



RETURN TO CHEER

STAGE 2

UPDATED: November 9, 2020

VIA SPORT

As a BCCA member program, you are governed by the Return to Sport guidelines approved by the province and ViaSport. The sport specific guidelines are mandated by BCCA, which have been approved by ViaSport.

Cheerleading is classified as an indoor contact sport, however, during the Transition Measures stage of the Return to Sport Activity Chart, this document outlines what is allowed within your cheerleading facilities.

ATHLETE & STAFF

Must maintain 6 feet of distance (no spotting or building skills).

It is recommended to wear a secured mask.

Minimal belongings to be brought into the gym.

Bring your own filled water bottle and do not share.

Clean your hands before and after training.

Avoid touching your face.

Cover cough/sneeze.

It is recommended to wear a secured mask.

ILLNESS & TRAVEL

Do you or someone in your household have:

- COVID-19
- Fever
- Chills
- Cough
- Shortness of Breath
- Sore throat
- Painful Swallowing
- Traveled outside of Canada (in the last 14 days)

If you answered yes to any of the above do **not** go to the gym.

Self-isolate and call 811.

RECOMMENDATIONS

- Close lobby and congregation areas. Add virtual viewing rooms if possible/necessary.
- Create a health survey to be administered on entry.
- WorkSafe BC Safety Plan is completed, reviewed with staff and posted in the facility.
- Increase ventilation by opening windows and doors with separate entry/exit when possible.
- Have at least one hand washing station which is clear from contact points.
- Disinfect contact points between each class using [an approved disinfectant](#). This includes training aids, door handles, washrooms. Equipment not easily sanitized should be avoided.
- Clean the floor daily with increased deep cleaning.

FIRST AID

If first aid is required try to limit the number of individuals in contact with the person in need of aid.

If possible have the person requiring aid use a face mask over their nose and mouth.

First aid providers should perform hand hygiene after interaction with a person requiring aid.

Clean and dispose of any PPE used.

The risk of disease transmission is extremely low while performing CPR--especially when using a breathing barrier. Use protective gloves, if available.

If you are uncomfortable or haven't been trained to perform traditional CPR, have someone call 9-1-1 and start Hands-Only CPR (continuous chest compression without any mouth to mouth contact) until someone else takes over or emergency help arrives.

*Information retrieved from Red Cross.

CASE OF COVID-19

If any athlete, staff or person who entered your business tests positive for COVID-19, inform those who were in the same space/team that they had a possible exposure at a specific date and time. Do not disclose who tested positive. Due to privacy, only the person/guardian who tested positive should disclose, if they wish.

Those in the same team/class should self-monitor for 10 days from exposure date. If they were not wearing masks **OR** are experiencing any symptoms have them contact 811.

Inform BCCA by completing the online form. If you need assistance contact the BCCA

NEXT STEPS

- Ensure you are always following the rules set by the government, health authority and Work Safe BC
- This Transitional Measures (BC Phase 2) allows cheerleading to return in modified team practices and training in line with social distancing.
- The next phase is "Progressively Loosen". For the requirements and guidelines for that phase, please follow BCCA's return to cheer Stage A, B and C.



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STAGE 2

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GYM HYGIENE

Increase ventilation by opening windows and doors when possible.

Have at least one hand washing station which is clear from contact points.

Disinfect contact points between each class using [an approved disinfectant](#). This includes training aids, door handles, washrooms.

Clean the floor daily with increased deep cleaning.

Any equipment not easily sanitized should be avoided.

Post Work Safe hand washing poster in all bathrooms.

Create separate entrance and exit points when possible.

ATHLETE & STAFF

Must maintain 6 feet of distance.

Minimal belongings to be brought into the gym.

Bring your own filled water bottle (with your name on it) and do not share.

Arrive to the gym ready.

Clean your hands before and after training.

Avoid touching your face.

Cover cough/sneeze.

If wearing a mask it must be secure.

ILLNESS & TRAVEL

Do you or someone in your household have:

- COVID-19
- Fever
- Chills
- Cough
- Shortness of Breath
- Sore throat
- Painful Swallowing
- Traveled outside of Canada (in the last 14 days)

If you answered yes to any of the above do **not** go to the gym.

Self-isolate in line with regulations and refer to HealthLink BC at 811.

RECOMMENDATIONS

- Close lobby and congregation areas.
- Add virtual viewing rooms.
- Create a health survey to be administered on entry.
- WorkSafe BC Safety Plan is completed, reviewed with staff and posted in the facility.
- Have a gym specific protocol that is available publicly and communicated to all members prior to opening.
- Run a trial session to test your COVID-19 practices.

