



Return 2 Play Training Guidelines

Cross Country/Long Distance Running Clubs

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

Phase 3

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



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