

# AUSTRALIAN CHEER SPORT ALLIANCE



## Framework for Resumption of All Star Cheer and Dance Version 17 Publication Date 24<sup>th</sup> September 2020\*

\*updates highlighted in green

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This document has been prepared by the Australian Cheer Sport Alliance (ACSA) using the guidance provided in the National Principles (see Appendix A), Framework for Rebooting Sport in a COVID-19 Environment and the [Return to Sport Toolkit](#) from the Australian Federal Government, Australian Institute of Sport (AIS) and Sport Australia.

**Clubs should comply with their State and Local Government regulations at all times. Levels in this Framework are separate to the steps/stages outlined in the State Roadmaps. We have included the latest guidance for each State below. ACSA will continue to update this Framework in line with State and Local Government restrictions. The latest version will be emailed to all members and uploaded to ACSA's Member Only page on our Website. All ACSA Members are expected to comply with ACSA's Framework unless the Member has received written exemption from their State Government Department.**

Key principles for the resumption of All Star Cheer and Dance:

- Individuals (including athletes, coaches/staff, parents and carers) should not return to sport if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19. Any individual with [respiratory symptoms \(even if mild\)](#) should be considered a potential case and must immediately self-isolate, have COVID-19 excluded and be medically cleared by a doctor to return to the training environment.
- Adopt the '**Get in, train, get out**' approach, minimising unnecessary contact in change rooms, bathrooms and communal areas (communal facilities must remain closed except for toilets)
- **Plan:** Designate a dedicated COVID-19 control person to oversee compliance and education, [here is a role description from Sports Australia](#). Gather your club's current processes and procedures. Then identify the required checklists and legislation your club needs to adhere to (see below).
- **Prepare:** Take action to ensure your club is a safe environment. Key actions include, increased hygiene practices, attendance registers ([example here](#)), limited shared equipment as much as possible (eg. mat space).
  - o **You must follow and implement any return to sport checklists from your State Government.** These can be found below.
  - o You can also seek further advice from:
    - [ACSA Hygiene Guidelines](#)
    - [Sports Australia Detailed Checklist](#)
    - [Sports Australia Simplified Checklist](#)
    - [Hygiene Posters to display in your club](#)
  - o You should apply a graded (i.e. gradual, progression based) return to training to mitigate injury risk, understanding that sudden increase in training load will predispose athletes to injury.
  - o We recommend you communicate these plans widely to staff, athletes and parents. Including emailing out and displaying your checklists / action plans in your club. Reinforcing protocols at the beginning of every training session.
- **Respond:** Be prepared to manage a COVID-19 outbreak. Things can change quickly in your local area, and at all times health and safety must be a priority. If any athletes or close contacts in your club have contracted COVID-19 then you should seek medical advice about when and how they should return to your club
- **Recover:** Consider which protocols you may continue long term to optimise good public and participant health into the future.



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**Government Return to Play Checklist  
\*\*MUST BE COMPLETE D PRIOR TO RE-OPENING\*\***

[COVID-19 Safety Plan](#)  
[Community sporting competitions and full training activities](#)  
[Indoor recreation, yoga, pilates and dance studios](#)

*Option to complete both plans or take relevant information from each and combine.*

[Industry Restart Guidelines](#)  
[Physical Recreation Indoor and Outdoor](#)

**Latest ACSA Framework level** (see below for Framework)

**Date Commencing**

**Number of total people allowed**

**Where training can be held**

**Further information**

**NSW**

A

15<sup>th</sup> May

10

Outdoor only

[What You Can and Can't Do](#)  
[Office of Sport COVID-19 Update](#)

B

13<sup>th</sup> June

20 participants per space#@

Indoor / Outdoor

[Chief Health Officer recommendations for community sport](#)

**UPDATED ADVICE FOR NSW COMMUNITY SPORTS ORGANISATIONS**

C

1<sup>st</sup> July

**No more than 20 participants, plus, the instructor and any assistants, per space that complies with one participant per 4 square metres. There may be multiple classes in a room if there is sufficient space to accommodate this, and if the classes remain separate with start and end times staggered to minimise crowding.@#**

**Indoor / Outdoor**

**Clubs in Metropolitan Melbourne<sup>^</sup>**  
A

2<sup>nd</sup> August (stage 4)

N/A

**ONLINE ONLY<sup>^</sup>**

**Restrictions for areas outside of metropolitan Melbourne**

**VIC**

**Clubs in regional Victoria<sup>\*\*\*</sup>**

B

16<sup>th</sup> September 11:59pm (Third Step)

**Adults, outdoor NON-CONTACT training only. Must keep 1.5mtrs apart.**  
**Guidance list of community sports to resume adult non-contact competition**

**OUTDOOR/ ONLINE ONLY<sup>\*\*\*</sup>**  
*Indoor Closed*

[Victoria's roadmap for sport and recreation](#)

[Face coverings: Whole of Victoria](#)

C

**If all participants are 18 years of age or younger a maximum of one team can train together outdoors (plus necessary coaches).**  
Spectators are allowed if they are supervising children or supporting players with additional needs, while maintain gathering limits of less than ten people.