BUSINESS PRACTICES

No more than 50 people gathered regardless of facility size or training location. Training outdoors is not an exemption from these practices.

Taking comprehensive attendance is mandatory.

Athletes, coaches and staff must maintain a minimum of 6 feet apart.

Use non-contact greeting and training.

No spotting. No building skills (stunt, pyramid or baskets). Training can include jumps, dance, unassisted tumbling.

No use of poms, signs, megaphones or shared props.

Stagger Class Times. Request that athletes arrive at the designated time. If they are early wait in their vehicle.

Close water stations, coffee stations and shared items where cross-contamination is possible.

Use contact-less payment whenever possible.

VIRTUAL INSTRUCTION

Avoid one-to-one electronic messaging by having communication including at least two adults (two coaches or a coach and parents/guardian/club administrator).

Set guidelines on format of communication and time period (e.g. no phone calls or texts after certain hours).

A dress code should still be applied and anyone violating the dress code should be removed from the training.

Parental consent is required when with a minor. Consent and awareness should be obtained to ensure all participants agree to screen captures during the video (even if it is not the instructor taking the screen capture, others may be).

Rule of Two still applies. For video "privates" another adult coach, parent or volunteer should be present. One-on-one sessions should be avoided.

Coaches and staff should be in an appropriate location while conducting the class (aware of what is in their background).

When possible record the instruction.

Focus on maintenance and technique, not new skill acquisition.



IDEAS

If possible add additional Velcro to the floor to create a grid to assist athletes keeping in their designated space.

If doing art activity create individual bags with all the supplies needed to limit cross-contamination.

Create a fun way to "break" while maintaining social distancing in advance.

FIRST AID

If first aid is required try to limit the number of individuals in contact with the person in need of aid.

If possible have the person requiring aid use a face mask over their nose and mouth.

First aid providers should perform hand hygiene after interaction with a person requiring aid.

Clean and dispose of any PPE used.

The risk of disease transmission is extremely low while performing CPR--especially when using a breathing barrier. Use protective gloves, if available.

If you are uncomfortable or haven't been trained to perform traditional CPR, have someone call 9-1-1 and start Hands-Only CPR (continuous chest compression without any mouth to mouth contact) until someone else takes over or emergency help arrives.

*Information retrieved from Red Cross.

CASE OF COVID-19

If any athlete, staff or person who entered your business tests positive for COVID-19 immediately contact Health Link BC.

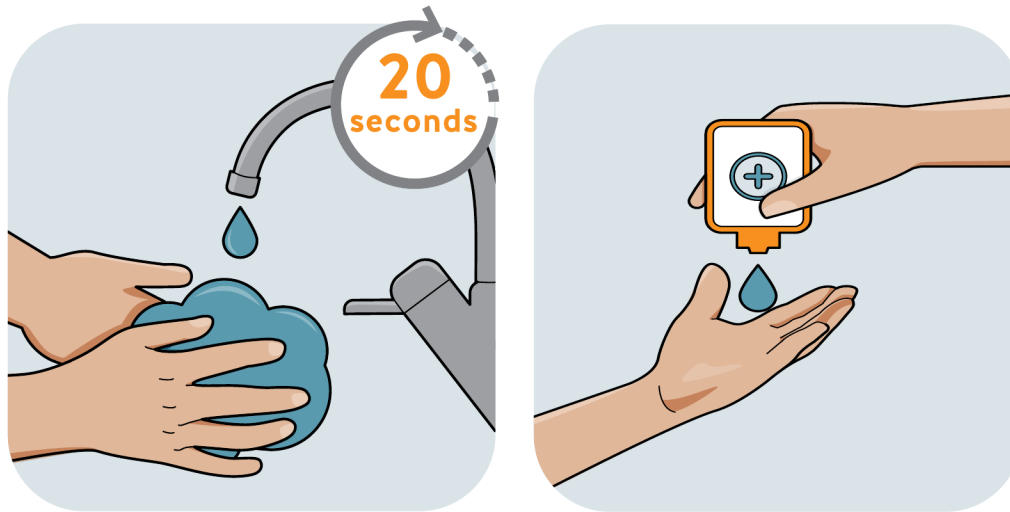
Ensure that customers are informed of any closure (if necessary) through a minimum of an email and signage.

