



Restarting MB Pandemic Response Plan

Return to Play Cheerleading Guidelines

As we all navigate living and working through a pandemic, Cheer Manitoba strives to guide and support the sport of Cheerleading in Manitoba. In conjunction with Sport Manitoba, Cheer Canada, and the Province of Manitoba's guidelines and requirements, we continue to assess the needs and safety measures needed in our sport.

Our Return to Play (RTP) plan will remain fluid and flexible to accommodate the necessary response to the changes in advice from the Provincial Health professionals.

Based on our sector, the following response plan has been approved and is required to be followed by all Cheer Manitoba members and cheerleading groups. Please note this plan does not replace or supersede any government regulations. Cheer Manitoba reserves the right to alter, amend or change the terms of this plan as required keeping the safety of our participants and coaches at the forefront of our decision making. Gym owners, directors, coaches, teachers, advisors and any other assigned organizers have the assumed responsibility, accountability and assurance that all requirements outlined are being followed by the facility, its members and everyone under their banner/club/program/team. Cheer Manitoba reserves the right to request proof of any requirements from any member at any time for any reason. Failure to adhere to the Cheerleading Pandemic Response - Return to Play may result in issued warnings, provincial fines or voided membership. Cheer Manitoba will update its website and email all members when changes occur to the Cheerleading Pandemic Response - Return to Play, and when the province/region levels change.

Immunization Policy

1. In order to be eligible to participate in a Cheer Manitoba member program or sanctioned event in Manitoba, all athletes, coaches, officials, team staff, and volunteers 18 years of age and older are required to show proof that they are fully immunized (i.e. including the 14-day period after receiving their completed dose).
2. Vaccine status is to be confirmed upon entry to a facility by presenting a digital or physical record of vaccination to be verified along with presenting valid photo ID to confirm identity. Contact tracing records need to be kept for a minimum of 90 days.
3. Cheer Manitoba will comply with the Manitoba Human Rights Code (MHRC) and accept accommodations that have been provided by the provincial government. Any

members seeking a medical or religious accommodation must do so through an application to the provincial government.

4. Any member 18 years of age and older who has not been granted an accommodation and cannot provide proof of vaccination status will no longer be eligible to enter an indoor recreation facility in Manitoba. This will prevent them from participating in a Cheer Manitoba member program in Manitoba until such time as they present satisfactory evidence that they are fully vaccinated.
5. Participants under 18 years of age do not need to be fully vaccinated against the COVID-19 virus in order to participate in a Cheer Manitoba member program or sanctioned event in Manitoba. Should Public Health Orders change to reflect that all those eligible are required to be fully vaccinated against the COVID-19 virus the provisions in numbers 1-4 shall apply to all those eligible to receive the COVID-19 vaccine.
6. Spectators 18 years of age and older are required to show that they are fully immunized in order to attend a Cheer Manitoba member program or sanctioned event in Manitoba. Spectators that are under the age of 18 years old do not have to be fully immunized in order to attend a Cheer Manitoba member program or sanctioned event in Manitoba but must be accompanied by a fully vaccinated adult (18 years of age and older). Should public health orders change to reflect that all those eligible are required to be fully vaccinated against the COVID-19 virus, all those eligible to receive the vaccine will be required to show that they are fully immunized in order to attend a member program or sanctioned event in Manitoba.

Facility & Operation Requirements

- Confirm insurance coverage for COVID-19 and any required additional protocols by insurance provider.
- Place required signage at all building entrances. (See attached)
 - Stop COVID-19
 - Social Distancing Poster
 - Screening Checklist
 - Business to Care Poster
- Place physical distancing indicators/signage of 2 metre distancing in public and member used areas.
 - This may include but is not limited to outside entrance/exits, lobby/waiting area, washrooms, practice mats, offices, change rooms, etc.
 - The use of directional signage, staggered entrance/exit times, separate entrance/exit doors are encouraged to avoid congestion and clusters.
- Signage is required in each space identifying maximum capacity considering:
 - Provincial requirements, building occupancy, square footage and physical distancing requirements.

- This is to be updated if and when requirements change.
- Place required signage on all bathrooms and kitchen areas. (See attached)
 - Handwashing
- Ensure hand sanitizer is readily available for anyone using or entering the facility.
 - Stations in various areas of the facility are recommended, especially at all entrance locations.
- Cover and close all water fountains and shower facilities.
- Wherever possible, facilities should increase fresh airflow by opening outside windows and/or doors while the facility is in use.
- Ensure the use of hand sanitizer by everyone entering the facility for any reason.
- Create and maintain a log sheet to track cleaning/disinfecting areas and frequency.
 - Increase frequency of cleaning/disinfecting, required at minimum between each practice, class or space rental/use.
 - High touch or high traffic areas such as toilet handles, faucets, door handles, counters, phones, payment terminals, etc. should be sanitized as frequently as possible or between uses (depending on area and ability).
- Screening is required for anyone entering the facility. (See attached)
 - Cheer Manitoba Contact Tracing Form
- Directors, teachers, advisors, coaches, organizers, etc. are responsible to:
 - Ensure all participants are following requirements.
 - To set forth their own company/organization/club guidelines regarding their membership accountability rules and policies.
 - Provide evidence upon request of Cheer Manitoba to support their compliance of requirements.

