ISDTA
Specific Return to Activities Guidelines
High School Dance and Color Guard
as of 6.3.2020

Purpose: The specific return to activities guidelines for high school dance and color guard teams is to provide detailed best practices to prepare, adapt and realize a safe and successful season. This document is to be used in conjunction with the "Return to Activities Expectations" to ensure alignment with the CDC, Iowa Department of Health and Iowa Department of Education requirements.

Coach Preparation Before In-Person Activities Begin:
- ❏ Meet with your school district to determine:
    - ❏ A mutually agreed upon start date with your school district.
    - ❏ Proper signage is prominently displayed.
    - ❏ Determine and understand facility sanitation protocol.
    - ❏ Determine a practice location that meets social distancing guidelines as much as possible. This can be indoors or outdoors.
    - ❏ Obtain a school facility calendar to coordinate with other coaches.
    - ❏ Create a COVID-19 School Activities Student Permission Form, Release and Hold Harmless. (Sample)
- ❏ Create a video for parents and team members showing the in-practice procedures.
- ❏ Revise typical practice expectations to be more flexible and understanding of the current situation.
- ❏ Hold a *virtual* parent and team meeting to review the expectations for team activity. Noting parents must remain in their cars or drop off and pick up after practices.
- ❏ Create an attendance tracker for absences to assist with noting potential COVID-19 cases. (Sample)
- ❏ Be knowledgeable of your students' pre-existing health conditions. Work with the school nurse and families on obtaining this information.

In-Person Practice Procedures: these are some of our recommendations, but please follow your district's policies.
- ❏ Periodically check in with your administration about protocol updates.
- ❏ Coaches need to check their own temperature and symptoms BEFORE going to practice. If you or anyone in your household are ill do not attend.
- ❏ Coaches need to wash their hands/sanitize upon arrival.
- ❏ Follow your district's facility sanitation guidelines for your practice space.
- ❏ Place temporary markers on the floor for proper social distancing when needed. Consider having a visual showing 6 feet.
- ❏ There should be no physical contact during practice (such as warm ups, stretching, choreography).

In-Person Practice Procedures (continued)
- ❏ Team members need to do the following BEFORE arriving at practice:
    - ❏ Check your temperature and symptoms (or the district may require the coach to check temperatures. Do not attend if you have any symptoms, any illness or if anyone in the household has symptoms or are ill.
    - ❏ Hair pulled back
    - ❏ Filled water bottle (water fountains/fill stations not available)
    - ❏ Dry off towel
    - ❏ Hand sanitizer
    - ❏ Foot coverings to dance in
    - ❏ Personal equipment (poms, etc.)
    - ❏ Try to avoid car pooling to and from practices.
- ❏ Upon ARRIVAL and DURING practice:
    - ❏ Coaches are responsible for tracking absences for the purpose of noting potential COVID-19 cases.
    - ❏ "Mental Check" (see below)
    - ❏ Wash/sanitize hands
    - ❏ Place belongings in designated areas, 6' apart from others
    - ❏ Personal items including snacks, hygiene items, water bottles, etc. should not be shared.
    - ❏ Go to designated areas on the floor in order to maintain social distancing while stretching, warm up, conditioning, and practice.
    - ❏ Be conscious of your facility and equipment use throughout practice. (for example: playing of the music, opening and closing of doors, wall space, dance equipment)
- ❏ END of practice:
    - ❏ Follow your district's facility sanitation guidelines.
    - ❏ Everyone needs to wash/sanitize hands.

Choreography Restrictions: (as of right now)
Social distancing needs to be maintained as much as possible during practice until guidelines are revised.
There is to be no physical contact between the team members at any time.
This includes, but not limited to:
- Close formations
- Kick-line hook ups
- Partner lifts, stunts
- Pom passes, switches, exchanges
- No sharing or exchanging of equipment or apparel: hooplas, lights, props, flags, etc.

Handbook and Rules:
- Dates and Deadlines are subject to change.
- Rules: due to social distancing restrictions, any moves that require physical contact with another athlete is not allowed at this time. ISDTA will communicate changes to these restrictions as they are provided by the Governor and Iowa Department of Health. Effective June 1, 2020
- Located: www.isdta.net under competition resources.

Important considerations:
Find flexibility within your normal expectations to more effectively support the health and safety of your team members.

Well-Being: your athletes' well-being is very important especially now but always! Find opportunities to make connections, stay in-touch, and provide support when needed.

- Periodically do a well-being check-in with each athlete: determine a "temperature check" throughout this time while you're unable to physically meet with your athletes and try to get them the support they need.
  - [Sample Google Form](#)
  - What's on your plate?: each athlete gets a paper plate, divides the plate into fourths, and writes, draws, crafts what is currently on their plate (encourage least one celebration and one fear or concern)
- Consider virtual team bonding activities: continue to do some of those get-to-know each other activities but figure out a way to complete those virtually.
  - [Two Truths and Lie](#): have each athlete plan in advance and start out your virtual meetings with two or three athletes participating
  - Virtual Pic Share: ask your athletes to come up with an object(s) that represents themselves; they can share one at a time or change the virtual profile pic to this object)
  - Best Costume: have each athlete dress up for your virtual meeting and have athletes vote on the "Best Dressed," "Most Outrageous," or "Most Creative" costumes.
  - Shared movie night: agree to watch the same movie during a set time period--Watch "this movie" by June 25 (make sure it is free or provide accessibility) and challenge your team with some questions to consider, and meet all together or in small groups to discuss.
  - Guess Who: ask your athletes some questions in advance, collect their answers, and create a [Kahoot](#) to challenge your athletes' knowledge. See who gets the most answers correct-- maybe send a gift card or special treat.
- Provide enrichment activities if your district allows: find out what your athletes are capable of accessing during this time:
  - virtually practice all together, in small groups, or provide individual instruction
  - give voluntary guidelines, workouts, tasks, etc.
  - provide pre-recorded materials from yourself or other resources
- Continue well-being check-ins at each practice: determine a "temperature check" to understand how you may approach practice or give them the support they need.
  - [Example](#): use this to gauge practice plans, activities needed, or "pep talks" required
- Provide well-being activities throughout practices: the internet has a plethora of activities for all ages to support certain issues that may arise for your team now or during any circumstance.
  - Optimistic Thinking: set aside time at the end of practice (weekly or bi-monthly) to reflect individually or as a team.
    - Something I did well today was...
    - Something I appreciated about a teammate was...
    - Something I learned today was...
    - Something I'm looking forward to is...
    - Something I will work on between now and the next practice is...
  - Goal Setting: set short-term, realistic goals during this time (consider the guidelines that are set forth and adapt)
    - What can the coach do to achieve these goals?
    - What can I do to achieve these goals?
    - What can I do to help others achieve these goals?
  - Self/Team-Motivation (I/We won't give up): athletes determine something meaningful to them (a sign, a poem, a song, etc.) that will help pull them up when needed--this can be determined by team, small groups, or even individual