

**SOTN - Return to Activities
Athletics 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 at team practice facility or large open space 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"> High Risk individuals should continue to remain at home Engage in training at team practice facility or large open space Continue practice at home 	<ul style="list-style-type: none"> Return to traditional training Continue practice at home
Recommended Activities, Skills & Drills		<ul style="list-style-type: none"> Participants use their own equipment and avoid touching each other with their hands. Shared implements (e.g., batons, shots, poles, turbo-jav, tennis ball, softball) not allowed. 	<ul style="list-style-type: none"> Participants may use each other's equipment, but equipment should be cleaned between use if possible. Activities with direct contact or indirect contact (e.g., high jump 	<ul style="list-style-type: none"> Continue rigorous cleaning of all training equipment before, during and after training.

		<ul style="list-style-type: none">● No activities that would require direct or indirect (e.g., high jump pit running, long jump pit) contact between athletes● Athletes must only occupy every other lane to maintain a safe distance (e.g., lanes 1,3,5,7)● Coaches must maintain a minimum distance of 6ft and wear a cloth mask at all times.	<p>pit, running long jump pit) -- should strongly consider alternatives to mitigate risk (e.g. athlete specific tarp on pits, disinfecting tarp between attempts by different athletes).</p> <ul style="list-style-type: none">● Athletes must only occupy every other lane to maintain a safe distance (e.g., lanes 1,3,5,7)● Coaches must maintain a minimum distance of 6ft and wear a cloth mask at all times.	
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