



## General

Practice proper hygiene- wash hands before and after practice, do not touch your face, avoid touching frequently touched surfaces when at practice. Physical distancing of 6 feet/2m to be followed by all members of the group.

- Recommended to have 2m between their gear and other athlete's gear.
- Masks to be worn upon arrival and during departure from program. If there is an opportunity to wear masks within program, please do so.
- Coaches to wear masks when instructing if within the 2m athlete perimeter.

## Facility

Check with facility for their protocol, re: masking requirements, etc.

## Program requirements and recommendations:

- Individual activities only
- No group/game play

## Equipment

Coaches cannot share handheld equipment such as color cards, clipboards, etc.

Consideration of use of megaphones or other voice projection systems if there is the need to provide group instruction so that participants maintain 2m of physical distance at all times.

Affiliate must be notified and approve the use of any equipment.

## Athletes

- Come ready to practice just need to put shoes on. Do not arrive more than 10 minutes before you are to start.
- Bring filled water bottle. No sharing of water bottles. No outside food unless you have a medical reason. Limited use of washrooms so please use the washroom before coming to practice.
- Meet at the designated location to register your attendance and receive proper screening with the Program Safety Volunteer while maintaining distancing measures.
- Follow coaches/volunteers' instructions at all times. Keep your distance from fellow athletes and coaches.
- When done practice, no hanging around to visit. Leave facility while maintaining distancing requirements.