

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



Athletics				
	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 No Sunflower Seeds, Gum or Spitting 	<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 No Sunflower Seeds, Gum or Spitting 	<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. • Continue practice at home where possible 	<ul style="list-style-type: none"> • Return to traditional Athletics 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: • Develop Games that promote Athletics technique and strategies. • Watch on-line YouTube videos for tips and skill development drills 	<ul style="list-style-type: none"> • Continue with Phase 0 activities as needed • Follow protocols established by the Athletics facility. • Practice Social Distancing and avoid group gatherings. • Wear Masks at all times when not training. • Coaches should train in “pods” of 5-10 athletes. • Equipment – Softballs, shot puts, turbo javs, measuring tapes, flags, starting pistols, hurdles, benches etc should be wiped down after each possession. • Avoid the use of whistles. Substitute and air horn or other device. 	<ul style="list-style-type: none"> • Continue with Phase 0 & 1 activities • Follow protocols established by the Athletics facility. • Practice Social Distancing and avoid group gatherings. • Wear Masks at all times when not training. • Coaches should train in “pods” of 5-10 athletes. • Equipment – Softballs, shot puts, turbo javs, measuring tapes, flags, starting pistols, hurdles, benches etc should be wiped down after each possession. • Avoid the use of whistles. Substitute and air horn or other device. 	<ul style="list-style-type: none"> • Return to traditional Athletics competitions