENTS. STOP THE SPREAD.**  
**TOGETHER WE'LL KEEP WALES SAFE.**

Visit [gov.wales/coronavirus](https://gov.wales/coronavirus)

## Hygiene considerations

It is important for Clubs to follow the hygiene guidelines set out below to mitigate the risk of transmission in conjunction with all other guidance outlined in this document. The guidelines relating to hygiene have been prepared to best reduce the risks of [virus transmission](#).

Transmission is possible in a number of ways:

- Person to person
- Equipment to person
- Surfaces to person

Cheerleading involves some elements that SCW deem to be low/medium risk (conditioning, dance, tumbling & jumps) which we are advocating in phase 1.

## Preparation for training (can apply to athletes, coaches and other staff)

- Asking athletes to arrive at the venue already changed and ready to participate and to only bring what is necessary
- After going to the toilet, thoroughly wash hands for a minimum of 20 seconds with soap or alcohol gel (minimum 60% ethanol or 70% isopropanol)
- Minimal use of changing rooms
- No unnecessary physical contact such as high fives, hugs, rituals involving contact (handshakes etc)
- Social distancing applies with the exception of primary aged children
- Use markers on the floor to show direction of travel around the gym. Where possible have separate entrances and exits for teams arriving and leaving, to avoid crossover periods where social distancing is difficult
- Provide suitable and sufficient rubbish bins in these areas with regular removal and disposal
- Strongly advise against athletes and coaches carpooling to venues.
- Avoid touching high-contact surfaces such as door handles, benches, chairs, etc.
- Consider providing boxes/trays for athlete's belongings that can be easily disinfected between uses
- Consider shorter training sessions to avoid breaks where athletes are likely to be less mindful of social distancing

## Hygiene during training

- Social distancing markers on the floor will show where athletes must wait to enter and how to move around the mat

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- Remain socially distanced from other athletes. Limit physical interaction as much as possible.
- Water bottles to be kept socially distanced, in the space provided by the coach (either individual boxes, floor markers, or kept in the space next to the athlete)
- No sharing of water bottles
- All water bottles clearly labelled with the individuals name on it
- No handshakes, high fives or other physical contact
- No sharing of towels, t-shirts or other items
- Cleaning of shared equipment between each use and again between sessions
- No shouting over music, or yelling / 'mat talk' between athletes that may increase the risk of droplet spray in the air
- Regular handwashing
- Regular cleaning of equipment between use by different athletes

## Medical provision

- If you have use of a medical room, size must be factored in when considering number of people allowed in the room to allow appropriate social distancing
- Only essential people should be in the medical room
- First Aiders should strongly wear gloves, face coverings/masks and eye protection (glasses/goggles) during examination or treatment (Close contact)
- Keep close contact (within 2 metres) to the absolute minimum. Consider alternatives where appropriate to reduce close contact time.
- First Aid incident reporting should be carried out as usual, to help NHS Wales Test, Trace, Protect.
- First Aiders who attend an incident, should fully comply with hand hygiene requirements after treating someone
- Ensure all first aiders are up to date with resus guidelines during COVID-19 pandemic.

<https://www.resus.org.uk/covid-19-resources>

## Hygiene after training

- Wash hands immediately and thoroughly after training
- No congregating at the venue after training
- No handshakes, high fives, hugs or other physical contact
- Carpooling is not recommended from the venue

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## Guidance for venues

As acknowledged previously, SCW are aware that there is variance in the types of venues used by Clubs for Cheerleading training. The below information will help Clubs navigate venue specific considerations when returning to training.

- Before returning to training, gym owners must ensure they have carried out a thorough risk assessment, considering the size and nature of their venue (a Phase 1 [indoor risk assessment](#) can be used in conjunction with the Return to Play Guidance Phase 1)
- If programmes do not own their own venue, they must work with the venue owners to ensure a thorough risk assessment is taken out in partnership. It is also crucial to discuss the nature of other lettings activities if you do not have exclusive use of the building, and create a coordinated response

It is critical to remember in your planning that:

- National Government or Local Government regulations take precedence
- Additional venue requirements/procedures may be required for consideration
- Normal Operating Procedures to be visible
- Emergency Operating Procedures to be visible
- Robust cleaning procedures must be in place and available on request

## Returning to cheerleading having had covid-19

The severity of COVID-19 symptoms will be different between everyone. The length of time to return to physical activity in individuals that have had moderate to severe symptoms may be much longer than expected. Those with mild symptoms at the time of infection may still feel fatigued after the infection. There is ongoing research into returning to sport and the effects of this.

