

SOTN - Return to Activities Golf Training Plan Template



Components	Phase 0	Phase 1	Phase 2	Phase 3
Description of Phases	Stay at home order in place & public facilities are closed	Stay at home order is lifted, restriction on size of mass gatherings (<10 people)	Size restrictions on mass gatherings are increased (<50 people), public facilities are open	No restrictions on the size of mass gatherings and public facilities are open.
Level of Engagement	<ul style="list-style-type: none"> Virtual activities, no in person meetings or activities Play only with family members or those living in your household. Virtual coaching 	<ul style="list-style-type: none"> High Risk individuals should continue to remain at home 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 Coaches must wear a face mask and maintain 6 feet of space between themselves and athletes. Sport Specific Modification (i.e. Engage in Level 1, 2, 4 and 5 training with very small groups) 	<ul style="list-style-type: none"> High Risk individuals should continue to remain at home Engage in training at team practice facility or large open space Continue practice at home Coaches must wear a face mask and maintain 6 feet of space between themselves and athletes. 	<ul style="list-style-type: none"> Return to traditional training Continue practice at home

		<ul style="list-style-type: none"> ● In levels 2, 4 and 5, athletes must not be in carts with other players or volunteers unless they are an immediate family member or caregiver ● If carts are used to caddie clubs for the athlete, a non family member can drive the cart as long as the athlete walks the course and equipment is only handled by the athlete ● All individuals must maximize physical distancing throughout the training session 		
Recommended Activities, Skills & Drills		<ul style="list-style-type: none"> ● Continue with Phase 0 activities ● Golf training on a driving range may resume as long as strict physical distancing rules are in place and no equipment is shared including driving range and practice balls. ● Using normal tee times from a golf course will effectively spread the group out. Areas should not have groups of more than 10 in common areas prior to tee off and once athletes have finished playing. 	<ul style="list-style-type: none"> ● Continue with Phase 0 & 1 activities 	<ul style="list-style-type: none"> ● Return to regular Golf competitions ● Can continue with modified matches if desired