

**SONM - Return to Play**  
**Sport Training Protocols and Considerations - Golf**



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

<b>Activity</b>  <b>Level of Engagement</b>	<ul style="list-style-type: none"> <li>• No in person team meetings or activities</li> <li>• At home sport specific strength and agility exercises alone or with household members</li> <li>• Virtual Coaching &amp; Activities</li> </ul>	<ul style="list-style-type: none"> <li>• Engage in training and modified singles match play with very small groups</li> <li>• Do at home sport specific strength and agility exercises alone or with household members</li> <li>• Virtual Coaching &amp; Activities</li> </ul>	<ul style="list-style-type: none"> <li>• Engage in training at team practice facility.</li> <li>• Continue practice at home where possible</li> </ul>	<ul style="list-style-type: none"> <li>• Return to traditional Golf training</li> <li>• Continue practice at home</li> </ul>
<b>Recommended Activities, Skills &amp; Drills</b>	<ul style="list-style-type: none"> <li>• Study and practice sport techniques with in household members including:</li> <li>• Develop Games that promote Golf technique and strategies.</li> <li>• Watch on-line YouTube videos for tips and skill development drills</li> </ul>	<ul style="list-style-type: none"> <li>• Continue with Phase 0 activities as needed</li> <li>• Follow protocols established by the Golf facility.</li> <li>• Practice Social Distancing and avoid group gatherings.</li> <li>• Wear Masks at all times.</li> <li>• Do not share clubs.</li> <li>• Level 1 should practice in very small groups and rotate through each skill station maintaining social distancing at all times.</li> <li>• Level 1 participants cannot share clubs.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue with Phase 0 &amp; 1 activities</li> <li>• Follow protocols established by the Golf facility.</li> <li>• Practice Social Distancing and avoid group gatherings.</li> <li>• Wear Masks at all times.</li> <li>• Do not share clubs.</li> <li>• Level 1 should practice in very small groups and rotate through each skill station maintaining social distancing at all times.</li> <li>• Level 1 participants cannot share clubs.</li> </ul>	<ul style="list-style-type: none"> <li>• Return to traditional Golf competitions</li> </ul>