Return 2 Play Training Guidelines

Snowboarding

Activity | Sport Risk
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Individual | Low: Phase 1, 2, 3, 4

Guidelines

**Phase 1 and 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 should come to training in appropriate sports clothing and minimize use of changing areas as much as possible
- If using any item of rented equipment (helmet, boots, board), items should be sanitized by coach prior to athlete receiving and when training complete by wiping or spraying with disinfectant spray
- If doing skills drills, no more than 4 in a group

**Phase 3**
- Same as above EXCEPT
  - Practice group size can increase to 50 or less; Specific groups remain small

- **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

Special Olympics
South Carolina