General Information

- Participants must use hand sanitizer or wash their hands before and after each practice, class or space rental/use.
- Attendance records are required daily for each separate class, practice, space rental/use and is to be kept for a minimum of 21 days in case contact tracing is required.
- All contact points are to be disinfected between use, including:
 - Base/Backspot hands (before and after stunting, not between each stunt with the same group)
 - Flyers' shoes (before and after stunting, not between each stunt with the same group)
 - Poms (if sharing)
 - Props or signs (before, after and between different participants)
- All equipment utilised must be disinfected between use of different participants.
- Coaches are encouraged to track per practice stunt group pairings.

Practice, Class, Space Rental/Use Information

Facilities are required to follow the Return to Play Guidelines and adhere to all Public Health Orders issued by the Province of Manitoba.

1. Building/Spectator/Class capacity to be determined by current Public Health Orders.
2. Athletes, coaches, volunteers, officials and spectators are to wear face masks when required as outlined by Public Health. Participants and coaches are strongly encouraged to utilize masks when physical distancing is not possible on the practice surface, particularly when stunting.
3. Stunting is allowed without restriction on prolonged contact and group/cohort interchanges.
4. Athletes are able to practice with more than one team or class per day.
5. Cheers/chants can occur while wearing face masks.
6. Facilities to operate with capacity limits on class/spectator/building occupancy determined by Public Health Orders.
7. Teams are able to participate in pyramids. The wearing of face masks is strongly encouraged while performing pyramids.

All of the above noted items are determined by and may change due to an altering of the current Public Health Orders issued by the Province of Manitoba.

First Aid Procedures

Adjust/amend any First Aid protocols to include the following:

- Limited number of people to be in contact with the person requiring first aid.
- If possible, have the person requiring first aid and the first aid responder both wear masks.
- Ensure the first aid responder performs hand hygiene (wash hands or use sanitizer) or uses gloves before administering aid to the person or touching first aid supplies.
- Have only one-person touch first aid supplies and dispose of any PPE used as soon and as safely as possible.
- If CPR is needed, use a mouth guard rescue product (mask designed to cover mouth and nose) for any required mouth to mouth contact. If this is not available, then conduct hands only CPR (unless 9-1-1 directs you otherwise).

Response Plan

- Create a situational plan for facility response to a symptomatic person in the facility. (isolation, communication, cleaning, etc.).

- Anyone with symptoms is not to enter the facility and should be directed to call Health Links for direction.
- Anyone who is tested for COVID-19 should stay home and self-isolate until they receive their results.
 - If the person receives negative results they should not return to the facility until they are fully symptom free.
- If the facility becomes aware that someone has tested positive for COVID-19, the following steps should be followed:
 - Follow any and all direction by Public Health, their directives supersede any directives in this document.
 - Communicate with the person who tested positive to determine when they and Public Health identified their initial onset of symptoms. They will likely conduct contact tracing for 48hrs prior to the initial onset of symptoms until the current timeframe and consider this the possible exposure period.
- If the person was in the facility during this identified possible exposure period, then the following must occur: *for any/all notification requirements please consider any internal confidentiality policies to guide your communication.
 - Cheer Manitoba is to be notified.
 - Anyone in the facility at the same time as the presumed positive or confirmed positive person should be notified (this includes all areas such as entrance, lobby, washroom, gym, office, etc.)
 - Anyone who may have had contact (direct or indirect) should be notified, directed to call Health Links and asked to self-isolate for 14 days (participants, coaches, etc.).
 - The facility is to take immediate action upon knowledge of this situation and close (if currently open) to allow for a deep clean of the entire facility. The facility can re-open once the deep clean has been completed.
- The facility is to provide any required information (attendance sheets, group/cohort lists, etc.) to Public Health.

Additional Resources

Government of Manitoba: <https://www.gov.mb.ca/covid19/index.html>

Shared Health Manitoba: <https://sharedhealthmb.ca/covid19/>

Health Links - Info Santé: <https://misericordia.mb.ca/programs/phcc/health-links-info-sante/>

Public Health Manitoba: <https://www.gov.mb.ca/health/publichealth/index.html>

Cheer Canada: <https://cheercanada.ca/>

Sport Manitoba: <https://www.sportmanitoba.ca/>