


Lynnfield Pioneer Youth Football & Cheer

Cheer Clinic COVID-19

Phase 3, Step 1 - Level 1 Plan

A shortened cheer activity maintaining permitted physical distancing with safety protocols to adhere to the current requirements. Provide a safe, fun, and skill-building exercises for the younger members in our program to maintain growth, encourage the  of sport, strengthen and teach cheer fundamentals, and promote Lynnfield Cheer.

Cheer Clinic Activities

★ Core Activities of Clinic

★ Clinic Dates, Times & Location

Core Activities of Clinic

ACTIVITIES ALLOWED BY RISK LEVEL - PHASE III, STEP 1

Level 1: Individual or socially distanced group activities (non-contact workouts, aerobic conditioning, individual skill work, and drills)

- Jumps
- Lynnfield Cheers
- Arm motions
- Tumbling/Gymnastics (**acquired skills only, no teaching, no spotting**)
- Conditioning
- **NO Stunting will be allowed**
- **NO close formations**
- For younger teams football basics will be explained: i.e. offense, defense, touchdown

Clinic Dates, Times & Locations

Our goal is a 4 week season starting in mid-September continuing into mid-October with 2 weeks at the end of October in the event a clinic is rescheduled. All practices are **outdoor** weather-permitting. **There will be no indoor practices.**

- **Dates:**

- September 21st thru October 16th
- Weeks of October 19th and October 26th backup weeks for weather

- **Time:**

- Practices will be held Monday thru Friday in which each team will only practice **ONCE a week** for a **max of 90 minutes.**
- Between the hours of 3:30pm to 6:00pm, with no practice being held after 7:00pm

