

Saskatchewan Cheerleading Association

Athlete Travel Policy



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Revisions in **RED** approved March 11, 2024



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Definitions

The following terms have these meanings in this Policy:

- a) [Saskatchewan Cheerleading Association – SCA](#)
- b) *SCA Provincial or National Team – teams representing Saskatchewan and/or Canada at regional, national, and international competitions. This could be an SCA member team who is selected to represent Saskatchewan or Canada, or a team created by the SCA comprised of participants from multiple member teams.*
- c) *Regional, National, and International Competitions – this may include but is not limited to: Sask Games, Cheer Canada Championships, Canadian Finals, Pan Am Games, ICU Worlds, Olympics, etc.*
- d) *Rule of Two – two trained and screen coaches present with one or more participants.*
- e) *Screened Adult – successfully completed the SCA Applicant Screening Disclosure each year and provided a clear criminal record check including vulnerable sector every three years.*

Purpose

This document will outline recommended travel policy for SCA member teams who are travelling as a team to attend clinics, training camps, competitions, etc. It will incorporate best practices from Cheer Canada, Athletics Canada, Coaching Association of Canada, and National Coaching Certification Program.

Scope and Application of this Policy

Any SCA Provincial or National Teams representing Saskatchewan or Canada must adhere to this policy. It is recommended that all member teams adopt this policy for travelling.

Travel Documents

Canadian Passports

If the event requires you to leave the country, all participants must ensure their Canadian passport is valid for a minimum of 6 months from the return date.

Medical Insurance

When travelling to a country outside of Canada participants are required to purchase medical travel insurance, if the participant has coverage under an existing active benefit plan that will suffice. Proof of insurance must be provided to a team administrator and/or coach no later than 1 week prior to departure. It is recommended participants purchase travel sport accident insurance, but this is not required.

Travel Eligibility

If the event is more than a 10-hour drive and/or in a country outside of Canada participants must be eligible to travel on an airplane, according to any local, provincial, state, or federal laws which apply. This includes vaccination requirements if they apply.

Participants must have all required vaccinations for the country they are travelling to.

Cancellation Insurance

Team travel events are mandatory, the SCA recognizes there may be medical circumstances that require a participant to cancel their trip on short notice. If applicable, it is the sole responsibility of the participant to purchase cancellation insurance. When travel is booked by the team, ticket changes after issuance will be the responsibility of the individual participant for the change, including fees that may apply. Changes to confirmed team travel must be approved by the team coach prior to being adjusted.



Medical Conditions and Food Allergy Management

Participants must be provided with access to nutritional food while travelling with a team. This may include any combination of groceries, restaurants, or ordering food. It is recommended to provide a projected budget so participants can be prepared for the cost. Travel schedules must allow for three mealtimes a day. Additional consideration for snacks and hydration may be needed depending on training.

The SCA recognizes that food allergies, in some instances, may be severe and even occasionally life threatening. The foods most likely to cause allergic reactions are peanuts, tree nuts, dairy products, eggs, soy, wheat, fish and shellfish. Although most food allergies produce symptoms that are uncomfortable, persons with allergies to the above-listed foods can suffer more serious consequences.

Participants must submit written notification of medical conditions and allergies to the team coach in order to ensure participant safety. Participants who have medications and/or EpiPen's must bring these supplies while travelling and ensure a coach knows where to find the supplies.

Injuries and Illness

If a participant is injured or becomes ill while travelling with a team the team coach will assess to provide appropriate first aid and medical attention. In the event a participant needs to go to the hospital they will be sent with their parent/guardian or using the rule of two with a screened adult and/or team coach. In cases where a coach takes a participant to the hospital, parents/guardians must be notified as soon as possible. It is the coach's responsibility to ensure the other team members have 2 other screened adults and/or coaches who can stay with them while at the hospital with the other participant.

Transportation

Team coaches and/or screened adults are responsible for the safe transport of participants and are to accompany them in groups. If a situation requires transporting a single participant, adhere to a rule of two or parents should transport their own child. Participants 16+ who have a valid driver's license are permitted to transport themselves. Participants 18+ who have a valid driver's license are permitted to transport other participants, so long as the participants and parent/guardians are informed and agree. All transportation should be transparent where it is well communicated who is with the youth athletes, when, and for what purpose.

Overnight Stays

Rooming Protocols

See [SCA Safe Sport Policy Manual](#), [Athlete Protection Policy](#), [Travel](#), for rooming protocols.

Safety

Participants must use the buddy system when within the hotel, but outside of the room. If leaving the hotel, the team coach must be informed, participants must be in groups of three or more, and participants must adhere to curfew hours and policies about where they can and cannot go unsupervised. If participants are 11 and under a coach, screened adult, or their parent/guardian must be with them to leave the hotel.

Participants will not open the hotel room door for someone unknown or unexpected. No external guests are permitted in team hotel rooms, this includes anyone who is NOT a team/club/school participant, coach, screened adults, or parent/guardian of a participant. Participants may not leave the room after curfew without coaches or screened adults and may only do so within team guidelines or with expressed permission (except in the event of emergency – accident, injury, illness, fire, evacuation).

A phone list and room list will be shared with participants, parents/guardians, screened adults, and coaches, including emergency phone numbers.



Inclusivity Considerations

It is important to consider requirements for participants who are trans, nonbinary, and gender nonconforming.

Access to Gendered Facilities

See [SCA Safe Sport Policy Manual](#), [Athlete Protection Policy](#), [Locker Room / Changing Area](#) for information on access to gendered facilities.

Safety Planning/Reporting

The number one priority is the emotional, psychological, and physical safety of the person. Provide support as needed (ideally from information attained ahead of time). Understand how to address those situations by educating yourself about the environment/spaces your team is in and, if required, how to report incidents. Ensure that there is a protocol/process that enables athletes and any supporting adult to report incidents. Take measures which proactively enable your athletes to provide you with feedback and if anything were to happen, follow up to ensure that a sense of safety can be restored.

Additional Team Policies

SCA Provincial or National teams as defined in this document must abide by this policy in full. This requirement does not include regular SCA member teams; however, such teams are recommended to implement and adhere to this policy.

SCA member teams may choose to have additional or different athlete travel policies and requirements as set out by their team, coaches, teachers, owners, and employees. It should be understood that this policy serves as a recommendation for SCA member teams and does not remove or negate private team/school/club policies.