

**TEAM SCOTLAND
SEASON 2021-2022**

TRAVEL INFORMATION

**ICU WORLD CHAMPIONSHIPS
ORLANDO, FLORIDA, USA**

HOTELS

We can now confirm that all accommodation is booked as part of the Team Scotland package, the hotels are Wyndham Orlando Resort International Drive and Disney's Allstar Resort (To be confirmed by ICU if we are staying in Sports, Music or Movies).

Wyndham Orlando Resort International Drive

Check in – Friday 15 April 2022

Check out – Tuesday 19 April 2022

Wyndham Orlando Resort International Drive
8001 International Drive
Orlando
Florida
32819

Please note that this hotel will require a credit card per room for the booking for any additional charges you may incur during your stay so please ensure that someone on the booking has a credit card available for use. SportCheer Scotland will not provide a credit card for bookings.

If you have paid for additional nights' accommodation prior to 15 April these have been added for you.

Disney's Allstar Resort (To be confirmed by ICU if we are staying in Sports, Music or Movies)

Check in – Tuesday 19 April 2022

Check out – Saturday 23 April 2022

Disney's All-Star Movies Resort *TBC
1901 West Buena Vista Drive
Orlando
32830
Florida

If you have paid for additional nights' accommodation after 23 April these have been added for you.

USA ENTRY REQUIREMENTS

COVID-19

Please note we will try to keep you up to date but it is the responsibility of all travellers to ensure they are aware of the most up to date travel requirements.

As you will be aware, travel restrictions are ever-changing however currently there is no requirement to undertake a PCR before returning to UK. Where possible we are trying to keep you abreast of the changes so please see below information.

CDC Quick Reference Guide:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/pdf/requirements-travel-to-us-by-air-quick-reference-p.pdf>

All travellers must take a viral (PCR or supervised lateral flow) test no more than 1 day prior to departure. These tests do come at a cost as they are provided by private companies. NHS PCR or lateral flow tests are not accepted as pre-departure tests.

If you or your athlete tests positive prior to travel, the group will travel without you and SportCheer Scotland cannot provide a refund for your trip. Refund claims should be made through travel insurance so be please sure your insurance covers positive result pre departure.

All travellers are also required to complete Sections 1 and 2 of the Passenger Attestation Form. https://www.cdc.gov/quarantine/pdf/NCEZID_FRM_ENG_Disclosure_Dec2021_508.pdf You should bring a printed copy with you to travel.

Adults and children with 2 or more vaccinations are not required to take any additional measures upon arrival to USA however the USA CDC (Centres for Disease Control and Prevention) recommend that air passengers take a PCR test 3-5 days after arrival. This is not required but a recommendation.

Please note that your second vaccination must be at least 14 days before leaving the UK.

Adults with 1 or no vaccinations are not permitted to travel to USA.

Children (under 18 years) with 1 or less vaccinations are permitted to travel to USA but must take a PCR test 3-5 days after arrival. If they receive a positive result, they must isolate for 5 days and will therefore not compete.

All athletes who this applies to must take the test on day 3.

These tests can be arranged at the following local Walgreens stores:

- 7650 W SAND LAKE RD, Orlando, FL 32819 (2 miles away)
- 4720 S KIRKMAN RD Orlando, FL 32811 (3 miles away)

More locations can be found here: <https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html>

Should you/your athlete need to isolate, the details of the next steps will be communicated by American authorities however the UK Government website states:

"If you test positive while in the USA you will be required to quarantine in a private area, likely a hotel or private residence. The length of time will depend on the guidance in the state where you are residing. This applies to those under 18 as well. You may also be contacted by local authorities to advise to isolate if you were in close contact with someone else who tested positive. Any assistance for those required to isolate will depend on the local authority. You should check the Centers for Disease Control and Prevention (CDC) [travel planner](#) to verify local state guidance.

Plan ahead and make sure you:

- *can access money*
- *understand what your insurance will cover*
- *can make arrangements to extend your stay and be away for longer than planned"*

If your athlete or a member of your travel group is under 18 years, it is unlikely they will be able to isolate without a parent/guardian therefore this should be considered when planning your travel group.

ESTA

As we now have the address of the first hotel we would encourage you to apply for your visa to visit USA known as an ESTA. This costs \$14 and you can apply here: <https://esta.cbp.dhs.gov/> ESTAs generally take 72 hours to be approved.

