



Return 2 Play Training Guidelines

Golf

<u>Activity</u>	<u>Sport Risk</u>
Level 1,4,5	Low: Phase 1,2,3,4
Level 2,3	Slight: Phase 2,3,4

Guidelines

Phase 1

- 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
- Locker room use should be minimal
- No more than 4 players per group for skills or course play
- Recommended for coach to tee up golf balls
- If player does not have own set of clubs and using rented or borrowed, wipe all grips and clubs with antibacterial wipes prior to and after each use
- Whenever possible player should grab own club and replace themselves
- Level 1, if possible, athletes should be given a specific set of numbered or colored ball to work a skill and clean after
- Level 1, if not assigned balls have a rotation of balls available to be in play and to be cleaning
- Level 1, station work should be spaced to not have athletes, coach, or skills groups come in close contact
- Level 1, each athlete should complete the station requirement before next athlete in group attempts
- Level 1, emphasize to athletes no to touch equipment such as cones, nets, etc.
- Clean shared equipment between rounds where possible
- Level 4 and 5, two riders of the same family on golf carts, family member drives the player
- Level 4 and 5, athlete and caddie may ride in golf cart if both wearing masks (unless caddie is a family member)
- If caddie needed, caddie should hand and receive the club from the head of the club
- Should caddie need to clean the ball, should hold out town for ball to be placed in. No direct contact with the ball is required.
- Coaches check with Rules of Handicapping at the course prior to play for any changes due to COVID-19

Phase 2

- Same as above EXCEPT
 - Athlete and partner distance as much as possible and have a little contact as possible, both wear masks
 - Two riders of the same family do not have to wear masks
 - When playing Alternate Shot Balls, if need to pick up the ball use hand sanitizer after handling the ball and clean the ball with hand sanitizer

Phase 3

- Same as above EXCEPT
 - Groups can train with 50 or less



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