



Return 2 Play Training Guidelines

Equestrian

<u>Activity</u>	<u>Sport Risk</u>
Independent Riders	Slight: Phase 2,3,4
Supported Riders	High: Phase 4

Guidelines

Phase 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 remains on same horse or works with same horse throughout session
- Athlete brings own helmet with name written on it
- If helmet is needed, coach should be told prior to practice for possible solutions
- Athlete brings boots and shoes to change into
- Clean barn's equipment such as saddle, reigns, etc prior to use with wipes and after training is completed

Phase 4

- Athlete may train as normal



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