Passport

As per the UK Government website, your passport should be valid for the proposed duration of your stay. You don't need any additional period of validity on your passport beyond this.
<https://www.gov.uk/foreign-travel-advice/usa/entry-requirements>

Travel Insurance

Although all athletes are included in Team Scotland's insurance for training practices and as SportCheer Scotland members have worldwide personal injury insurance which also covers you for training and competing whilst in Orlando, you should ensure your travel insurance covers any other travel related issues and COVID-19 related issues that may arise.

ACCESSING DISNEY THEME PARKS

ICU World Championship Package – Disney Theme Park Entry

Your 3-day (or upgraded 5-day) Magic Your Way Ticket with Park Hopper® Option purchased through the Team Scotland package includes admission into ESPN Wide World of Sports® Complex for all six days of USASF/IASF & ICU competition. Entry to the competition is not considered a Theme Park admission, and therefore does not use a day on your Magic Your Way Ticket with Park Hopper® Option.

The Magic Your Way ticket is valid until 27 April 2022.

ICU World Championship Package – Spectators not staying with the team

Please remember any spectators using a commuter pass are unable to use transportation to and from any of the Championship events and activities.

The Magic Your Way ticket is valid until 27 April 2022.

Theme Park Tickets

As part of the ICU package, Disney Park tickets are included however, should anyone wish to purchase other park tickets for Universal Studios, Sea World etc these are available to purchase from many websites such as www.floridatix.com or www.attractiontickets.com.

PROVISIONAL ITINERARY

As stated in the athlete pack, coaches and staff do not have the capacity to supervise/chaperone athletes out with training and competing times due to their own requirements to attend meetings etc. As such each athlete should have a responsible adult to supervise/chaperone them.

Friday 15 April 2022

Travel to Orlando, transfers to hotel are provided as part of the Team Scotland Package from Orlando International Airport (MCO). More details will be provided nearer the time.

Check in at Wyndham Orlando Resort International Drive.

Saturday 16 April 2022

5.00pm - Team Bonding at the pool area.

Sunday 17 April 2022

Training at Legendary Athletics - this is a closed practice, sorry no spectators. Details below:

Youth Freestyle Pom	9.00am - 11.00am
Youth Hip Hop	11.00am - 1.00pm
Junior Hip Hop	1.00pm - 3.00pm
Senior Hip Hop	3.00pm - 5.00pm
Senior Adaptive Abilities Freestyle Pom	5.00pm - 7.00pm

All athletes and coaches associated with these teams must travel on the bus. We will confirm pick up and drop off times closer to the time.

Monday 18 April 2022

Training at Legendary Athletics - this is a closed practice, sorry no spectators. Details below:

Senior Jazz	9.00am - 11.00am
Senior Freestyle Pom	11.00am - 1.00pm
Junior Freestyle Pom	1.00pm - 3.00pm

All athletes and coaches associated with these teams must travel on the bus. We will confirm pick up and drop off times closer to the time.

Tuesday 19 April 2022

Check out of Wyndham Orlando Resort at 11.00am and move to Disney Hotel at 12.00pm.

Potentially training at ICU competition venue details will be provided closer to the time.

10.00pm curfew for all athletes. No athletes are permitted to drink alcohol, regardless of age.

Wednesday 20 April 2022

ICU World Championships – Youth and Junior Divisions. All athletes must attend to support.

ICU Cultural Exchange. This is an outdoor party thrown for all athletes with a DJ to meet friends from all over the world and exchange gifts and merchandise. Parents can also attend this if you wish.

10.00pm curfew for all athletes. No athletes are permitted to drink alcohol, regardless of age.

Thursday 21 April 2022

ICU World Championships - Senior Divisions (Semi-Finals). All athletes must attend to support.

10.00pm curfew for all athletes. No athletes are permitted to drink alcohol, regardless of age.

Friday 22 April 2022

ICU World Championships - Senior Divisions (Finals). All athletes must attend to support.

Saturday 23 April 2022

Travel Home - transfers are provided as part of the Team Scotland Package to Orlando International Airport (MCO).

USASF Worlds

Sunday 24 April 2022

USASF Worlds

Monday 25 April 2022

USASF Worlds

WHAT TO WEAR

All athletes will require a Team Scotland bag pack or a plain black or blue bag to put shoes/costumes etc in.

Travelling

Although we are all flying separately, we hope to have our social media going crazy with lots of photos of all our athletes proudly travelling with teamwear. Perfect for travelling are our hoodies, spirit shirts or t-shirts.