- **Location:**

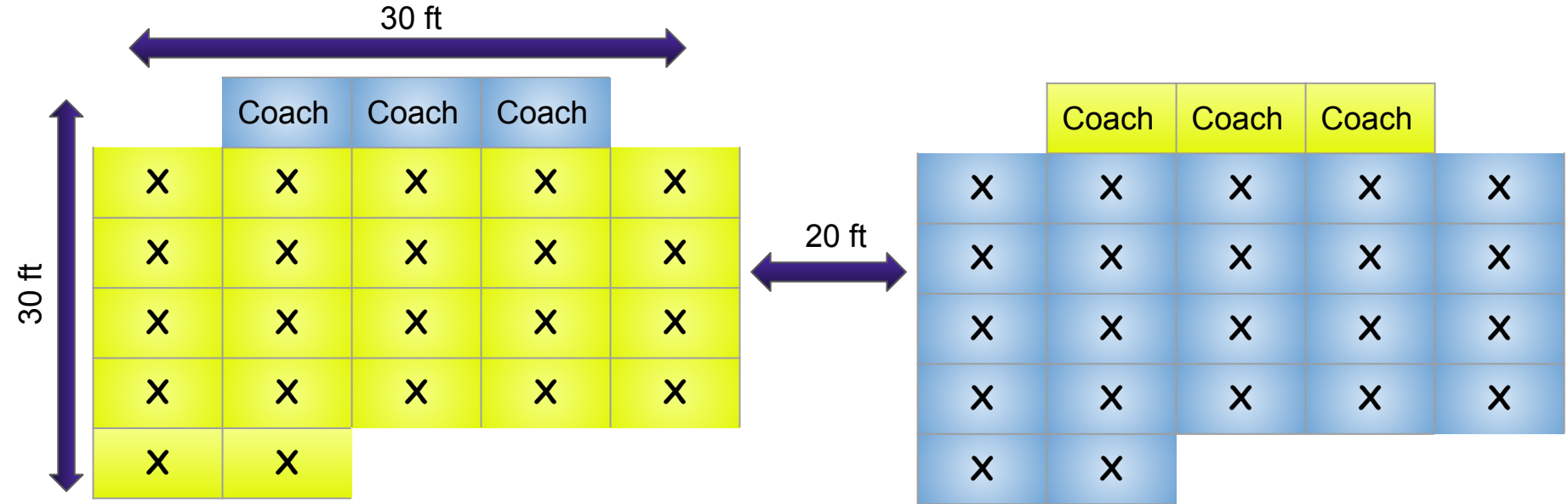
- LMS

Practice Schedule

	Mondays	Tuesday	Wednesday	Thursday	Friday
D Team			5pm - 6:30pm		
JVD Team	5pm - 6:30pm				
Mascots	3:30pm - 5pm				
Mini Mascots - 1		3:30pm - 5pm			
Mini Mascots - K			3:30pm - 5pm		

- Schedule subject to change pending coach availability and weather. Coaches are responsible for providing communication in case of a change in schedule
- Friday's included in case regularly scheduled practice on Mon-Thur needs to be changed pending field availability
- Any 2 groups practicing on the same day will adhere to safety guidelines outlined in slide 7 and remain 20 feet apart

Layout “Cheer Stations”



- ★ Coaches are responsible for setting up practice space using the Social Distancing Decals spaced 6 feet apart

Policy & Procedures of Cheer Clinics

★ Practice Protocols &
Safety Precautions

★ Rules & Responsibilities
of Adult Coaches &
Student Coaches

★ Rules & Responsibilities of
Cheerleaders, Guardians &
Spectators

Practice Protocols & Safety Precautions

- Athletes will be placed in customary cheer lines and windowed from other cheerleaders **6 feet apart**.
- Participants will stand on markers place on the field 6 feet apart as their “**cheer stations**”
- Clinic Groups will be **limited to 25 people** (including student coaches, parent coaches) with no more than 2 groups on a field at a time to maintain 50 person maximum. Each group will have 20 feet between them and will never intermingle.
- **Attendance will be taken and kept for each practice for contact tracing if necessary (see)**
- Parent Coaches and Student Coaches will keep their masks on at all times.
- Participants will **wear masks when walking to and from the field**. They will continue to wear their mask until practice is ready to start when they will remove masks if they so choose.
- Participants will be required to wear their mask if they are unable to maintain 6 feet distance.
- If any parent indicates they would like their child to keep their mask on through practice they will be permitted to do so.
- No other adults or spectators will be allowed on the practice space.
- Participants **must carry sanitizer in a small pouch** and shall be required to sanitize **before and after practice**. If they cough or sneeze coaches will immediately direct participants to sanitize their hands.
- Participants will be permitted to bring **one water bottle** with them on the field to remain next to them at their station. Participants must label their water bottles with their names.
- There can be **no food or drinks (other than a bottle of water)** brought to the fields.
- There will be **no use of poms, or signs or any other hand-held props by any participants**.

Rules & Responsibilities of ...

Adult Coaches

- **Attend mandatory safety meeting for all coaches with Cheer Directors** to review all of the required procedures and protocol. No coach may lead a practice without attending a safety meeting.
- Assure participants remain 6 feet apart at all times
- Placement of markers prior to clinic for cheer stations
- Will wear a mask at all times
- Shall have no contact with participants (unless in case of safety)
- Take attendance and track participation, ailments and COVID symptoms in sheets **housed in google documents**
- **Responsible for contacting the cheer directors immediately if player or coach reports symptoms of or is diagnosed with COVID**
- Enforce policies and procedures
- **Contact parents and cheer directors** if any participant appears unwell, or unable to comply with protocols
- Sanitize/Wipe down place markers after each practice
- If any coach or player is diagnosed with COVID 19, the cheer directors will immediately inform LPYFC Board and Lynnfield REC.

