

COVID-19 | VARSITY SPIRIT CONSULT AND FITTING RULES (Updated 03.01.22)



Safety and well-being of our coaches, athletes, and employees is our priority for your Varsity Spirit consult and fitting. We are prepared to deliver services that will meet the state and local guidelines related to COVID-19 at the time of the meeting. While the final details and schedule of any meeting could require adjustments up to the day, 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 services for which we are known. We appreciate your understanding of the flexibility this will require.

Below you will find the guidance that we believe is necessary to conduct a safe and enjoyable consult or fitting. Please know that the following is in addition to any guidelines applicable to or mandated by your institution, and local, city and state orders. A copy of all such additional guidelines must be provided to us prior to the meeting for them to be applied. We will need to work together to make sure that all guidelines are communicated, applied and enforced.

SCHOOL/ORGANIZATION

- The school/organization or coach must provide a copy of these guidelines to all attendees.
- The school/organization or coach must ensure that anyone who will be present during the meeting has read, understands, and will comply with these guidelines.
- The facility for the meeting should be large enough to meet the CDC, state and local guidelines and should be the largest room available that is appropriate for the meeting. The CDC recommends maintaining at least 6 feet of distance from others. To the extent feasible, the facility should be well ventilated.
- Coach/Advisor, Band Director or other designated school or gym facilitator must be present at all times during the meeting and available to assist Varsity Spirit Representative in enforcement of the established rules, including recognizing when an attendee should be removed from meeting for signs/symptoms or violation of rules.
- The school/organization should educate athletes, students, coaches, advisors, school/organization staff about COVID-19, how it spreads (including through persons who are asymptomatic), all symptoms of COVID-19, proper hygiene (e.g., avoiding touching the face, vigorous washing of hands etc.), and the importance of social distancing.

ATTENDEES: Coaches/Advisors, Directors, Athletes, Students, Parents, Others in Attendance

- 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 the meeting must immediately inform Varsity Spirit Representative and comply with the procedure of removal from the meeting.
- Anyone with a pre-existing condition/compromised immune system should speak with, and get clearance from, their doctor before attending the meeting.
- Attendees should engage in physical distancing of at least 6 feet, or other distance imposed by state and local guidelines. The number of attendees in the meeting area may be limited to comply with these restrictions.
- Masks are required when mandated by state, local or venue guidelines.
- 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.
- 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.
- Attendees will comply with Varsity Spirit Representatives’ guidance during the meeting which will be based on local conditions at the meeting.

VARSITY SPIRIT REPRESENTATIVE

- Varsity Spirit Representative will monitor themselves for symptoms of COVID-19 listed by the CDC in its most current guidance and follow any and all applicable health and safety protocol/guidelines applicable to them and set forth within the Attendees section above.
- Varsity Spirit Representative will be educated on the COVID-19 Consult-Fitting Rules as well as guidelines applicable to or mandated by school/organization, as provided by school/organization.
- Varsity Spirit representatives are required to wear masks when required by state, local or venue location guidelines.
- Varsity Spirit Representative may give verbal instructions to attendees as needed throughout the meeting.
- Varsity Spirit Representative will engage in physical distancing of at least 6 feet in most instances; exceptions would be to measure an athlete and/or ensure proper fit of garment on an athlete.