

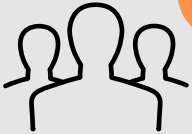
SOPEI RETURN TO PLAY ATHLETICS GUIDELINES

Your safety is our priority

1

MAXIMUM 20 PEOPLE AT PROGRAM

No more than 4 athletes working with 1 coach at program. The program cannot exceed 20 people which include 4 volunteers and 16 athletes. If there are not enough program volunteers to meet the program ratio, the program will be cancelled until the next session.



2

SHARED EQUIPMENT

For equipment being shared, shot put, it must be disinfected between users.



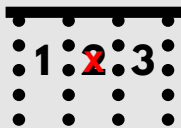
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3

INSTRUCTIONAL BEST PRACTICES

- a. Coaches should review safety and reinforce the need for patience along with good listening skills throughout the practice.
- b. Every participant must keep at least 6ft. apart at all times. This includes with others using the space.
 - i. When using track lanes, ensure athletes are spread out at least 6ft. Ex: Use lanes 1, 3, 5, and 7. When passing, athletes must provide 6ft. of distance.
 - ii. NO relay practice.



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3 INSTRUCTIONAL BEST PRACTICES CONTINUED

- c. The use of a shot put is permitted. Athletes must retrieve their own shot and leave in a designated space for the coach to disinfect before the next athlete's use.
- d. The use of the long jump pit is NOT permitted.
- e. Coaches must use visual prompts as much as possible and avoid any physical contact.
- f. Avoid yelling, cheering, whistling, singing, etc. Only the coach should be doing these things in moderation if required and are beyond 12ft. from anyone else.

