



Return 2 Play Training Guidelines

Disc Golf

<u>Activity</u>	<u>Sport Risk</u>
Individual Course Play	Low: Phase 1,2,3,4
Doubles Course Play	Slight: Phase 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
- 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 anti-bacterial 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