

Covid-19 Guidance
Sideline Spirit – Outdoor Events
Cheer, Dance, Poms, Drill, Flags, Pep Bands

As spirit programs transition to supporting outdoor events, the following guidance should be in place:

Per IDPH, all school spirit participants (Cheer, dance, drill, poms, flags, pep band, etc..) are not spectators and they are not participants. As a result, IDPH suggests that the attendance of spirit groups at contests are at the discretion of local schools. IDPH goes on to suggest that spirit groups be part of a lower priority group when schools are making decisions about what groups are permitted to attend games/contests safely. If a school elects to permit sideline spirit groups, the 30 ft. distance from other athletes per the spectator guidance would be waived as this group is no longer part of the spectator group. 6 ft. social distancing with face coverings is an appropriate mitigation.

In summary, sideline spirit activities are permitted provided the follow conditions are met:

- ✓ IDPH guidelines and IDPH capacity limits must be followed.
- ✓ Maintain at least 6 feet of social distance during routines, including when changing formations, and prohibiting lifts, stunts, pyramids, and tosses as well as shared equipment (e.g., signs, flags, poms); *avoid* shouting, singing, and chanting. Tumbling is allowed and the student athlete may remove their mask while tumbling. The student should place their mask back on after tumbling. Teams located in EMS regions in Phase 4 may resume lifts, stunts, pyramids, and tosses.
- ✓ Wear a mask covering nose and mouth throughout the activity. When doing lifts, stunts, pyramids, tosses, and tumbling, student athletes may remove their masks. Student should place their masks back on after stunting.

Per IDPH: “*Cloth face coverings have been shown to be well tolerated by most individuals who wear them for exercise, but we acknowledge that the covering may need to be removed under certain circumstances. Cloth face coverings should not be worn for cheerleading (tumbling/stunting/flying) and gymnastics (while on the different apparatuses), because the covering may get caught on objects and become a choking hazard or accidentally impair vision.*”

PEP BAND GUIDANCE:

Masks – Masks/face covering should be worn by students, and bell covers should be on applicable instruments. Students who play wind instruments can use face coverings with a slit.

Distance – The Centers for Disease Control and Prevention (CDC) distancing guidelines of 6 feet by 6 feet should be followed, with additional space (9 feet by 6 feet) for trombone players. The distancing guidelines apply for outdoors as well as indoors.

Time – Recommended rehearsals should be limited to 30 minutes with appropriate breaks for air/ventilation. Indoors, the room should be cleared, and participants should wait until at least one HVAC air change has occurred before the next rehearsal.

Air Flow – Outdoor activity remains the best place for air flow. Indoors, HEPA filters are strongly recommended to increase the amount of clean air and the number of air changes per hour (ACH).

Hygiene – The strong emphasis continues on hygiene, including frequent handwashing, and cleaning of spit valves and storage areas.

RESOURCES:

[**AMERICAN ACADEMY of PEDIATRICS**](#)

[**IDPH ALL SPORTS POLICY**](#)

[**IHSA COVID-19**](#)

[**NFHS MUSIC – PEP BANDS**](#)

[**IDPH MUSIC GUIDANCE**](#)