Return 2 Play Training Guidelines

**Equestrian**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Sport Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Independent Riders</td>
<td>Slight: Phase 2,3,4</td>
</tr>
<tr>
<td>Supported Riders</td>
<td>High: Phase 4</td>
</tr>
</tbody>
</table>

**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, reins, 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