

SOPEI RETURN TO PLAY ATHLETICS GUIDELINES

Your safety is our priority

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MAXIMUM 4 ATHLETES PER VOLUNTEER

No more than 4 athletes per volunteer will be permitted at program. Athletes must sign up through the office before attending a program. Volunteers are expected to contact their program leader if they are unable to attend to ensure program ratios are met.



2

SHARED EQUIPMENT

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



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INSTRUCTIONAL BEST PRACTICES

- Coaches should review safety and reinforce the need for patience along with good listening skills throughout the practice.
- Coaches must use visual prompts as much as possible and avoid any physical contact.
- Avoid yelling, cheering, whistling, singing, etc.
- Do not shake hands or high fives to celebrate, a tip of the cap will do.