Training at Legendary Athletics

<u>Female Athletes</u>	<u>Male Athletes</u>
Black crop top	Black Scotland vest top
Black lion rampant shorts	Black lion rampant shorts
Yellow and red bow	Trainer socks
Black "Go, Fight, Win" Vest top (optional)	Correct shoes
Trainer socks	
Correct shoes	

Training at ICU Competition Venue

<u>Female Athletes</u>	<u>Male Athletes</u>
Royal blue crop top	Royal blue top
Royal blue shorts	Royal blue trousers
Vest top (will be provided by fundraising)	Trainer socks
Trainer socks	Correct shoes
Correct shoes	

Opening Ceremony & Junior Competition

<u>Female Athletes</u>	<u>Male Athletes</u>
Navy crop top (optional)	Navy shorts
Navy shorts	Navy SCS t-shirt
Navy SCS t-shirt	White trainers
Navy Team Scotland bow	Navy Team Scotland jacket (optional)
White trainers	Navy shorts
Navy Team Scotland jacket (optional)	

Spectators - all wear Scottish colours, tartan etc - the Navy SCS t-shirt matching the team is ideal.

For the opening ceremony athletes may choose to bring their own Scottish flags.

Senior Semi-Finals Competition

<u>Female Athletes</u>	<u>Male Athletes</u>
Black plain or lion rampant shorts	Black plain or lion rampant shorts
Unified T-Shirt	Unified T-Shirt
Yellow and red bow	White trainers
White trainers	

Spectators - again can purchase the unified t-shirt or wear their own lion rampant based outfit

Senior Finals Competition

<u>Female Athletes</u>	<u>Male Athletes</u>
Unicorn t-shirt	Unicorn t-shirt
Royal blue shorts	Royal blue trousers
White trainers	White trainers

Spectators - the royal blue t-shirt from last year is perfect and are still available or you can wear your own royal blue.

Athlete Cultural Exchange

This is an outdoor party thrown for all athletes with a DJ to meet friends from all over the world and exchange gifts and merchandise.

Athletes can bring items to exchange such as spare Team Scotland t-shirts, bows, keyrings etc. Optional pins, wristbands and lollipops are available in the online shop until **31 March 2022**.

Competition

Listed below are the items that athletes will require and may need to purchase. You can purchase these items from Team Scotland or you can source them yourself, we are sure these are items that you may already have.

Orders and payments should be given to you team coach at training and you will be given a receipt. Turnaround is approx 1 week. The final date for orders is **31 March 2022**.

Pom Teams

Capezio hold and stretch tights light sun tan (full foot) £10
 Split sole tan jazz shoes (any style) -
 Bloch rubber sole slip on £28
 Canvas suede sole slip on £22
 Bloch suede sole slip on £36
 Bun nets £4 multi pack (please specify which colour)
 Bun donut - source by yourself
 Flesh coloured seamless underwear - source by yourself
 Earrings (pierced or clip on) £10

Jazz Teams

Capezio hold and stretch tights light sun tan (stirrup) £10
 Lyrical half shoes light suntan £20
 Bun nets £4 multi pack (please specify which colour)
 Bun donut - source by yourself
 Flesh coloured seamless underwear - source by yourself
 Earrings (pierced or clip on) £10

Hiphop Teams

Converse style boots white sole and black top - These can be the less expensive version available in various outlets such as Primark - source by yourself
 Flesh coloured seamless underwear - source by yourself
 Earrings (pierced or clip on) £10

The final date for orders is 31 March 2022.

Athlete documentation

Ahead of our trip to Worlds there are some documents that we require, could you please provide your Head Coach with the following documents by **31 March 2022**.

If you are a crossover in multiple teams it is important that you give each of your coaches a copy of these documents to ensure they have everything for all athletes on their team.

- **Passport**
This is required for age verification purposes for ICU World Cheerleading Championships and to ensure you have all relevant travel documentation.
- **ESTA**
This is required to ensure you have all relevant travel documentation.
<https://esta.cbp.dhs.gov/>
- **Travel Insurance**
This is required to ensure you have all relevant travel documentation.
- **ICU Waiver**
This is required to take part in the competition, please complete and return the relevant form.

[ICU Waiver - Adult](#)
[ICU Waiver - Minor](#)
- **Legendary Waiver**
As we are training at Legendary Athletics gym whilst out in Orlando each athlete must complete their waiver.

[Legendary Athletics Waiver](#)
- **Therapeutic Use Exemption – Application Form (if applicable)**
As per the [athlete pack](#), as International level athletes taking part in a Olympic sport, all Team Scotland athletes must abide by the World Anti-Doping Code as set out by the World Anti-Doping Agency (WADA).

Please ensure you have read and understood this information. If this is applicable to you/your athlete and you are taking a medication listed on the WADA Prohibited list, please return the form.

[Therapeutic Use Exemption – Application Form](#)