



Return 2 Play Training Guidelines

Flag Football

<u>Activity</u>	<u>Sport Risk</u>
Individual Skills	Slight: Phase 2,3,4
Team Play	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
- Use marked footballs for each specific person to train with a unique mark for them
- Station work should be spaced accordingly to not have athlete groups come in contact with each other
- Athletes should retrieve the football if possible after each attempt at a skill
- If not, volunteers should have disinfecting wipes to continuously clean the equipment and return to the athlete by placing ball on the ground, not directly to them
- Emphasize athletes should not touch coaching equipment such as cones, nets, etc
- Each athlete should complete the station requirement before the next athlete attempts
- Skills groups should be no more than 4 at a time participating in a station
- Timed skills should be timed on individual phone
- Belts should not be available at this time during training

Phase 4

- Team 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