**OUTDOOR/ ONLINE ONLY<sup>\*\*\*</sup>**  
*Indoor Closed*



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QLD	A	15 <sup>th</sup> May	N/A	Online Only	<a href="#">Restrictions for Sport, Recreation and Fitness Organisations</a>	<a href="#">QLD Return to Play Checklist</a>  <a href="#">Industry COVID Safe Plans for sport, recreation and fitness</a>
	B	1 <sup>st</sup> June	20 (includes all players, coaches, and spectators)	Indoor/Outdoor		
	C*	3 <sup>rd</sup> July	no more than one person per 2 square metres (up to a total of 50 people) for venues or spaces of 200 square metres or less; or no more than one person per 4 square metres for venues or spaces of 200 square metres or more	Indoor / Outdoor		
WA	B	18 <sup>th</sup> May	20 <sup>#</sup>	Indoor / Outdoor	<a href="#">WA Roadmap</a>  <a href="#">COVID-19 coronavirus: Sport and recreation</a>	<a href="#">COVID SAFETY PLAN PHASE 4</a>  <a href="#">Poster for Your Venue</a>
	C	6 <sup>th</sup> June	300 in venue. Capped at 100 per single undivided space <sup>#</sup>			
		27 <sup>th</sup> June	All existing limits removed. Limits now only determined by WA's reduced 2sqm rule. <sup>^</sup>			
SA	A	11 <sup>th</sup> May	10	Outdoor only	<a href="#">Return to Sport and Recreation</a>  <a href="#">COVID-19 infection control guidelines for community sport</a>	<a href="#">COVID-Safe Plan</a>  <b>COVID MARSHAL</b>
	B	1 <sup>st</sup> June	80 in venue. Capped at 20 per room <sup>#</sup>	Indoor/Outdoor		
	C	25 <sup>th</sup> June	80 in venue. Capped at 20 per room <sup>#</sup>	Indoor /Outdoor		
		29 <sup>th</sup> June	Room/venue limits are subject to the 1 person per 2 square meters rule, the size of the venue will determine capacity. <sup>%</sup>			
TAS	A	18 <sup>th</sup> May	10 <sup>#</sup>	Outdoor only	<a href="#">Our Plan to Rebuild a Stronger Tasmania</a> <a href="#">Tasmania's Plan for Returning to Sport and Recreation</a>	<a href="#">COVID Safe Workplace Guidelines</a> <a href="#">SPORT AND RECREATION INDUSTRY</a>
	B	5 <sup>th</sup> June	20 <sup>#</sup>	Indoor/Outdoor		
	C^	26 <sup>th</sup> June	Cap of 250 people per single undivided space indoors or a maximum of one person per <b>2 square metres</b> under the density limit, whichever is less.	Indoor/ Outdoor		
ACT	A	9 <sup>th</sup> May	10 <sup>#</sup>	Outdoor only	<a href="#">COVID-19 NEWS Factsheet Step 3.1</a> <a href="#">COVID-19 Easing of</a>	<a href="#">RETURN TO PLAY IN A COVID-SAFE ENVIRONMENT</a>
	B	30 <sup>th</sup> May	20 <sup>#</sup>	Indoor/Outdoor		
	C	10 <sup>th</sup> August	100 within the 1 per 4sqm rule Up to 100 spectators (1 per 4sqm rule)	Indoor/Outdoor		



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[Restrictions](#)  
[Roadmap](#)

## Notes:

- Directions from State Government supersede this document. ACSA will aim to update this table as soon as is possible.
- If training outdoor in a public area you must have all necessary permits and insurance. Outdoor training should be conducted near to your club location to minimise unnecessary travel.

### #Excluding the instructor

@NSW Ensure participants maintain 1.5 metres physical distance where practical. If hiring a venue, be aware of the restrictions/limitations on numbers for that venue.

