

## 2020-2021 DPR Cheer and Dance COVID-19 Updates

Greetings Parents, Coaches, and Staff,

At the DC Department of Parks and Recreation (DPR), the safety of our patrons and staff is our #1 priority. We are doing everything that we can to ensure the safety, health, and wellness of our team and our participants. Under the guidance of the Executive Office of Mayor Bowser (EOM), the DC Department of Health (DOH), and the Center for Disease Control and Prevention (CDC), DPR will be implementing a number of modifications due to COVID-19.

## Modifications to traditional practices

- Limiting the head count of participants during practice sessions. Please see the location, breakdown, time, and most importantly, what your athlete will need.
- **Location:** Recreation Center field or outdoor location(s). Practice must take place outside with the exception of inclement weather (practice will be cancelled).

## Coaches to Athletes Ratio

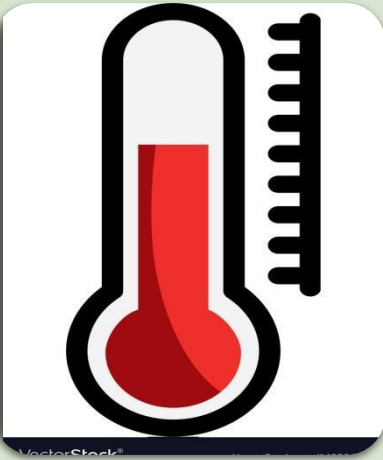
- 2 adults per 8 participants
- There will be two weekday sessions:  
Session 1: 6:00pm-7:00pm  
Session 2: 7:00pm-8:00pm  
Two Saturday sessions: *(Prior approval is required!!)*  
Session 1: 9:00am-10:15am  
Session 2: 10:30am-12:00pm  
Maximum time for Practice/Workouts will be one hour and thirty minutes.  
Coaches must sanitize between practice/workouts.

## Practice Stations on Site

- No group will share space with another. Sample practice areas are: the basketball court, tennis court, or open field. Participants should proceed immediately to designated area after check in/curbside drop off. And, remain in that area until the end of practice, unless otherwise directed. All participants/parents will receive their designated practice session the week prior to the start date.

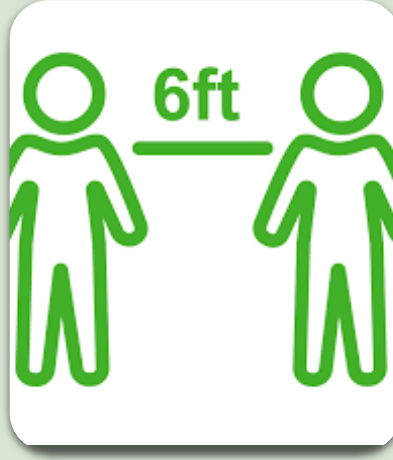
## Required Forms

- The following must be completed prior to the start of practice. Parents (not staff) must complete registration. \*\*\*All registration is online at DPR.dc.gov:
  - Registration Form
  - Participant Waiver
  - Parent and Participants Code of Conduct
  - Copy of Birth Certificate *(upload to account)*
  - Copy of Current Health Form (athlete must be cleared for sports) *(upload to account)*



### COVID-19 Health Screening

All coaches and athletes must have their temperatures scanned/recorded and must wear a mask. (Note: If a child becomes ill, parent/guardian will be contacted immediately for pick up. Keep SHF Office and coaches informed on participant's status.)



### Social Distancing

There will be no physical contact -- participants will work six feet apart.

All Athletes will need a clean Yoga Mat or towel.

Everyone must bring their own Water.  
(Remember: Sip during practice.)

Each participant must eat a light healthy snack at least 30 minutes before practice.



### USA CHEER Guidance

For further information on returning to practice, please visit USA CHEER "Return to Cheer and Stunt Guidelines".

<https://www.usacheer.org/return-guidelines>