

VARSITY SPIRIT
COVID-19 COMPETITION RULES
(Updated 12.11.2020)

Below, you will find the guidance that we believe is necessary for each identified group to follow in order to conduct a safe and enjoyable competition.

COMPETITION VENUE/FACILITY

- Follow reopening orders as well as health, safety and distancing requirements for open businesses in the applicable county/city/state.
- Enhanced cleaning and sanitization practices including but not limited to:
 - Restroom facilities will have proper sanitation areas for frequent handwashing and be properly stocked with soap, paper towels, trash can by exit, etc.
 - Sanitization stations available throughout facility.
 - Remove or prop open doors or other high touch points for entry/exit (if feasible).
 - No drinking from water fountains. If permitted by the venue, water fountains may be used only to refill water bottles.
- Cleaning / sanitization of performance floors and other surfaces with cleaner on the Environmental Protection Agency's list of disinfectants for use against SARS- CoV-2 accepted methods, to be completed by Varsity personnel as may be reasonably necessary or otherwise directed by the CDC, state or local guidance.
- Establish a designated holding area for any person(s) to go to if feeling ill or to isolate while coordinating exit from facility or transport offsite.

ORGANIZATION (GYM, STUDIO, SCHOOL, ETC.)

- These COVID-19 Competition Rules are, where applicable to coaches, gym owners and athletes, incorporated into the Varsity Spirit Competition Rules and Regulations.
- It is the Organization's sole responsibility to ensure its compliance with all county/city/state orders applicable to the Organization, including but not limited to health, safety and distancing requirements and travel restrictions.
- Coach or other authorized adult must be present at all times with their team(s) and responsible for the enforcement of the established rules, including recognizing when a performer should be removed from the competition for signs/symptoms or violation of rules.
- Provide a copy of these rules to all athletes/coaches/parents/spectators.
- Additional rules/guidelines may be communicated prior to each competition, examples of which include spectator capacity limitations and admission fees, how the crowd and traffic flow will be managed, as well as other measures intended to provide a safe environment that adheres to social distancing. The Organization must ensure any additional rules/guidelines are provided to all athletes/coaches/parents/spectators. Educate athletes/coaches /parents/spectators about COVID-19, how it spreads (including through persons who are asymptomatic), all symptoms of COVID-19, proper hygiene (e.g., avoiding touching face, vigorous washing of hands etc.), and the importance of social distancing. For additional information on COVID education and safety tips, [click here](#).

ALL PERSONS IN ATTENDANCE (VARSITY PERSONNEL, ATHLETES, COACHES, SPECTATORS, ETC.)

- Anyone that feels sick, must remain home and follow the [CDC guidelines regarding isolation](#).
- Anyone living with a house member who is currently sick, feels sick, or shows any symptoms of COVID-19 listed by the CDC, including cough, shortness of breath, fever, chills, muscle pain, sore throat, and new loss of taste or smell, has been diagnosed or presumed positive for COVID-19, or has been around someone who has been diagnosed or presumed positive for COVID-19, currently or within the last 14 days, must stay home. [Follow the guidelines for Quarantine](#).
- Resource: [To better understand the difference between Quarantine and Isolation](#).

- Anyone that develops symptoms while at competition must immediately inform Varsity personnel and comply with the procedure of removal from the competition area. They must cooperate with Varsity and make a list of all persons whom they have been in close contact with (the CDC defines close contact as being within 6 feet of someone for 15 minutes or more in a 24 hour period), including in the 48-hour period before developing symptoms.
- Anyone with pre-existing conditions/compromised immune system should speak with their doctor and get clearance from their doctor before attending the competition.
- Athletes, coaches and Varsity personnel will monitor themselves for symptoms of COVID-19 listed by the CDC, including cough, shortness of breath, fever, chills, muscle pain, sore throat, and new loss of taste or smell, and check their own temperature each morning, both 7 days prior to attending competition and every morning before attending competition. If the person displays any COVID-19 symptoms or a temperature of over 100° Fahrenheit, during the 7 days before competition, they must remain home. If the person displays any COVID-19 symptoms or a temperature of over 100 Fahrenheit on any morning of competition, they must remain home and report their symptoms and temperature to the appropriate competition contact.
- Engage in physical distancing of at least 6 feet, or other distance imposed by state and local guidelines.
- Each person must provide their own face mask. Face shields may be worn in addition to a mask but not as a substitute for a mask. Anyone without a face mask will not be allowed into the venue, and anyone that does not comply with the face mask requirement may be asked to leave the facility.
- Face masks must be worn at all times. The following exceptions apply:
 - Masks are not required while actively eating. Eating is only permitted while seated in designated spectator seating areas or in other areas as allowed by the venue, and not while walking throughout the venue.
 - Athletes are not required to wear masks when on the practice and performance floors, unless otherwise prohibited by state, local or venue guidance*.
 - *Should state, local or venue guidance require masks be worn by athletes during practice and/or performance, the following guidelines should be adhered to:
 - Mask should fit snugly around and cover the nose/nostrils, mouth and chin, and with no large gaps around the sides of the face.
 - Mask should be at least two layers, made of a soft/pliable and breathable fabric.
 - Mask should not impede vision or movement.
- No drinking from water fountains. If permitted by the venue, water fountains may be used only to refill water bottles.
- Bring their own wipes/tissue/hand sanitizer.
- Follow all best practices for personal hygiene. Avoid touching face mask, eyes, nose or mouth. Wash hands with soap and water for at least 20 seconds before and after touching face mask or face.
- Respiratory etiquette - cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds. If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.

VARSITY SPIRIT PERSONNEL

- Will be educated on the COVID-19 Competition Rules, and complete additional Varsity training related to new competition guidelines.
- Will be trained on COVID-19 protocols in place and have name and contact info for designated COVID-19 point of contact for the competition.
- May give verbal instructions to competition attendees throughout the day on social distancing requirements and/or other safety protocols.
- Spotting/safety procedures should not be minimized due to social distancing.

Safety is our priority for your competition experience. We are deeply committed to the safety and well-being of our athletes, coaches and spectators. We are prepared to administer a competition that will meet the state and local guidelines related to COVID-19 at the time of the event. While the final details and schedule of any competition could require up to the day adjustments, and all guidelines are subject to change based on Centers for Disease Control and Prevention (“CDC”), federal, state and local guidance, please be assured that Varsity Spirit is committed to delivering the same quality of competition experience for which we are known. We appreciate your understanding of the flexibility this will require.