



Natomas High School Cheer

The Daily Schedules:

- Monday - Friday
- Pod 1&2 (2 groups of 10) 12:00 pm arrival
- Pod 3&4 (2 groups of 10) 1:15 pm arrival

Flow of Admission:

- Athletes will enter campus through the theater gates.
- Athletes will participate in the pre-screening process. (see below)
- Pod 1 and 3 will enter practice through the exterior door of the large gym.
- Pod 2 and 4 will enter practice through the gym lobby to the small gym.
- Athletes will exit practice North PE Hallway door (Near Joey's Food Locker)
- Designated bathrooms to use during practice will be in the lobby of the gym.

Pre-Screening:

- Athletes will enter through the theater gate.
- Athletes must have all documents completed and cleared by the Athletic Director prior to completing the pre-screening process.
- Pre-screening station will be located near the outside bathrooms connected to the multipurpose room near the student store, and include:
 - Athletes will have their temperature taken
 - Athletes will complete the pre-screening survey.
 - Any athlete with a temperature over 100.1 will be unable to participate for 14 days and administration will be notified.
- Once the athlete is cleared, athletes will be sent to the designated restroom near the student store to wash hands.
- Athletes will be lined up using social distancing to wash their hands.
- Once athletes have washed their hands, they will proceed to the small gym for practice.

Phase 1

- Athletes will maintain social distancing during practice.
- Coaches and athletes will wash their hands prior to and after practices

- Facemasks are currently not being required, however if athletes choose to wear facemasks they may.
- Coaches are recommended to wear facemasks at all times.
- Only one athlete will use the restroom at a time. Designated bathrooms for use during practice will be in the lobby of the gym.
- Athletes will be grouped into pods of no more than 10 athletes. They will stay in their pods throughout the duration of Phase 1.
- Pods can access the large gym, small gym, and weight room as needed while meeting the safety guidelines.
- Athletes will supply their own water bottle.
- Athletes will place their bags in designated areas that are spaced out 6 feet apart.
- Practices will consist of weight training, conditioning, and cheer time.
- Cheer practice will not have stunts in phase 1 and will maintain social distancing.
- For weightlifting time, please see the Natomas High Weight Room Plan

Cheer Flow Map

