

**COVID-19 Guidance
Sideline Spirit
Cheer, Dance, Poms, Drill, Flags, Pep Bands**

Per IDPH, all school spirit participants (Cheer, dance, drill, poms, flags, pep band, etc..) are not spectators and they are not participants. As a result, IDPH suggests that the attendance of spirit groups at basketball contests is at the discretion of local schools. IDPH goes on to suggest that spirit groups be part of a lower priority group when schools are making decisions about what groups are permitted to attend basketball contests safely.

If you choose to permit sideline spirit groups, the 30 ft. distance from other athletes per the spectator guidance would be waived as this group is no longer part of the spectator group. 6 ft social distancing with face coverings is an appropriate mitigation.

In summary, sideline spirit is permitted provided the follow conditions are met:

- ✓ IDPH guidelines and IDPH capacity limits must be followed.
- ✓ Maintain at least 6 feet of social distance on the floor during routines, including when changing formations, and prohibiting lifts, stunts, pyramids, and tosses as well as shared equipment (e.g., signs, flags, poms); avoid shouting, singing, and chanting.

Resources:

- [IDPH All Sports Policy](#)
- [IHSA COVID-19](#)
- [NFHS](#)

Sideline spirit	Maintain at least 6 feet of social distance on the floor during routines, including when changing formations, and by prohibiting lifts, stunts, pyramids, and tosses as well as shared equipment (e.g., signs, flags, poms); avoid shouting, singing, and chanting
Competitive Cheer	Minimize contact between participants by maintaining at least 6 feet of distancing on the floor during routines, including when changing formations, and by prohibiting lifts, stunts, pyramids, and tosses as well as shared equipment (e.g., signs, flags, poms). Avoid shouting, singing, and chanting. Teams located in EMS Regions in Phase 4 may resume lifts, stunts, pyramids, and tosses.
Competitive Dance	Minimize contact between dancers by maintaining at least 6 feet of distance (i.e., spacing) on the floor during routines, including when changing formations, and by prohibiting lifts and tosses and shared equipment (e.g., poms); Avoid shouting, singing, and chanting. Teams located in EMS Regions in Phase 4 may resume lifts and tosses.

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