Student Coaches

- Will be required to wear a mask at all times
- Shall consist of High School cheerleaders to lead participants through warm ups, stretching, conditioning, learn Lynnfield game day cheers, jumps, arm movements

Parents Rules & Responsibilities

- Attend informational session prior to clinic commencement (by Zoom) to relay expectations of children and parents
- Parents must sign the **Wellness Acknowledgement and Waiver before their child will be allowed to participate in the clinic.** (you will be required to electronically sign this during registration)
- Parents must inform the coaches if their child has a fever of 100 degrees Fahrenheit or greater and they will be expected to stay home until child is fever-free or presents none of the other symptoms identified on the Wellness Acknowledgment form for at least 14 days. If a participant is COVID positive, parents must immediately contact coach, and coach must inform the parents of each person at the last practice the participant attended that a child tested positive.
- Cheerleaders that travel outside the “cleared” states will not be permitted to attend a clinic for 2 weeks.
- There are **NO Spectators allowed at the clinic.**

LPYFC Participant Wellness Acknowledgement and Waiver

Parents/guardians of Lynnfield Pioneer Youth Football and Cheer (“LPYFC”) athletes are required to agree and acknowledge the below requirements for participation in the Fall 2020 season:

The coronavirus/COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is contagious and is believed to spread mainly from person-to-person contact. Accordingly, to minimize the risk of exposure and spread, Parents/guardians must acknowledge they will not bring a child to the program who meets any of the below criteria and will notify LPYFC immediately if their child has exhibited any of the below symptoms, been directly exposed to Covid-19, taken a Covid-19 test and/or tested positive for Covid-19.

Please initial:

_____ My child will not attend practice if they, or any household member, has any sign of illness, including, but not limited to the following symptoms in the last 21 days:

Fever	Headache
Cough	New loss of smell/taste
Sore throat	Difficulty breathing
Gastrointestinal symptoms (diarrhea, nausea, vomiting)	New muscle aches

_____ My child will not participate in the program if they have used a fever reducing product to treat a fever over 100 degrees Fahrenheit within 24 hours prior to practice. I will also notify LPYFC if they are treated for any illness or any aforementioned symptoms within the last 24 hours during non-practice days.

_____ My child will not be permitted to attend practice until they have completed a 14-day quarantine if they have traveled outside of the approved, low-risk, travel destinations per state of MA or produce a negative COVID-19 test result that has been administered up to 72-hours prior to your arrival in Massachusetts. Current list can be found on [mass.gov](https://www.mass.gov).

_____ LPYFC will be notified by parent/guardian if participant has been exposed to Covid-19, been tested for Covid-19 or tested positive for Covid-19 even if participant is experiencing no symptoms

_____ I acknowledge it is my responsibility as a parent/guardian to emphasize the importance of adhering to LPYFC, Town of Lynnfield, and state policies governing youth sport during a pandemic. If my child is reluctant or defiant to follow guidelines at any time LPYFC will call parent to address issue and could remove participant from program.

I am acknowledging I understand all of the requirements for participation in this clinic. I understand that if any of the above answers are yes with regards to a child being ill, exposed to or positive for Covid-19 that my child will not be allowed to participate in the program and therefore must stay at home.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren), myself, and my family may be exposed to or infected by COVID-19 by participating in the LPYFC cheer clinic and that such exposure or infection may result in personal injury, illness, permanent disability, or possibly death. I do not hold LPYFC liable for any exposure to Coronavirus/Covid-19. If my child becomes ill as a result of participation in the LPYFC cheer clinic, I acknowledge and agree that I will not hold LPYFC liable and understand that the risk of becoming exposed to or infected by COVID-19 may result from the actions, omissions, or negligence of LPYFC staff or coaches, volunteers, program participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself, child(ren) and families hereby release LPYFC from any and all liability and claims.

Participant Name: _____

Print Name (parent/guardian)

Sign Name (parent/guardian)

Date

COVID Triage Plan

- In the event that a player or coach is diagnosed with COVID the Lynnfield Cheer Directors will inform the LPYFC board and the Lynnfield Rec within 24 hours.
- Once notified the Lynnfield Rec will notify the Board of Health who monitors COVID cases within each town to determine next steps.
- The Lynnfield Cheer Directors are responsible for alerting all parents within a team where there has been a confirmed COVID diagnosis within 24 hours