Return 2 Play Training Guidelines

Sailing

Activity | Sport Risk
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Individual Events | Low: Phase 1,2,3,4
Unified | 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
- Clean flotation devices before and after use
- Assign specific flotation device to each athlete to be used during training
- Clean shared surfaces before and after training
- Each individual uses the same boat/equipment during training
- Arrive in swimsuits/sailing gear and depart in swimsuits/sailing gear

Phase 2
- Same as above EXCEPT
  - Athlete and partner distance as much as possible and have a little contact as possible

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