



## OCF Best Practices for Step 3

As the province enters Step 3 in Reopening Ontario ([link here](#)), the Ontario Cheerleading Federation is happy to provide a reminder of the mandatory requirements as well as some suggestions & best practices moving forward starting Friday, July 16, 2021.

**\*\*\*In the event of any conflict between any of these recommendations and the provincial guidelines/e-laws, the provincial guidelines/e-laws will take precedence**

### Mandatory as of July 16, 2021:

#### Safety Plan

- Continuing to be mandatory is that each gym has a safety plan under section 3.3 of Schedule 1 in the [Step 3](#) regulations, which can be found: [Safety Plan](#) for Ontario. You can download the template and fill it out according to your gym's/schools policies and procedures.

#### Maximum Occupancy Posting

- Starting July 16<sup>th</sup>, 2021, each gym must post its maximum occupancy in a place visible to the public. This is generally 50% of the capacity of the facility as calculated in accordance with Ontario Regulation 213/07 (Fire Code), made under the *Fire Protection and Prevention Act, 1997*. Please get in touch with your local health unit to determine your maximum occupancy calculation.

#### Masks Indoors & Line Ups

- The new Step 3 regulations still mandate that all individuals/spectators wear a mask while indoors and/or while in lineups outside. If your designated viewing area is open, you are allowed to have 50% of the usual indoor seating capacity.

#### Athlete Tracking/Screening

- You are still required to screen for COVID-19 for all participants/spectators and for that information to be kept for a period of no less than 1 month and be made available upon request by your local health unit.

### Ontario Cheerleading Federation Best Practices for Step 3:

#### Physical Distancing

- While it is not required by law for participants to maintain a physical distance of 2m while participating in a sport, we suggest that during times such as warm-up or conditioning that this be done.

#### Mask Wearing

- This is also not required while indoors or outdoors as long as participants are participating in a sport. However, the OCF would suggest continuing with this practice while stunting or participating in a group skill. This is due to groups mixing at practices or from team to team and because athletes ages 11 and under have not been vaccinated yet.
- Coaches are still required to wear masks, but we suggest reaching out to your local health unit to reason with them. However their decision should be followed.

#### Sanitization

- Always recommended upon entry and exit for all athletes using hand washing/sanitizer as well as regularly during practices

#### Equipment cleaning

- This should be done at the end of each day, between practices, or as deemed necessary to maintain a clean area to prevent the spread of COVID-19.