\*QLD Government has confirmed that body contact (ie lifts, stunts and partnerwork) is allowed from 3<sup>rd</sup> July. However, physical distancing should be maintained at all other times. Example – spectators and coaches must comply with the 4 square metre rule but athletes on the floor during training are not required to.

^VIC: METRO CLUBS MUST CLOSE AND REVERT TO ONLINE TRAINING For Clubs Located in Metro Melbourne Stage 4 restrictions are in place from 6pm on Sunday 2 August - coaching/instructing of virtual classes must occur from home and coaches/teachers cannot attend the premises for streaming.

\*\*\*VIC: Regional VIC Clubs move to the Third Step from 11:59pm 16 September. Under the Third Step for Regional Clubs, training can run [Outdoors or Online](#) only. INDOOR: closed, recording and broadcast permitted with the minimum number of people required to conduct the recording/streaming up to 5 people, and subject to density, signage, record-keeping, and cleaning requirements as per Workplace Directions. Only one person at a time may be exempted from wearing a face covering under the strenuous physical exercise exemption (e.g. the trainer leading the broadcast).

%SA Physical distancing measures of 1.5 metres between people whenever possible, must still be followed. [COVID Safe Marshal- from Friday 21 August 2020 a COVID Marshal will be required to supervise a prescribed operation for more information and the COVID Marshal online training click here.](#)

^WA Based on the latest health advice, Phase 4 of the WA COVID-19 roadmap has been extended until Friday, 23 October. The new tentative start date for Phase 5 will now be Saturday, 24 October.



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## Framework for Resumption of All Star Cheer and Dance

	Level A	Level B	Level C
<b>General</b>	<p>Maintain 1.5m between athletes and not more than 1 person per 4m<sup>2</sup>.</p> <p>Solo skills and general fitness training outside of gym / studio. <b>Via online coaching and resources.</b></p> <p>Own equipment must be used.</p> <p>Small group outdoor training is allowed if it is permitted under the relevant State Directions and must follow all related guidelines, including the number of people allowed (commonly 10 people).</p> <p>Outdoor training should be conducted close to you Club's location to minimise unnecessary travel</p> <p>No deliberate body contact allowed; no stunting, lifts or activities requiring spotting allowed.</p>	<p>Indoor / outdoor training in small groups. Refer to State Directions for number allowed in the small group, and any other State based restrictions</p> <p>Maintain 1.5m between athletes and not more than 1 person per 4m<sup>2</sup>.</p> <p>Sharing of equipment such as weights and mats should be minimised.</p> <p>No deliberate body contact allowed; no stunting, lifts or activities requiring spotting allowed.</p>	<p>Full training.</p> <p>Consider maintaining some small group separation within training and limit unnecessary social gatherings.</p> <p>Must also follow any other State based restrictions.</p>
<p><b>Hygiene Measures</b></p> <p>Refer to <a href="#">ACSA Hygiene Recommendations</a> for greater detail on cleaning and hygiene protocols</p>	<p>No sharing of exercise equipment, communal facilities, drink bottles or towels.</p> <p>Apply personal hygiene measures — hand hygiene regularly during training plus strictly pre and post training (hand sanitisers).</p> <p>Do not train if unwell (contact doctor).</p>	<p>Adhere to State Government restrictions on communal facilities – close communal showers and change rooms only toilets remain open.</p> <p>'Get in, train and get out' — be prepared for training prior to arrival at the venue (minimise need to use/gather in waiting areas, change rooms, bathrooms).</p> <p>Minimise use of shared areas (e.g. waiting room, gym) with limited numbers (not more than 10 athletes/staff in total).</p> <p>Have cleaning protocols in place for equipment and facilities.</p> <p>Hand hygiene (hand sanitisers)</p>	<p>Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B.</p> <p>Continue hand hygiene (hand sanitisers), especially after body contact during stunting, lifts or spotting activities.</p>

