

**SOVA - Return to Activities
Fitness Combine 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 ● Coaches must practice pre-training screenings as described in the R2A plan ● Engage in training with very small groups in an outside venue to maintain distance and improved ventilation ● Continue to do at home sport specific strength and agility exercises alone or with household members ● Virtual Coaching & Activities ● Sport Specific Modification (i.e. · Engage in training with very small groups) 	<ul style="list-style-type: none"> ● High Risk individuals should continue to remain at home ● Coaches must practice pre-training screenings as described in the R2A plan ● Engage in training at team practice facility or large open space either inside or outside maintaining proper physical distancing ● Continue to do at home sport specific strength and agility exercises alone or with household members ● Virtual Coaching & Activities ● Sport Specific Modification (i.e. · Engage in training with groups of <50 people) 	<ul style="list-style-type: none"> ● High Risk individuals can resume training but should practice physical distancing when possible ● Coaches are no longer required to perform pre-training screenings ● Return to traditional training ● Continue to do at home sport specific strength and agility exercises alone or with household members

<p>Recommended Activities, Skills & Drills</p>	<p>Athletes can practice all skills for the Fitness Combine by following the handbook or through virtual coaching.</p>	<ul style="list-style-type: none"> ● Athletes should do either a dynamic or static flexibility program maintaining proper physical distancing. ● Athletes can perform Power Punches, Push Ups, Body Squats, Sit and Reach, Curl Ups and One leg stance in their designated space maintaining physical distance with coaches direction. ● Coaches should have athletes do the agility drill and lane slides either one athlete at a time or one athlete at a time in multiple groups depending on the number of volunteers/coaches available to participate in practice ● Coaches should thoroughly clean all equipment used between individuals and/or after the training session depending on the contact made by each athlete with the equipment 	<ul style="list-style-type: none"> ● Athletes should do either a dynamic or static flexibility program maintaining proper physical distancing. ● Athletes can perform Power Punches, Push Ups, Body Squats, Sit and Reach, Curl Ups and One leg stance in their designated space maintaining physical distance with coaches direction. ● Coaches should have athletes do the agility drill and lane slides either one athlete at a time or one athlete at a time in multiple groups depending on the number of volunteers/coaches available to participate in practice ● Coaches should thoroughly clean all equipment used between individuals and/or after the training session depending on the contact made by each athlete with the equipment 	<ul style="list-style-type: none"> ● Athletes should do either a dynamic or static flexibility program maintaining proper physical distancing. ● Athletes can return to normal training routines led by coaches and volunteers. Coaches should include all of the fitness combine activities in their normal practice schedule
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