

**SOTN - Return to Activities
R2A Sports 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 individual skills drills with 1 athlete per event space. ● Do at home sport specific strength and agility exercises alone or with household members ● Virtual Coaching & Activities 	<ul style="list-style-type: none"> ● High Risk individuals should continue to remain at home ● Engage in training and modified individual skills drills with 1 athlete per event space. ● Do at home sport specific strength and agility exercises alone or with household members ● Virtual Coaching & Activities 	<ul style="list-style-type: none"> ● High risk individuals may begin in-person training.
Recommended Activities, Skills & Drills		<ul style="list-style-type: none"> ● Basketball Skills activities can take place at an outside venue only. ● Athletes will each use their own basketball and not share with other participants. 	<ul style="list-style-type: none"> ● Basketball Skills activities may take place either at an indoor or outdoor venue. ● Indirect contact may occur with a basketball between 2 individuals in a specific event. Ball will need to be sanitized prior to additional 	<ul style="list-style-type: none"> ● Athletes and teams may participate in normal team drills and activities.

		<ul style="list-style-type: none"> • Athletes may compete in Basketball Skills Events only. 	<p>individuals coming into contact with the same basketball.</p> <ul style="list-style-type: none"> • Athletes may participate in Basketball Skills Events only. 	
Pre-Training Precautions		<ul style="list-style-type: none"> • Teams and local programs will abide by all of the guidelines and procedures highlighted in the screening and tracking document • https://dotorg.brightspotcdn.com/c9/63/d5c0bbcc42e687ac35da221eb045/screening-information-and-tracking-template.pdf 	<ul style="list-style-type: none"> • Teams and local programs will abide by all of the guidelines and procedures highlighted in the screening and tracking document • https://dotorg.brightspotcdn.com/c9/63/d5c0bbcc42e687ac35da221eb045/screening-information-and-tracking-template.pdf 	<ul style="list-style-type: none"> • Teams and local programs will abide by all of the guidelines and procedures highlighted in the screening and tracking document • https://dotorg.brightspotcdn.com/c9/63/d5c0bbcc42e687ac35da221eb045/screening-information-and-tracking-template.pdf
Training Safety Requirements		<ul style="list-style-type: none"> • Coaches and volunteers must wear a face mask and maintain a social distance of 6ft. from all participants. • Athletes may remove masks during vigorous physical activity. 	<ul style="list-style-type: none"> • Coaches and volunteers must wear a face mask and maintain a social distance of 6ft. from all participants. • Athletes may remove masks during vigorous physical activity. 	<ul style="list-style-type: none"> • Masks will not be required during activity.
Post Training Procedures		<ul style="list-style-type: none"> • Programs and teams should follow all post-training and reporting procedures in the below link: 	<ul style="list-style-type: none"> • Programs and teams should follow all post-training and 	

		<ul style="list-style-type: none">• https://dotorg.brightspotcdn.com/54/a4/8fc1ede04cce802dfc27d5b20c16/sova-return-to-activities-plan-and-resources-5-with-edits.pdf	reporting procedures in the below link: <ul style="list-style-type: none">• https://dotorg.brightspotcdn.com/54/a4/8fc1ede04cce802dfc27d5b20c16/sova-return-to-activities-plan-and-resources-5-with-edits.pdf	
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