Have a business specific plan on steps to take if an emergency closure is necessary.

NEXT STEPS

- Ensure you are always following the rules set by the government, health authority and Work Safe BC
- Stage 1 allows cheerleading to return in modified team practices and training in line with social distancing.
- Stage 2 is anticipated to begin in September. Sport Specific guidelines for future stages will be released by the end of June.

Help prevent the spread of COVID-19



Wash your hands often with soap and water for 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer.

Wash your hands:

- When you arrive at work
- Before and after going on a break
- After using the washroom
- After handling cash or other materials that have come into contact with the public
- Before and after handling shared tools and equipment
- Before and after using masks or other personal protective equipment

Help prevent the spread of COVID-19

Cover coughs and sneezes



Cough or sneeze into your sleeve, not your hands. Avoid touching your face with your hands.

Or



Cover your mouth and nose with a tissue and put your used tissue in a wastebasket.



Wash your hands with soap and water for at least 20 seconds.

Or



Clean hands with alcohol-based hand sanitizer.

Preventing exposure to COVID-19 in the workplace

A guide for employers

Orders from the provincial health officer (PHO) and guidance to employers and businesses provided by the **BC Centre of Disease Control** represent the minimum standard that employers must meet, to comply with obligations to ensure worker health and safety. To address health and safety concerns in the workplace raised by COVID-19, ask yourself the following questions:

- 1 How are you telling your workers about COVID-19 (i.e. exposure to COVID-19 in your workplace)?
- 2 Do you have a system in place where workers (including joint health and safety committee representatives and worker representatives) can inform you of concerns relating to being exposed to COVID-19 in the workplace? Find out if there are any specific tasks that concern them (e.g. tasks that involve interacting with others).

Identifying exposure hazards and developing measures to control exposure

- 3 What are you doing to prevent your workers from being exposed to COVID-19?
 - Have you done a walk-through of your workplace, to identify specific conditions or tasks that may increase the risk of exposure of your workers to COVID-19?
 - Have you asked your workers (including your joint committee or worker representative) where potential exposures may occur and how they think exposures can be controlled?
- 4 Have you developed controls that will eliminate or minimize the risk of exposure?
 - What are those controls?
 - Have you put them in place?
 - How are they working (are they effective)?
 - How do you know how they are working?

Controlling the number of people on site

- 5 How are you controlling the number of workers and other people at your workplace?
 - Do all your workers need to come to work? Can some work from home? (Learn about **Health and safety responsibilities when working from home.**)
 - Can you stagger shifts, to reduce the numbers present at one time?
 - Are you ensuring there is adequate cleaning between shifts?
 - Can you prioritize the work that needs to be done at the workplace to help your business operate as close to normal under the circumstances? This will require a determination of core work and where it can safely and productively be performed.

- 6 If you have workers who need to come to the workplace, how are you ensuring the following steps are being taken to reduce their risk of COVID-19 exposure? Different workplaces will have different needs but the following steps are a good start:
- Position workers to allow for physical distancing. Keep 2 metres distance between workers and customers, clients, and other workers.
 - Provide soap and water or hand sanitizers and encourage workers to wash their hands frequently.
 - Enhance cleaning and disinfecting of the workplace, particularly high-contact items such as door handles, faucet handles, keyboards, and shared equipment (e.g., photocopiers).
- 7 How are you checking and tracking whether the above steps are being taken?

Prohibition of workers who are sick and those returning from outside Canada

- 8 What are you and your supervisors and managers doing to prohibit the following workers from coming to work?
- Workers who are displaying symptoms (e.g., fever, cough, sore throat, sneezing), whether or not the illness has been confirmed as COVID-19.
 - Workers who have travelled internationally. It is mandatory for all travellers returning to Canada to self-isolate for 14-days.
 - Workers who live in the same household as a confirmed or clinical COVID-19 case who is self-isolating, or who have been exposed to a confirmed COVID-19 infected person and advised by 811 (public health) to self-isolate.
- 9 How are you communicating these messages to your managers, supervisors, and workers?
- 10 What are you doing to track and communicate with workers who fall into one of the above categories?

For more information about preventing workplace exposure to COVID-19 visit worksafebc.com and the [BC Centre of Disease Control](#).

March 31, 2020

COVID-19 health and safety

Cleaning and disinfecting

The virus that causes COVID-19 is easily destroyed by mild soap and water. This works well for handwashing, but cleaning surfaces effectively can be a challenge. That's why it's important to clean and disinfect surfaces, especially high-contact surfaces, which are surfaces that are contacted frequently and/or by many people.

