



Important INFORMATION

COVID-19 (Coronavirus) Update March 2020

Whilst the UK risk level of Coronavirus has been increased from low to moderate, the risk to individuals has not changed at this stage and remains low.

We prioritise safety and are committed to reducing the risk of spread to everyone at United Athletics Cheer and are adhering to, and keeping up to date with, Government¹ and Public Health² guidance on managing the risk from Covid-19 (Coronavirus).

Cheerleading is a sport where the athletes do come into close contact with one another, as they often do in everyday life. We are upping our cleaning schedule to ensure that the gym is as clean as possible and will talk to all athletes about the importance of good hygiene practices.

We have minimised the risk to our athletes by asking anyone that has travelled to affected areas not to attend training until they have completed a 14-day period in the UK after travel.

As has been previously communicated, we are committed to reducing the risk by ensuring effective hygiene practises are in place for both athletes and coaches as advised by Public Health England³:

- Wash hands frequently with soap, especially before eating or handling food, after toilet visits, or when hands are contaminated by respiratory secretions after coughing or sneezing.
- Cover their mouth and nose with a tissue when sneezing or coughing, and to discard the tissue immediately into a bin.
- No sharing of food/ drinks/ utensils, toothbrushes or towels with others.
- Clean and disinfect frequently touched surfaces, mats and equipment regularly and when contaminated by nasal or oral secretions.
- United Athletics Cheer will continue to ensure that supplies such as hand soap, tissues, and paper towels are available for use.

We remain vigilant in ensuring regular and effective cleaning is carried out and we will monitor the health of athletes when in our care and will react quickly in the event of any rise in temperature or changes in behaviour. Please try and send athletes with tissues to practice and ensure that they wash their hands thoroughly both before and after training.

Currently, none of our scheduled events have been impacted by this situation. We will keep families posted on any changes to scheduled events and all updates from the following event providers are available on their websites and social media pages:

Incredibly Cool Events (ICE) on March 6, 2020 via their Facebook Page:

"ICE are currently intending for events to go ahead as scheduled. We are of course monitoring the situation as it develops and will be following government advice.

Coaches will be contacted with information on an event by event basis."

Legacy Cheer and Dance via their website: 6 March, 2020

"At Legacy Cheer and Dance, the safety and well being of our athletes, coaches, families, and staff is our top priority. We are continuing a close monitoring of the Coronavirus (COVID-19) situation. We are proactively working closely with our venue and medical teams and other experts on a precautionary basis. **At this time, we DO NOT have plans to cancel upcoming events, but we are also aware this situation is subject to daily changes.** Please know that we recognise there are many factors to consider in such decisions and we will always work in the best interest of our Legacy Family. Further updates will be posted here if and when they are necessary.

NOTE: Your best source of information is the Legacy website and official Legacy social media platforms, as we will keep updates current there. **Please accept our thanks in advance for not calling or emailing the Legacy office for additional information related to this situation.** We are addressing this issue 7 days a week and will keep coaches informed as the situation evolves over time. Thank you very much."

¹ <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

² <https://www.gov.uk/government/publications/covid-19-specified-countries-and-areas/covid-19-specified-countries-and-areas-with-implications-for-returning-travellers-or-visitors-arriving-in-the-uk#italy>

³ <https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19/guidance-to-educational-settings-about-covid-19#preventing-spread-of-infection>