



Return 2 Play Training Guidelines

Alpine Skiing

| Activity | Sport Risk |
|------------|--------------------|
| Individual | Low: Phase 1,2,3,4 |

Guidelines

Phase 1 and 2

- Social Distance during group trainings
- Coach maintains social distance during instruction
- No contact in body placement or demonstration of skills
- Specific training groups remain small (10 or less) and consistent
- If a larger group, choose different nights or times to train
- No shared water, towels, equipment, bags, shoes, clothing
- No hydration stations
- Athlete should come to training in appropriate sports clothing and minimize use of changing areas as much as possible
- If using any item of rented equipment (poles, skis, helmet, boots), items should be sanitized by coach prior to athlete receiving and when training complete by wiping or spraying with disinfectant spray
- If doing skills drills, no more than 4 in a group

Phase 3

- Same as above EXCEPT
 - Practice group size can increase to 50 or less; Specific groups remain small



Phase 1: Low Risk Sports: 10 people or less, follow guidelines above



Phase 2: Slight Risk Sports: 10 people or less, follow guidelines above



Phase 3: Moderate Risk Sports: 50 People or less, follow guideline above



Phase 4: High Risk Sports: No Restrictions