# Return 2 Play Training Guidelines

## Cross Country/Long Distance Running Clubs

<table>
<thead>
<tr>
<th>Activity</th>
<th>Sport Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>Low: Phase 1, 2, 3, 4</td>
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</tbody>
</table>

### 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

#### Phase 3
- Same as above EXCEPT
  - Groups can train with 50 or less

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- **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