**SOVA - Return to Activities**

**Flag Football Skills Training Plan Template**

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| **Insert Sport** | | | | |
| **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** | * Virtual activities, no in person meetings or activities * Play only with family members or those living in your household. * Virtual coaching | * 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 * Coaches and volunteers **must** wear a face mask and maintain a social distance of 6 ft. from all participants. * Athletes are encouraged to bring and use their own football and not share with other participants. * Indirect contact may occur with a football between 2 individuals in a specific event if the drill requires two people to work together on the drill. The ball must be sanitized after each drill. Participants should use hand sanitizer in between drill to reduce contamination. | * High Risk individuals should continue to remain at home * Engage in training at team practice facility or large open space * Continue practice at home * Virtual and at home training will continue. * Coaches and volunteers **must** wear a face mask and maintain a social distance of 6 ft. from all participants. * Indirect contact of a football may occur among 2 or more participants. | * Return to traditional training * Continue practice at home |
| **Recommended Activities, Skills & Drills** |  | * Flag Football Skills Events only | * Flag Football Skills Events only |  |

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| **Pre-Training Precautions** |  | * 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> | * 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> | * 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** |  | * 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. | * 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. | * Masks will not be required during activity. |
| **Post Training Procedures** |  | * Programs and teams should follow all post-training and reporting procedures in the below link: * <https://dotorg.brightspotcdn.com/54/a4/8fc1ede04cce802dfc27d5b20c16/sova-return-to-activities-plan-and-resources-5-with-edits.pdf> | * Programs and teams should follow all post-training and reporting procedures in the below link: * <https://dotorg.brightspotcdn.com/54/a4/8fc1ede04cce802dfc27d5b20c16/sova-return-to-activities-plan-and-resources-5-with-edits.pdf> |  |