

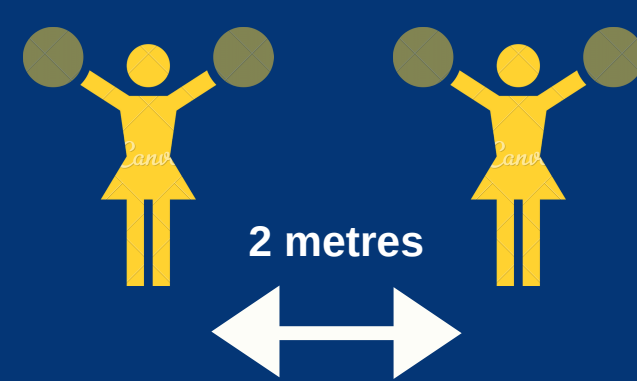
# Return to Indoor Cheerleading: Advice For Athletes and Parents

For a safe return to indoor cheerleading classes, athletes, coaches and parents must follow COVID-19 guidance as set out by the Scottish Government.

## Over 12s Stay 2M Apart

All athletes and coaches over the age of 12 must stay at least 2m distant from others at all times.

Athletes aged 11 and under do not need to physically distance but should avoid close contact with others where possible.



## Wash Your Hands

Wash or sanitise your hands before and after class.



## Wear a Face Covering

You should wear a mask or face covering when arriving and leaving class.

You should also wear a face covering when not in training areas (eg. in the toilets and any corridors).



## Arrive Ready To Train

Changing rooms will be closed, so arrive at class in your training kit or class uniform.

Arrive no more than 5 minutes before your session.



## Leave After Class

After your session has finished you should leave immediately following your facility's one way system.

You should not hang around outside the gym or hall.

Take all of your belongings home afterwards – nothing will be stored at the training facility.

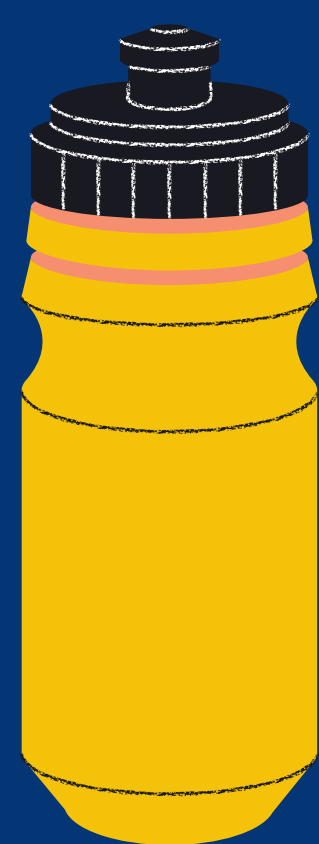


## Do Not Share Equipment

Any shared mats or tumbling aids will be cleaned by your coach between uses.

Bring your own poms to class and do not share with others.

Bring your own water bottle and mark it clearly with your name.



## Test and Protect

Coaches will keep records of class attendance and contact details for NHS Test and Protect.



## No Spectating

Clubs have to follow maximum capacity regulations for their training space and building.

Exceptions may be made for those supervising a young child or vulnerable adult – contact your club coach for more details.



## Stay Home If You Have COVID-19 Symptoms

Athletes and coaches should not come to class if they, or a member in their household have a high temperature/continuous cough/change to sense of taste or smell.

If you have any COVID-19 symptoms, you must self-isolate for 10 days and members of your household should also self-isolate for 14 days.

Book a test through NHS Inform.

