



The very first thing every coach must do before moving forward with in-person training plans, is to review the [Resources for Future SONC Events & Activities checklist in its entirety](#) (scroll about halfway down the page to find). In-person training is **not** “business as usual,” and there are many videos to watch, documents to read and preparations to make to ensure the safety of our athletes and volunteers.

Coach’s Meeting

- View the January 14, 2021 Coach’s Meetings found in the [Cheerleading section](#) of the [SONC Coach and Sport Resources](#) web page.

Sport Equipment

Equipment is plentiful and arrangements have been made for each athlete to have their own for the duration of practice

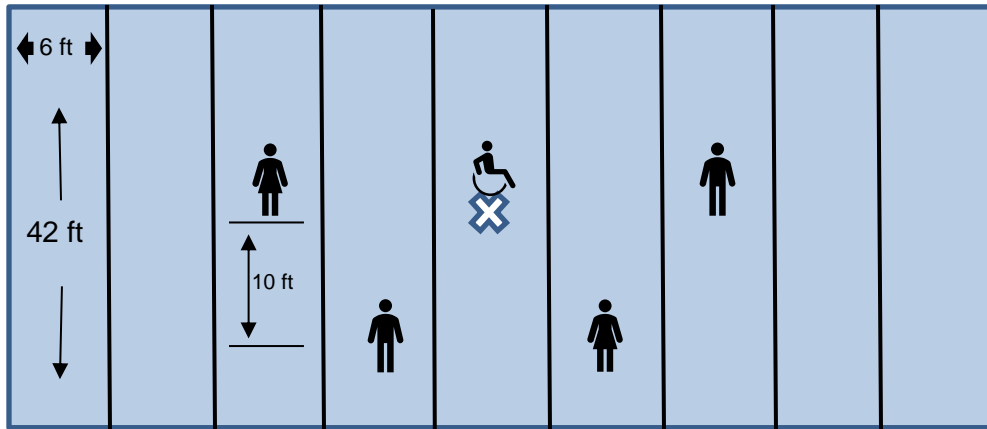
- Athlete’s Equipment
 - Water bottle – make sure it is labeled
 - Appropriate practice attire
 - Pom poms
- Coach’s Equipment
 - Water bottle
 - Baskets for athletes’ personal items
 - Sharpies and blue painters’ tape to label baskets and water bottles
- General Equipment
 - Megaphones (if used)

Indoor &/or Outdoor

- Athletes and coaches must remain assigned to the same training group during the practice. No switching of athletes/coaches is allowed.
- Conditioning and individual technique/choreography work is recommended. Coaches are allowed to spot athletes and Unified partners on skills as long as both are wearing a mask. Tumbling only allowed on compressed foam surface.
- No partner or group stunts, including building or prep level.
- Chants, jumps, dance, tumbling without contact among teammates are permissible with minimum 6-foot physical distancing.
- A typical compressed foam mat panel (like the one used at gymnastics and cheerleading gyms), are 6’ wide by 42’ long. At minimum, space teammates on the same line on every other panel, and lines separated by at minimum 10 feet.



- Ensure your facility is cleaning properly between each session.



General Fitness and Conditioning Practice

For use in a large outdoor area such as a field or parking lot

