

Sick Policy

The Sick policy for Capital Cheer teams ensures consistency, safety, and fairness while keeping the team healthy and performance-ready.

1. Purpose of the Policy

- Ensure the health and safety of all athletes and staff.
- Minimize the spread of illness while maintaining team performance.
- Provide clear guidelines on reporting and returning to practice.

2. When to Stay Home

An athlete should not attend practice or team events if they have:

- A fever of 100.4°F or higher within the last 24 hours.
- Vomiting or diarrhea within the last 24 hours.
- A contagious illness (e.g., strep throat, pink eye) unless cleared by a doctor.
- A positive COVID-19 or flu test (follow CDC/local guidelines on isolation).

these conditions MUST be communicated to coaches 24 before any practices. If within the 2 week mandatory competition time frame it will be a discussion with the coaches on if the athlete will need a fill in for the best interest of that athlete and their teammates.

3. Reporting Procedure

- Athletes (or parents, if minors) must notify the coach before practice if they are sick. Coaches will work with athletes by limiting repetitions and providing extra breaks for athletes who are not feeling their best.
- A doctor's note is required for extended absences (2+ days) or return after contagious illness.

4. Expectations During Recovery

- If mild symptoms persist (e.g., a slight cough), mask-wearing is encouraged.
- Light conditioning at home may be assigned if appropriate.

5. Returning to Practice & Competitions

- Fever-free for at least 24 hours without medication.
- No vomiting/diarrhea for at least 24 hours.
- Cleared by a doctor if illness required medical treatment.
- Able to safely participate without spreading illness.

6. Impact on Attendance & Participation

- Absences due to illness are excused but must be communicated properly. Just because it is an excused does not mean that they will automatically be able to compete or participate. It will depend on how safe it will be for them.
- Missing practices close to a performance may impact participation (handled on a case-by-case basis).
- The coach reserves the right to modify an athlete's role upon return if their conditioning is affected.

- Within 2-weeks

This is a team sport and your dedication to practice is important. We will work with you and your athletes but need communication and a conversation on the status of the athletes' condition.