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		<p>on entry and exit to venues, as well as pre, post and during training.</p> <p>Thorough full body shower with soap before and after training (preferably at home).</p> <p>Where possible maintain distance of at least 1.5m while training.</p> <p>No socialising or group meals.</p>	
<b>CheerAbility and DanceAbility Athletes</b>	<p>CheerAbility and DanceAbility athletes require individualised consideration and assessment through all Levels (A, B, C) of a return to cheer and dance. Some para-athletes will have medical conditions that will require detailed planning and consultation with their regular treating medical team prior to a return to formal training/competition, or progression through Levels A, B, C. Specific equipment (e.g. wheelchairs, prostheses) will require regular cleaning (for all levels).</p>		
<b>Spectators / Additional Personnel</b>	<p>No spectators unless required (e.g. parent or carer)</p>	<p>Separate spectators from athletes.</p> <p>Spectators should maintain social distancing of at least 1.5m.</p> <p>Consider keeping spectators to a minimum (i.e. essential spectators only).</p>	<p>Consider maintaining separation of spectators from athletes.</p>
<b>Events / Competitions</b>	<p>No events / competitions to be held.</p>	<p>No events / competitions to be held.</p>	<p>Events / competitions must follow all relevant State legislations.</p> <p>Events / competitions held 3 months after Level C is entered will receive automatic sanctioning (assuming ACSA sanctioning standards are met). The three-month period between the commencement of level C and competitions allows for an optimal return to sport to ensure our athletes are both protected against injury and ready for competition.</p> <p>Events / competitions held in the first 3 months after Level C is entered will need to apply to ACSA for event sanctioning and demonstrate sufficient measures are taken to preserve public health.</p>



## Appendix A

### National Principles for the Resumption of Sport and Recreation Activities

Issued by the Australian Federal Government Department of Health. Publication  
Date 2nd May 2020

1. Resumption of sport and recreation activities can contribute many health, economic, social and cultural benefits to Australian society emerging from the COVID-19 environment.
2. Resumption of sport and recreation activities should not compromise the health of individuals or the community.
3. Resumption of sport and recreation activities will be based on objective health information to ensure they are conducted safely and do not risk increased COVID-19 local transmission rates.
4. All decisions about resumption of sport and recreation activities must take place with careful reference to these National Principles following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant.
5. The AIS 'Framework for Rebooting Sport in a COVID-19 Environment' provides a guide for the reintroduction of sport and recreation in Australia, including high performance sport. The AIS Framework incorporates consideration of the differences between contact and non-contact sport and indoor and outdoor activity. Whilst the three phases A, B and C of the AIS Framework provide a general guide, individual jurisdictions may provide guidance on the timing of introduction of various levels of sport participation with regard to local epidemiology, risk mitigation strategies and public health capacity.
6. International evidence to date is suggestive that outdoor activities are a lower risk setting for COVID-19 transmission. There are no good data on risks of indoor sporting activity but, at this time, the risk is assumed to be greater than for outdoor sporting activity, even with similar mitigation steps taken.
7. All individuals who participate in, and contribute to, sport and recreation will be considered in resumption plans, including those at the high performance/professional level, those at the community competitive level, and those who wish to enjoy passive (non-contact) individual sports and recreation.
8. Resumption of community sport and recreation activity should take place in a staged fashion with an initial phase of small group (<10) activities in a noncontact fashion, prior to moving on to a subsequent phase of large group (>10) activities including full contact training/competition in sport. Individual jurisdictions will determine progression through these phases, taking account of local epidemiology, risk mitigation strategies and public health capability.
  - a. This includes the resumption of children's outdoor sport with strict physical distancing measures for non-sporting attendees such as parents.
  - b. This includes the resumption of outdoor recreational activities including (but not limited to) outdoor-based personal training and boot camps, golf, fishing, bush-walking, swimming, etc.
9. Significantly enhanced risk mitigation (including avoidance and physical distancing) must be applied to all indoor activities associated with outdoor sporting codes (e.g. club rooms, training facilities, gymnasiums and the like).
10. For high performance and professional sporting organisations, the regime underpinned in the AIS Framework is considered a minimum baseline standard required to be met before the resumption of

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training and match play, noting most sports and participants are currently operating at level A of the AIS Framework.

11. If sporting organisations are seeking specific exemptions in order to recommence activity, particularly with regard to competitions, they are required to engage with, and where necessary seek approvals from, the respective State/Territory and/or Local Public Health Authorities regarding additional measures to reduce the risk of COVID-19 spread.
12. At all times sport and recreation organisations must respond to the directives of Public Health Authorities. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.
13. The risks associated with large gatherings are such that, for the foreseeable future, elite sports, if recommenced, should do so in a spectator-free environment with the minimum support staff available to support the competition. Community sport and recreation activities should limit those present to the minimum required to support the participants (e.g. one parent or carer per child if necessary).
14. The sporting environment (training and competition venues) should be assessed to ensure precautions are taken to minimise risk to those participating in sport and those attending sporting events as spectators (where and when permissible).
15. The safety and well-being of the Australian community will be the priority in any further and specific decisions about the resumption of sport, which will be considered by the COVID-19 Sports and Health Committee.

