



**VARSITY SPIRIT**  
**COVID-19 COMPETITION RULES**  
**(Updated 1.21.2022)**

- 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. For additional information on COVID signs and symptoms, education and safety tips, [click here](#).

**COMPETITION VENUE/FACILITY**

- Follow applicable federal/state/county/city COVID-19 rules, restrictions, orders and guidance for open businesses.
- 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 federal/state/county/city orders applicable to the Organization, including but not limited to health, safety and distancing requirements and travel restrictions.
- A 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 of COVID-19 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, mask requirements, 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.

**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, has been diagnosed or presumed positive for COVID-19, or has been around someone who has been diagnosed or presumed positive for COVID-19 must [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.
- 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, 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.



- Strongly encouraged to engage in physical distancing of at least 6 feet when feasible, or other distance imposed by state and local guidelines, from people outside your household, and remain in team / spectator cohorts at all times.
- Masks are strongly recommended for attendees and spectators regardless of vaccination status, and required where mandated by state, local or venue guidelines. If masks are required, the following mask exceptions apply:
  - Masks are not required while actively eating.
  - Athletes are not required to wear masks when stunting, tumbling or engaging in vigorous physical activity, unless otherwise required by state, local or venue guidance. Should state, local or venue guidance require masks be worn by athletes during stunting, tumbling or other vigorous physical activity masks should not impede vision or movement.
- Attendees are required to wear a mask in certain situations at an event when speaking with Varsity personnel.
- When masks are worn, each person must provide their own face mask. Masks should fit snugly around and cover the nose/nostrils, mouth and chin, and with no large gaps around the sides of the face. Masks should be at least two layers made of a soft/pliable and breathable fabric. Face shields may be worn in addition to a mask but not as a substitute for a mask.
- Follow all best practices for personal hygiene and respiratory etiquette, such as covering coughs and sneezes with a tissue or inside of elbow, avoid touching face mask, eyes, nose or mouth, and washing hands with soap and water for at least 20 seconds.

#### **VARSITY SPIRIT PERSONNEL**

Masks are required at all times, regardless of vaccination status, while indoors and outside when not able to safely socially distance themselves from others, unless it is a safety hazard.

- Masks are required at all times, regardless of vaccination status, while indoors and outside when not able to safely socially distance themselves from others, unless it is a safety hazard.
- 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.