Return 2 Play Training Guidelines

**Disc Golf**

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<th>Activity</th>
<th>Sport Risk</th>
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<td>Individual Course Play</td>
<td>Low: Phase 1,2,3,4</td>
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<td>Doubles Course Play</td>
<td>Slight: Phase 2,3,4</td>
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**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
- Players place name on their discs to easily identify their disc before play
- Play a basket individually and separately keeping the same basket for each athlete
- Rotate for different skills, but spray disinfectant on baskets before rotation
- Place baskets far enough apart and in such a way that players don’t need to cross
- If playing a course, group no larger than 4 tee off together
- Player should retrieve their disc first before next player attempts
- If player does not have own set of discs and uses a coach provided set, wipe down all discs with antibacterial wipes prior to and after each use
- If doubles, athlete and partner social distance and do not share discs

### Phase 3
- Same as above EXCEPT
  - Practice group size can increase to 50 or less; Specific groups teeing off remain small for course play

| 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 |