The Faculty of Sport and Exercise Medicine UK have useful guidelines on the return to sport - [www.fsem.ac.uk/infographic-grtp-covid-19/](http://www.fsem.ac.uk/infographic-grtp-covid-19/)

If athletes or parents/guardians of athletes report symptoms as per the above guideline, they must step back on graduated training. This is similar to the guidelines that Club's should have in place if an athlete has suffered a concussion. If an athlete has been in intensive care, a personalised return to sport plan should be sought from a medical professional.

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## GRADUATED RETURN TO PLAY PROTOCOL

UNDER MEDICAL SUPERVISION

	STAGE 1 10 DAYS MINIMUM	STAGE 2 3 DAYS MINIMUM	STAGE 3A 1 DAY MINIMUM	STAGE 3B 1 DAY MINIMUM	STAGE 4 3 DAYS MINIMUM	STAGE 5 EARLIEST DAY 17	STAGE 6
ACTIVITY DESCRIPTION	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASES	RESUME NORMAL TRAINING PROGRESSIONS	RETURN TO COMPETITION IN SPORT SPECIFIC TIMELINES
EXERCISE ALLOWED	WALKING, ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOGGING, STATIONARY CYCLE, NO RESISTANCE TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS	PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES	NORMAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSIONS	
% HEART RATE MAX		<70%	<80%	<80%	<80%	RESUME NORMAL TRAINING PROGRESSIONS	
DURATION	10 DAYS	<15 MINS	<30 MINS	<45 MINS	<60 MINS	RESUME NORMAL TRAINING PROGRESSIONS	
OBJECTIVE	ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE SYMPTOMS	EXERCISE, COORDINATION AND SKILLS/TACTICS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING PROGRESSIONS	
MONITORING	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	

ACRONYMS: I-PRRS (INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT); RPE (RATED PERCEIVED EXERTION SCALE)  
NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT



INFOGRAPHIC CREATED BY UK HOME COUNTRIES INSTITUTES OF SPORT; ELLIOTT, N. ELLIOTT, J. BISWAS, A. MARTIN, R. HERON, N.

You can download a copy of this infographic [here](#)

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## Resources

### Government guidance and relating supporting documents

Welsh Government Sport, recreation and leisure: guidance for a phased return

<https://gov.wales/sport-recreation-and-leisure-guidance-phased-return-html>

Sport Wales Guide to Restarting sport and activities after lockdown

<https://www.sport.wales/beactivewales-campaign/restarting-sport-and-activities-after-lockdown/>

UK Active framework for reopening the fitness and leisure sector safely

<https://www.ukactive.com/news/ukactive-unveils-recommended-framework-for-reopening-the-fitness-and-leisure-sector-safely/>

Test, Trace, Protect: Guidance for employers

<https://gov.wales/test-trace-protect-guidance-employers>

### Covid-19 information

NHS Wales – <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>

Welsh Government - <https://gov.wales/coronavirus>

WHO - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

ONS - Deaths per ethnic group

[www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/articles/coronavirusrelateddeathbyethnicgroupenglandandwales/2march2020to10april2020](http://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/articles/coronavirusrelateddeathbyethnicgroupenglandandwales/2march2020to10april2020)

ICO COVID-19 Data holding - <https://ico.org.uk/global/data-protection-and-coronavirus-information-hub/data-protection-and-coronavirus/>

NHS Test, Trace, Protect - <https://gov.wales/test-trace-protect-coronavirus>

Returning to Sport after COVID-19 - <https://www.imperial.ac.uk/media/imperial-college/administration-and-support-services/sport/public/Return-to-Training-Following-COVID-19-Infographic.pdf>

### Hygiene information

WHO <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

NHS hand washing - <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Social Distancing NHS Wales - <https://gov.wales/protect-yourself-others-coronavirus>

Isolation Information – <https://gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus>

