

Return to Play Sport Training Plan – Bocce



BOCCE		
Components	Phase 0 Virtual Competition	Phase 1 Small Group Activities and Remote Competition
Description of Phases	All fitness, training and coaching is done virtually.	Small group activities (≤ 10 people) may resume while adhering to strict physical distancing and sanitation protocols.
Recommended Activities, Skills & Drills	<ul style="list-style-type: none"> Join the Facebook Group, SOWI Fitness At Home Visit the SOWI COVID Resource webpage for at home fitness training videos 	<ul style="list-style-type: none"> Join the Facebook Group, SOWI Fitness At Home Visit the SOWI COVID Resource webpage for at sport-specific training videos
Pre-Training Precautions	<ul style="list-style-type: none"> Athletes should have a valid medical All other participants must sign Virtual Activities Release Form 	<ul style="list-style-type: none"> Participants travel independently to training sites and must wear face masks All Athletes must have a valid medical form on file with the State Office in order to practice and compete All Unified Partners must register as a Class A Volunteer in order to practice and compete All participants must sign the SOWI COVID-19 Participant Release Form and complete the screening protocol Individual hand sanitizer and disinfectant wipes must be at practices and games to clean the bocce balls and pallina
Training Safety Requirements	<ul style="list-style-type: none"> Participants should practice before recording final scores for competition Participants should conduct warm-ups before every training session 	<ul style="list-style-type: none"> Educate participants on risks, PPE hygiene requirements, and physical distancing All participants must complete screening protocol before every practice Spectators must remain in vehicles and are not allowed to congregate Face masks must be worn at all times Participants must stay >6 feet apart at all times while playing Participants may not share bocce balls unless they are from the same household The bocce balls must be clearly marked to distinguish each players balls (color coded, stickers. Etc.) No direct or indirect contact between participants

		<ul style="list-style-type: none"> No more than 8 athletes and 2 coaches allowed at practice The pallina must be disinfected between each round No fist-bumps, elbow-bumps, or high fives No hugs
Equipment Safety Requirements	<ul style="list-style-type: none"> Athletes must use their own equipment 	<ul style="list-style-type: none"> Athletes/Teams must use their own equipment that is clearly marked Athletes must use their own water bottle, towel
Post Training Procedures	<ul style="list-style-type: none"> Participants should conduct cool-downs after every training session 	<ul style="list-style-type: none"> All equipment should be disinfected after practice All participants should wear masks when leaving practice
Competition	<ul style="list-style-type: none"> Virtual Competition Qualifying Scores: none – all athletes can submit scores for final competition Divisions & Awards: none – all athletes will receive participation awards Events: BOSAT Skills Assessment – use equipment around the house such as tennis ball, softball, baseball, ping-pong ball, etc. Athletes will be recognized and celebrated during Virtual Celebration Ceremony 	<ul style="list-style-type: none"> Agency practice and/or inter-agency scrimmage Qualifying Scores: No qualifying scores during this phase. Use this phase for practice for the next phase where scores will be needed Divisioning: No divisioning will take place in this phase. Competition Practice and inter-agency scrimmage games are allowed Save scores from practice/scrimmages to submit for next phase Complete skills assessment test (BOSAT) for use in Phase 2 Awards No awards will be given out during this phase