



Return 2 Play Training Guidelines

Track and Field

Activity	Sport Risk
Individual Running Events	Low: Phase 1,2,3,4
Relays and Field Events	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
- Space runners skipping 2 lanes on the track
- If doing drills, no more than 4 in a running pack

Phase 2

- Same as above EXCEPT
 - Clean shared equipment (shot, balls) between each person or use and after practice
 - When possible, each athlete has an individual marked ball or shot
 - Prefer athlete retrieves ball or shot, but volunteer may IF clean before giving back and place equipment on ground for athlete to pick up
 - Each athlete should complete the station work before the next athlete attempts
 - Relays: use entrance into the box instead of passing batons as signal for runner to leave the box

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