



Updated (March 1, 2021) CIAC Cheerleading and Dance Recommendations

The decision of which activities a cheerleading and/or dance team may engage in is at the discretion of each individual school, in consultation with its district physician and local department of health. In alignment with DPH guidance, cheerleading and/or dance teams may engage in stunts, lifts, tumbling, dance, and cheer activities, provided COVID mitigating protocols are followed. Cheerleading and/or dance teams may participate in virtual competitions beginning March 1st. Masks must be worn at all times except when stunting and tumbling. For safety reasons, the mask is removed while performing a stunt, lift (above shoulder height), and tumbling, then immediately put back on after completion of the stunt, lift, or tumble.

The winter season for cheerleading and dance is from March 1, 2021 to March 27, 2021. There will not be a cheerleading or dance state competition for 2021. Cheerleading and dance are not CIAC regulated sports, therefore, any activities or competitions after March 27, 2021 will be at the approval of the individual school.

Permitted Cheerleading and Dance Activities

- Stunting groups and lifts in small cohorts (most stunt groups consist of 4 people)
 - Masks are not worn for safety reasons when conducting stunts, tumbling, and lifts above shoulder height, however, must be put back on immediately after the stunt or lift is completed. Masks may also be removed when conducting stunts and lifts below shoulder height and must be put back on immediately after completion of the stunt or lift.
- Masks must be worn during all portions of a routine, except when performing stunts, lifts, and tumbling. Choreography may have athletes within 6-feet of each other while wearing masks.
- Cheerleaders and dancers may perform stunts, lifts, or acrobatics at basketball games provided that the stunt group or individual performing a tumbling sequence is distanced more than 6-feet from all other persons. The mask is removed while performing and immediately put back on after completion of the stunt, lift, or tumble.
- Virtual competitions are allowed for league and state sponsored events, as well as virtual competitions that are sponsored by an out of state organization or a national company, provided it is approved by the individual school.
- League competitions will be up to each individual league to decide.
- Performing at games will be at the discretion of each individual.