How COVID-19 spreads

COVID-19 is an infectious disease that mainly spreads among humans through direct contact with an infected person and their respiratory droplets. Respiratory droplets are generated by breathing, speaking, coughing, and sneezing. Your exposure risk is greatest when you have prolonged close contact with an infected person.

The virus can also spread if you touch a contaminated surface and then touch your eyes, mouth, or nose. A surface can become contaminated if droplets land on it or if someone touches it with contaminated hands.

Cleaning and disinfecting

Effective cleaning and disinfection involves a two-stage process.

Cleaning

To disinfect a surface effectively, you must clean it first to remove surface dirt and debris. Any residue left on work surfaces and equipment may deactivate the disinfectant. Use soap or detergent as a cleaning agent.

Disinfection

After cleaning, apply a disinfectant to the surface. You need to leave the disinfectant on for a specified contact time to neutralize any remaining organisms. Look for recommended contact times on product instructions.

What surfaces you should clean and disinfect

Start by cleaning and disinfecting all the common surfaces that workers and customers touch. Examples include doorknobs, light switches, handles, countertops, desks, tables, phones, keyboards, touch screens, toilets, faucets, gas pump handles, and ATM machines.

Conduct a survey of your workplace to determine if there are other surfaces that workers, customers, or children touch regularly. A workplace where the public can come and go will need a more thorough assessment and plan than a small shop where there are normally just a few workers.

Clean and disinfect common high-contact surfaces inside and outside to limit the chance of the virus spreading through touching contaminated surfaces.

What you can use to clean and disinfect

For cleaning, you can use regular soap and water or another cleaning solution. Depending on how many people are in the space and how it's used, you may need to clean some spaces more frequently.

There are a number of products you can use for disinfection. Health Canada has a [list of disinfectants for use against COVID-19](#). They all have an assigned drug identification number. These are consumer products that don't require a safety data sheet, like some controlled products you may be familiar with. However, it's still important to follow whatever safety information is available for the product. Use these products with caution, as directed on the label, to avoid introducing other hazards into your workplace.

One of the most common disinfectant solutions is water and bleach. You can make a 500 ppm bleach solution by adding 42 mL (3 tablespoons) of bleach to 4 L (1 gallon) of water. For other quantities, use this [bleach calculator](#). Never mix bleach with other disinfecting products. This can result in dangerous fumes. For more information, visit the BC Centre for Disease Control's [Cleaning and Disinfecting](#) webpage.

Some sanitizing solutions contain up to 70 percent alcohol and will release flammable vapours. Use these with caution, and don't use them if there are ignition sources nearby.

Make a plan for cleaning and disinfecting your workplace

Ask the following questions when making your plan:

- What surfaces and objects are workers likely to touch? Do they share any tools or equipment?
- What cleaning materials and supplies will you need? Buy a reasonable supply.
- How often will you need to clean? Clean at least once a day for most surfaces and at least twice a day for high-contact surfaces. Consider how many workers are in the space; whether customers, children, or other members of the public are in the space; how long they're in the space; and how they use the space.
- When is the best time to clean? Consider cleaning before or after shifts, or before opening or after closing. Allow enough time for a thorough cleaning. Time the cleaning so it limits worker and customer exposure to cleaning and disinfecting odours.
- Who will do the cleaning? You may need to limit the number of cleaners and ensure they have time to clean effectively. Make sure workers who are cleaning have been trained to use the cleaning products safely.
- What personal protective equipment (PPE) will the cleaners need to protect against the cleaning chemicals?

There may be some machinery or equipment in your workplace that isn't used often. To reduce the amount of cleaning you have to do, consider cleaning these items and then boxing them or covering them with plastic drop sheets or tarps until you need them.

Handwashing

Regular handwashing is an important part of maintaining clean surfaces. Establish handwashing procedures and communicate them to workers. Establish policies to ensure that workers are washing their hands regularly: at a minimum, when they arrive, immediately before any breaks, and just before leaving. This may be the most important infection control for your workplace.

Ensure workers have access to handwashing facilities. If none are available, set up handwashing stations or provide alcohol-based hand sanitizer.

Let's all do our part

When workplaces in British Columbia are healthy and safe, they contribute to a safe and healthy province. As COVID-19 restrictions are lifted and more businesses resume operations, let's all do our part. For more information and resources on workplace health and safety, visit [worksafebc.com](https://www.worksafebc.com).