



Return 2 Play Training Guidelines

Stand Up Paddleboard

Activity	Sport Risk
Individual Events	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, mats
- No hydration stations
- Assign specific flotation devices to each athlete to be used the entire training session
- Clean boards, paddles, mats, and flotation devices before and after use
- Each person uses the same board, paddle, and mat the entire training session
- Arrive in swimsuits and depart in swimsuits, lessen need to use bathroom/early arrival to change

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