

SONM - Return to Play
Sport Training Protocols and Considerations - Bocce



Bocce				
	Phase 0	Phase 1	Phase 2	Phase 3
Description	<i>Stay at home order in place & public facilities are closed</i>	<i>Stay at home order is lifted, restriction on size of mass gatherings (less than or equal to 10 people)</i>	<i>Size restrictions on mass gatherings are increased (less than or equal to 50 people), public facilities are open</i>	<i>No restrictions on size of mass gatherings and public facilities are open.</i>
High Risk	<ul style="list-style-type: none"> No in person team meetings or activities 	<ul style="list-style-type: none"> High Risk individuals should continue to remain at home 	<ul style="list-style-type: none"> High Risk individuals should continue to remain at home 	<ul style="list-style-type: none"> High Risk individuals may engage in-person activity with physical distancing and PPE if needed.
Compliance	<ul style="list-style-type: none"> Stay at home health orders 	<ul style="list-style-type: none"> No Team Sports Follow state health orders Follow all PPE requirements Eliminate Nonessential Personnel (Spectators) 1:4 Coach/Athlete Ratio Follow Practice Protocol 	<ul style="list-style-type: none"> Slow integration of Team Sports Follow state health orders Follow all PPE requirements 1:4 Coach/Athlete Ratio Follow Practice Protocol 	<ul style="list-style-type: none"> Continue mitigation as required by State and SONM directives
Education	<ul style="list-style-type: none"> Benefits and risk of physical activity after COVID-19 infection PPE, Hygiene and physical distancing Home fitness 	<ul style="list-style-type: none"> COVID-19 Risk Assessment PPE requirements Expectations during practice Hygiene Standards Continue Home Fitness Routines 	<ul style="list-style-type: none"> COVID-19 Risk Assessment PPE requirements Expectations during practice Hygiene Standards Continue Home Fitness Routines 	<ul style="list-style-type: none"> Expectations during practice Hygiene Standards Continue Home Fitness Routines
Preparation	<ul style="list-style-type: none"> Utilize virtual communication Schedule team virtual training/meetings Share information regarding virtual competition Stay Connected 	<ul style="list-style-type: none"> Hand Washing Sanitizer (spay, gel, liquid) Physical Distancing Sanitize Equipment Only personal water bottles/towels Have extra PPE (face masks) Plan in-person training to ensure physical distancing No Shared Equipment Avoid contact drills Copies of the Code of Conduct Review Safe Training Environment Establish and maintain Screening and Tracking 	<ul style="list-style-type: none"> Hand Washing Sanitizer (spay, gel, liquid) Physical Distancing Sanitize Equipment Only personal water bottles/towels Have extra PPE (face masks) Plan in-person training to ensure physical distancing No Shared Equipment Avoid contact drills Copies of the Code of Conduct Review Safe Training Environment Establish and maintain Screening and Tracking 	<ul style="list-style-type: none"> Continue PPE as mandated Continue with Code of Conduct Continue with Screening and tracking as mandated

Activity Level of Engagement	<ul style="list-style-type: none"> • No in person team meetings or activities • At home sport specific strength and agility exercises alone or with household members • Virtual Coaching & Activities 	<ul style="list-style-type: none"> • Engage in training and modified singles match play with very small groups • Do at home sport specific strength and agility exercises alone or with household members • Virtual Coaching & Activities 	<ul style="list-style-type: none"> • Engage in training at team practice facility or large open space • Continue practice at home • Engage in modified doubles and team matches 	<ul style="list-style-type: none"> • Return to traditional bocce training • Continue practice at home
Recommended Activities, Skills & Drills	<ul style="list-style-type: none"> • Study and practice sport techniques with in household members including: • Rolling pallina for short and long distance • Rolling bocce ball closest to pallina from short and long distance • Set up pallina and bocce balls in various positions and practice rolling to get closest to pallina and to knock out opponent balls • Watch on-line YouTube videos for tips and skill development drills • Match play with household members 	<ul style="list-style-type: none"> • Continue with Phase 0 activities • Modified Match Play: Do not switch ends, only touch your own bocce balls, sanitize pallina as needed • Create skills contests or simulated match play virtually with other athletes, unified partners and coaches 	<ul style="list-style-type: none"> • Continue with Phase 0 & 1 activities • Modified Doubles & Team: Do not switch ends, have visual mark or object (x mark or chair) for players to return to after their turns, only touch your own bocce balls, sanitize pallina as needed • Consider Virtual Bocce Competition 	<ul style="list-style-type: none"> • Return to traditional bocce competitions • Can continue with modified matches if desired