

**Updated 11-16-2020**

## **SPIRIT CONSIDERATIONS**

Each school should develop a plan with their local health officials to successfully complete the fall season. Below are considerations to include in your plan.

### **Special Considerations for the use of the following equipment:**

- Flags
- Megaphones
- Poms
- Signs
- Sound systems
- Any item that is held in the hands or contacts the body (props, etc.)
- Water Bottles
- Gloves are permissible for all participants, coaches and judges.
- Each team is responsible for its own towels, hand sanitizer and med kit

### **Special Considerations for the use of the following components of the facility:**

- Mats
- Mirrors, whether on wheels or mounted on the wall
- Barres, whether on wheels or mounted on the wall
- Sidelines/Team Bench
- Warm up areas
- Ticket Booths
- Entry/Exit Gates
- PA Systems
- Bleachers
- Bathrooms/Portable restrooms
- Locker Rooms
- Hydration stations

**Practices** – Screenings, face coverings and individual hygiene of all participants should be followed in accordance with WHSAA Smart Start Guidelines and the WHSAA Screening/Monitoring form should be utilized.

- Workouts/practices should be conducted in “pods” of participants with same players working out together to limit overall exposure
- Individuals should sanitize their hands before and after stunting
- When stunting, the shoes of the top person should be sanitized before and after practice
- No sharing of equipment
- All activities (including meetings) occur outdoors when possible
- Face coverings shall not be worn when stunting or tumbling, but are **required** at all times while in the building for everyone during practice (coaches and athletes).

**Events** – WHSAA Smart Start Guidelines must be utilized for all events.

- Cheer squads will cheer from the bleachers during basketball and wrestling.
- Cheer squads will be allowed on the floor during time-outs.
- Cheer and Dance squads may perform at half-time or during intermission breaks.

- Cheer and Dance squads will be allowed on the floor during the National Anthem as long as proper social distancing is maintained.
- Participants **must always** wear face coverings while in the building except when stunting or tumbling.
- Coaches **must always** wear face coverings while in the building.
- No throwing of spirit items into the crowd (i.e. t-shirts, small balls, etc.)
- All event workers **must always wear** face coverings while in the building. Gloves may be worn when appropriate.
- There should be **no team dinners** during the season to assist in limiting exposures.
- No pre or post game gatherings should take place to assist in limiting exposure. (i.e. Tailgating, BBQ's, etc.)

### **Post Season:**

State Spirit will be conducted on Thursday, January 28 for 3A & Friday, January 29 for 4A and the Co-Ed division at the Casper Events Center. A virtual option will be utilized if we are unable to have the in-person event.

Details will be sent to the schools later.

**All NFHS Rules Considerations for Spirit should be utilized as appropriate.**



## **2020-21 NFHS Spirit Rules Considerations**

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Spirit Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

### **Return to Competition**

#### **1. Spirit Rules Considerations**

- **Cheerleading and Dance General Risk Management (2-1-14, 2-1-16):** Sideline and playing surface placement during game.  
*Participants should be appropriately spaced on the court, field or sideline to ensure proper social distancing.*
- **Cheerleading Apparel / Accessories (3-1-1):** Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.  
*Masks may be worn but are not required. No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.*
- **Dance Apparel / Accessories (4-1-1):** Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.  
*Masks may be worn but are not required. No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.*

#### **2. Other Spirit Considerations**

**Cheerleading and Dance General Risk Management:** Judge placement during adjudicated performance and competition.

*Judges, officials, adjudicators, etc. should be appropriately spaced to ensure proper social distancing.*