



Updated 6/24/2020

**Rockstar Cheer New Jersey
COVID-19 Protocol *Starting 6/24/2020 Until Further Notice***

The following COVID-19 Protocol will be required for all athletes entering the building for team practices and classes until further notice. Given the fluidity of COVID-19, updates to this protocol will be made accordingly. The date of the most recent version of this protocol will always be displayed in the header of this document.

Policies Update:

- Our most recent policy and waiver updates regarding COVID-19 has already been sent in an email and can also be found at the end of this document as well as the Band app
- All new and returning members will be required to accept our new policies prior to the start of team practices
- To access this update, please log into your iClassPro account where you will then be prompted to accept the update

COVID-19 Athlete Symptom Checklist:

- All athletes will be required to provide a printed copy of the athlete symptom checklist each day they enter the gym for team practices or classes
- The athlete symptom checklist must be completed and signed by a parent or guardian prior to arrival
- The athlete symptom checklist will be sent via email, uploaded to the Band app and also available at the end of this document for your personal download needs
- We will keep a small number of copies on hand in the instance that someone forgets to bring the paper with them
- We suggest printing out multiple copies NOW and leaving them in your car so you always have one on hand
- **ABSOLUTELY NO ATHLETE WILL BE ALLOWED TO ENTER THE FACILITY WITHOUT A SYMPTOM CHECKLIST**
- **ALL COMMITTEE AND STAFF MEMBERS WILL BE ASKED TO COMPLETE A SIMILAR CHECKLIST AT THE START OF EACH SHIFT**

NEW Drop off and Pick Up Instructions (Diagram will be provided):

1. Upon arrival, please drive around to the back of the building and join the COVID checkpoint car line
2. Cars will form this line along the far side of the parking lot (closest to the fenced in dumpster area), then progress towards the cheer side of the building
3. When it's your turn, pull up to the designated checkpoint area where a committee member or staff member will be stationed
4. At this point the committee or staff member must be provided with your athlete's symptom checklist for quick review
5. The committee or staff member will then take the athletes temperature and record it on the checklist form
 - a. Athletes with a temperature equal to or below 100.4°F will be permitted to pull forward and exit the vehicle

- b. Athletes with a temperature greater than 100.4°F will be asked to pull over to a staging area for a few minutes before having their temperatures re-checked
6. Upon exiting the vehicle, athletes will be directed to enter the appropriate cheer room for their team practice or class
7. Parents will be directed to park their vehicle if they are staying to watch or they may leave and come back at pickup time
8. Athletes will be required to sanitize hands and shoes upon entering the facility
9. During practice athletes will be asked to sanitize or wash hands regularly
10. Bathrooms will be closed except for emergencies
11. All athletes will be dismissed at the end of practice or class along the Eayrestown Rd. side of the building and directed by a committee or staff member to the front parking lot for pickup
12. **ABSOLUTELY NO ATHLETE WILL BE ALLOWED TO EXIT THE FACILITY TO THE BACK PARKING LOT WITH THE EXCEPTION OF ATHLETES WHO DRIVE THEMSELVES TO PRACTICE. THIS IS DUE TO THE CHANGOVER BETWEEN TEEMS AND SANITATION PROCEDURES SET IN PLACE**

Office Personnel and Merchandise Sales:

- Weather permitting, our office personnel will be set up out back to assist with payments and help answer any questions you may have
- In the instance of inclement weather, office staff will be in the front office and available via phone

Parent Viewing:

- Parents and guests will be permitted to watch practices and classes out back of the facility
- We welcome you to bring a chair and relax
- We are working on developing the capability to watch via Zoom in the instance of inclement weather

Personal Belongings:

- Backpacks and large bags are not be permitted in the facility at this time
- Athletes are welcome to bring a disposable clear plastic bag or small fanny pack to hold their belongings such as a phone, mask, medical necessities or personal hand sanitizer
- At this time the water fountain will remain closed and we ask that all athletes bring their own water

Personal and Facility Cleanliness:

- Please continue to comply with State, Government, and CDC Guidelines in regard to COVID-19
- Encourage personal hygiene and hand washing outside of the facility
- Please remind your athlete to be respectful of our facility and clean up after themselves when exiting
- There will be no food permitted by athletes in the facility at this time
- Our facility will continue to keep up with suggested sanitation measures hourly, between practices and classes, daily, and weekly

**Rockstar Cheer New Jersey
COVID-19-Financial Policies**

Tumble/Class Athletes:

Clients that are part of our tumble/class program will be issued a credit for the class or classes that were not completed, in the event that the governor closes the facility due to the COVID virus.

Allstar Cheer Athletes:

TUITION-In the event that the governor closes the facility due to COVID-19, tuition will be billed accordingly dependent upon how many hours the team is participating in virtual practices. In the event that the facility is closed mid-month, the rest of the month will be prorated and if need be, a credit will be issued to the account accordingly. Please note that we will communicate appropriately with all the information as soon as we work through the details.

COMPETITIONS-In the event that the governor closes the facility due to COVID-19, the gym will be issuing a credit for any competition or competitions that were not attended. Please note that in most cases, the competitions have been pre-paid, and Varsity takes 6-10 weeks to refund us. We have put much thought into how to best handle the possibility of another outbreak in the fall. We are preparing to compete as early as possible and as late as possible in the season assuming the worst will be December and January. In addition, we tried our best to avoid competitions that would most likely require a flight. The hope is that if you choose not to fly, you could drive. If you book a flight or housing, please make sure it is refundable.

COVID-19-Committee

Rockstar Cheer NJ has a volunteer group that meets regularly and has helped develop the protocol for sanitation and safety of our athletes. Please be on the look out for specific details of what is being done to keep the athletes, staff and facility safe.



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Rockstar Cheer New Jersey
Athlete COVID-19 Symptom Screening Checklist

Athlete Name

Team(s)/Class

Date

1. Has the athlete or anyone else living in the same household traveled out of the country in the last 30 days? If yes, where?

- Yes: _____
 No

This question will assess if they have been to countries where Covid is widespread. This changes so you can leave the question open and staff evaluating athletes should review this site every 3-4 days to review countries of concern

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>

2. Has the athlete or anyone else living in the same household been exposed to anyone for an extended period of time (more than 15 minutes) that has tested positive for COVID-19 in the last 14 days? (wearing a mask or not, doesn't matter)

- Yes
 No

3. Has the athlete been tested for COVID-19 (**PCR testing not antibody testing**) in the last 14 days? If so, what was the result?

- Yes: _____
 No

4. Has the athlete experienced any of the following symptoms in the last 10 days? Please select all that apply:

- Fever (over 100.4)
- Cough
- Shortness of Breath
- Malaise (fatigue, body aches, chills)
- Sudden loss of taste or smell
- Unexplained headaches
- Sore Throat
- Unexplained congestion and runny nose
- Nausea, vomiting
- Unexplained, multiple episodes of diarrhea
- Unexplained skin rash associated with a fever (for tiny, mini & youth age)

Athlete temperature taken upon arrival: _____

Emergency Contact Name: _____ Phone Number: _____

Patent/Guardian Signature: _____ Committee/Staff Member Initials: _____

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