Return 2 Play Training Guidelines

**Competitive Cheer**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Sport Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>Moderate: Phase 3,4</td>
</tr>
<tr>
<td>Squad</td>
<td>High: Phase 4</td>
</tr>
</tbody>
</table>

**Guidelines**

**Phase 3**
- Social Distance during group trainings
- Coach maintains social distance during instruction
- No contact in body placement or demonstration of skills
- Training may be with 50 people or less
- Smaller groups of 6 to 8 should be observed in rotating from stations
- No shared water, towels, equipment, bags, shoes, clothing
- No hydration stations
- If possible, clearly mark separate Entrance and Exit for gym/space
- If possible, doors should be opened to lessen common contact points on door handles and bars
- Station/event specific work should be scheduled so that athletes do not gather closely together or have unnecessary cross traffic
- Coaches should consider use of gloves for personal contact and spotting when necessary for the safety of the athlete, with a goal of switching gloves between athletes
  - No group stunting work allowed, this precaution of spotting is if athlete needs help while performing something such as a split or cartwheel
- Spotting remains important element for safety, coaches can consider alternative teaching options that align with social distancing

**Phase 4**
- Train as normal

Phase 1: Low Risk Sports: 10 people or less, follow guidelines above
Phase 2: Slight Risk Sports: 10 people or less, follow guidelines above
Phase 3: Moderate Risk Sports: 50 People or less, follow guideline above
Phase 4: High Risk Sports: No Restrictions