Return 2 Play Training Guidelines

Track and Field

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<th>Activity</th>
<th>Sport Risk</th>
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<td>Individual Running Events</td>
<td>Low: Phase 1,2,3,4</td>
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<td>Relays and Field Events</td>
<td>Slight: Phase 2,3,4</td>
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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