

**Spirit Coaches should model best practices and educate their students. During school (practices/events) and outside of school.**

**1) General Considerations (Homepage)**

<http://www.kshsaa.org/public/pdf/KSHSAAReturntoAct-General.pdf>

**2) Spirit Specific Considerations (Homepage)**

<http://www.kshsaa.org/Public/COVID/PDF/Spirit-Considerations.pdf>

## **Spirit FAQ**

**(This will be located on the Spirit Activities page and will be updated as warranted)**

**Q: Can cheerleaders have run-throughs on the football field before the game?**

**A: Yes, if your school district approves, and these mitigation strategies are followed:**

- All cheerleaders must wear masks and distanced at least 6 feet apart.**
- Only cheer squad members and cheer coaches are allowed on the field for run-throughs.**
- Absolutely, no fans are allowed on the field.**

**Q: Can my squad stunt?**

**A: Squads must follow all County Health Agency and USD BOE protocols for masks and distancing. If you are mandated to wear masks you may not stunt, per NFHS rule.**

**If you are not under a mask mandate, we recommend stunting with the same group of students and very sparingly. The rest of the time everyone**

should be distanced 6 feet. This being said, please consider the following form the NFHS:

**NFHS Risk Factors for Activities:**

**Higher Risk:** Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. **Examples:** Wrestling, football, boy's lacrosse, **competitive cheer & dance (stunting, physical contact with squad members)**

**Lower Risk:** Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

**Examples:** Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, **sideline cheer/dance performances (6 foot distancing with masks)**

**Q: Do we have to wear masks outside?**

**A:** The KSHSAA recommends wearing masks whenever possible and it is possible to cheer (chant) with a mask at 6 ft distancing. This is best practice.

**Q: Can a gator type face covering be worn?**

**A:** Chanting- yes; Stunting- no.

**Q: Can we tumble with masks?**

**A:** Per NFHS Rule- Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.

**Q: When is registration for the 2020 KSHSAA Spirit Game Day Showcase competition?**

**A:** September 30, 2020 8:00am CST

**Q: Where and when will information be posted for the 2020 KSHSAA Spirit Game Day Showcase competition?**

**A:** All Game Day information will be posted soon on our Spirit Activities page. There is a Game Day section with multiple links on the right side of

the page. Dance is scheduled for Friday, November 20 and Cheer on Saturday, November 21.

**Q: When will I be able to take the annual online Spirit rules meeting with exam?**

**A: The KSHSAA Spirit Rules Meeting with Exam will be available online starting Monday, August 17 and will end Sunday, October 4. The directions on how to take the online rules meeting is on our Spirit Activities page on our KSHSAA website.**

**Q: If I am a new Spirit coach, besides the annual KSHSAA rules meeting and exam what else do I need to do to be in compliance with KSHSAA rules?**

**A: Rule 10- Non-Certified Staff Head Spirit Coach:**

- 1) Rule 10 Head Coach: must have a Form A on file at the KSHSAA office. Email or FAX it to us.**
- 2) A Rule 10 Head Spirit Coach must have a (designated) certified person at all competitions and performances in the first year. (This certified sponsor does not need to be at the spirit practices.)**
- 3) A Rule 10 Head Spirit Coach that are non-competitive, sideline only must take the following ASAP in the first 30 days of school: NFHS Coaching Cheer & Dance course is required by all non-certified teachers (one time). Here is the link for the NFHS Coaching Cheer and Dance. <http://nfhslearn.com/courses/61013>**
- 4) Rule 10 Spirit Coaches that have Competition Teams the Head Coach must take the two courses listed below within 30 days of school starting.**
  - a. NFHS Coaching Cheer & Dance**  
<http://nfhslearn.com/courses/61013> (one time)
  - b. NFHS First Aide, Health & Safety for Coaches. Here is the link for the NFHS First Aid Course.**  
<http://nfhslearn.com/courses/26> (one time)
- 5) The school must provide for you concussion and heat acclimatization training and CPR and AED training.**

## **Certified Staff Head Spirit Coach**

- 1) The NFHS Coaching Cheer & Dance course within the first 30 days of school. Link: <http://nfhslearn.com/courses/61013> (one time)**

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