



# INDERKUM

HIGH SCHOOL

## Cheer Daily Schedule:

- **Varsity/JV**
- Monday- zoom 5:30-7pm
- Group Inderkum (20 Athletes) 1 hour 30 minute
- Group Tiger (20 Athletes) 1 hour 30 minute
- Group cheer (21 athletes) 1 hour 30 minute
  
- **Varsity/JV**
- Wednesday- 6:30-8:30pm in person (outdoor)
- Pod Inderkum (20 athletes- Coach Mackenzie) will be on Larson's patio with members
- Pod Tigers (20 athletes- Coach Taylor) will be on the blacktop by tennis courts with members
- Pod Cheer (21 athletes- Coach Larson) will be in the bus loop area with members
  
- **Varsity/JV**
- Friday-google classroom grade check

### Flow of admission:

- Athletes will enter campus through the door near the weight room and coaches office
- Athletes will participate in the pre-screening process. (see below)
- Athletes will enter practice through the exterior door by the weight room and head to a separate workout area.
- Designated bathroom for practice will be outside of the gym near the weight room

### Pre-Screening:

- Athletes will enter through the door in the coaches office hallway.
- 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 in the coaches office hallway, 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 exterior door to their separate workout areas

### Phase 1

- Athletes will maintain social distancing during practice.
- Coaches and athletes will wash their hands prior to and after workout
- Facemasks are currently not being required, however if athletes choose to wear facemasks they may.
- Coaches are to wear facemasks at all times.
- Athletes will use the designated bathrooms during workout near the coaches office hallway outside of the gym.
- Athletes will be grouped into no more than 21 athletes. They will stay in their groups throughout the duration of Phase 1.
- Athletes will supply their own water bottle.
- Athletes will place their bags in designated areas that are spaced out 6 feet apart.

- Workouts will consist of material cleaning. Chants, sidelines, band dance etc