### Safeguarding

Children in Wales Safeguarding Tel: 029 20342434

Web: <http://www.childreninwales.org.uk/our-work/safeguarding/wales-safeguarding-procedures/>

Childline Tel: 0844 892 0220 (9am-Midnight)

Web: [www.childline.org.uk](http://www.childline.org.uk)

NSPCC Tel: 0808 800 5000 (9-6 Mon-Fri) Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Web: [www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/](http://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/)

Reporting

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[www.nspcc.org.uk/keeping-children-safe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/](http://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/)

Sample safeguarding policy statement –

<https://scwales.org/policies>

Interactive workshop on child protection with UK Coaching – [www.ukcoaching.org/courses/workshops/safeguarding-protecting-children](http://www.ukcoaching.org/courses/workshops/safeguarding-protecting-children)

5 steps to update your Child Protection Policies and procedures over the lockdown:

<https://learning.nspcc.org.uk/news/2020/april/updating-safeguarding-policies-procedures-coronavirus>

Changes to DBS checking during COVID19

[www.gov.uk/guidance/covid-19-how-dbs-is-supporting-the-fight-against-coronavirus](http://www.gov.uk/guidance/covid-19-how-dbs-is-supporting-the-fight-against-coronavirus)

## Adaptive abilities and special athletes

ParaCheer International - [www.paracheer.org](http://www.paracheer.org)

British Blind Sport <https://britishblindsport.org.uk/covid-19-status-update/>

Disability Sport Wales <https://www.disabilitysportwales.com/>

## Venue guidelines

UKactive Coronavirus (COVID-19): Advice and Guidance for the Physical Activity Sector

[www.ukactive.com/covid-19/](http://www.ukactive.com/covid-19/)

UK Active - A framework for the re-opening of gym, leisure centre and wider fitness industry during social distancing <https://sportengland-production-files.s3.eu-west-2.amazonaws.com/s3fs-public/2020-05/ukactive%20framework%20for%20re-opening%20the%20gym%20and%20fitness%20industry.pdf?lirYhkBXmffAVfgffdPMjpDrN6vmEW1P=>

## Cleaning

<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings>

## Mental health support

Mind.org - <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

HSENI – Wellbeing at work - [www.hseni.gov.uk/stress](http://www.hseni.gov.uk/stress)

Mental Health Collective - <https://mentalhealthcollective.org.uk/>

## Resources and toolkits for sports clubs

SportCheer Wales Website – [inof@scwales.org](mailto:inof@scwales.org)

Welsh Sports Association Covid-19 support - <https://wsa.wales/our-services/sports-advocacy-and-policy/covid-19-support/>

Sport and Recreation Alliance - <https://www.sportandrecreation.org.uk/news/covid-19>

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## Short online courses in infection prevention and control

World Health Organisation (Free) – [https://openwho.org/courses/COVID-19-IPC-](https://openwho.org/courses/COVID-19-IPC-EN?fbclid=IwAR18AxjNcG5hj-X_MWDsrnAm2q3Fl1Al6Lo88jldCPPneog-93E-i86WoJc)

[EN?fbclid=IwAR18AxjNcG5hj-X\\_MWDsrnAm2q3Fl1Al6Lo88jldCPPneog-93E-i86WoJc](https://openwho.org/courses/COVID-19-IPC-EN?fbclid=IwAR18AxjNcG5hj-X_MWDsrnAm2q3Fl1Al6Lo88jldCPPneog-93E-i86WoJc)

Virtual College (Free) – [www.virtual-college.co.uk/courses/health-and-safety/prevent-covid-19](http://www.virtual-college.co.uk/courses/health-and-safety/prevent-covid-19)

Welsh Sports Association (small fee) <https://wsa.wales/covid-19-awareness-training-plus-duty-of-care-compliance-webinars/>

## Template risk assessments

Completing a detailed Risk Assessment that clearly demonstrates you have thought through all of the associated risks of Covid19, and how you plan to reduce or remove them, is critical to a successful return. It is also likely your insurance company will want to see this document.

It is important to remember that a Risk Assessment is a live document that you will need to refer to and update, as and when new information is presented.

SCW have produced 2 template Risk Assessments: one for outdoor training and one for indoors, to help you think through the potential risks for Cheerleading, and suggest some ways in which you may reduce them. These are available on the SportCheer Wales [website](#)