Return 2 Play Training Guidelines

**Softball**

<table>
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<th>Activity</th>
<th>Sport Risk</th>
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<td>Individual Skills</td>
<td>Slight: Phase 2,3,4</td>
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<tr>
<td>Team Play</td>
<td>Moderate: Phase 3,4</td>
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**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 softballs 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 softball 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
- 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
- Base running stations should not incorporate sliding
- Each player should bring own bat, glove and helmet with specific name or initials marked
- Dugout should not be used, players can rest or sit on bleachers
- Bags should be hung on the fence line of the field spaced 6 feet apart

**Phase 3**

- Same as above EXCEPT
  - May 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

South Carolina