

ATHLETE COVID-19 PROCEDURES

Although restrictions have lifted enough to allow our athletes to train, the Scottish Government is still imposing restrictions on aspects of life in a bid to prevent the further spread of COVID-19. As such, it is essential that these procedures are adhered to when attending Team Scotland training and events.

Athletes are not required to wear a face covering while participating in physical activity including contact activities such as stunting, however no athlete will be discouraged from wearing a face covering should they decide to do so.

Everyone over 12 years, should wear face coverings when indoors including before and after the activity and when in “non-cheerleading” areas of the training venue e.g. reception, toilets etc. This is a mandatory requirement unless an individual has a ‘reasonable excuse’ not to wear a face covering. For example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability.

Absences Due to COVID-19 Isolation

It is inevitable that during a global pandemic, athletes may contract COVID-19 or be asked to isolate by NHS Test and Protect and as such be required to miss training sessions. Should this happen athletes r their parent/guardians should take the following steps;

- Reach out to your team’s Head Coach. This can be done via message on our Wix Spaces app.
- Rest and recover.
- Catch up on any choreography/skills from your missed session. Coaches will post this on the aforementioned app. It is you responsibility to keep up to date on all relevant choreo/skills.

We will not provide Zoom/online classes for athletes that are missing classes due to isolation.

Travel Restrictions and Local Lockdowns

In the event that the Scottish Government reinstates travel restrictions or localised lockdowns the National Team Committee will look to determine the best course of action for athletes and coaches to minimise absences but also to keep everyone as safe as possible. This will be assessed on a needs basis and in-line with both Scottish Government and **sportscotland** guidance. Please note that there were often travel exemptions for sports so we would be hopeful this would apply in the future.