

SOPEI RETURN TO PLAY WALKING PROGRAM GUIDELINES

Your safety is our priority



1

FOLLOW FACILITY SPECIFIC GUIDELINES

All facility guidelines must be met, and we must follow all direction/signage while utilizing the facility

2

MAXIMUM 20 PEOPLE AT PROGRAM

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



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INSTRUCTIONAL BEST PRACTICES



a. Coaches should review safety and reinforce the need for patience along with good listening skills throughout the practice.



b. Coaches must use visual prompts as much as possible and avoid any physical contact.



c. Avoid yelling, cheering, whistling, singing, etc.

d. Do not shake hands or high fives to celebrate, a tip of the cap will do.



e. If meeting other members of the public, keep to one side and respect their space.

