



Return 2 Play Training Guidelines

Snowboarding

| <u>Activity</u> | <u>Sport Risk</u> |
|-----------------|--------------------|
| 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