

Return to Play

Sport Training Plan – Cornhole



CORNHOLE		
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 Athletes are allowed to practice on their own under guidance of guardians, caregivers, or housemates. Small group practices with coaches will need to be held for doubles competition.
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 Hand sanitizer and disinfectant wipes provided to each athlete to use.
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 on the court No more than 4 athletes and peers on a court, plus 1 official No fist-bumps, elbow-bumps, or high fives No hugs Athletes need to use hand sanitizer before and after each round. They will be the only one touching the bags. Volunteer will sanitize the board as needed.
Equipment Safety Requirements	<ul style="list-style-type: none"> Athletes must use their own equipment 	<ul style="list-style-type: none"> Athletes should use their own bags as much as possible. If sharing bags they will need to be sanitized before the next round.

	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Athletes must use their own water bottle
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 before and after practice • All participants should wear masks when coming to and leaving practice
Competition	<ul style="list-style-type: none"> • Virtual Competition • Scores will be based on points. Athletes will play 3 rounds with 4 bags. After each round the points will be marked down. At the end of all 3 rounds, the total points will be added together for the final score. Scoring will be 3 pts for in the hole and 1 pt for on the board. • If you do not have official equipment you can use the following. This is only for the virtual competition. Take a piece of paper 48"x24". Mark a 6' circle centered nine (9) inches from the top and 12 inches from each side. Bags can be made by putting corn or rice into a sandwich bag. It needs to weigh 14-16 ounces. Scoring will be 3 pts for totally in the circle, 2 pts for touching the line and 1 point for on the board. 	<p>Qualifying Scores:</p> <ul style="list-style-type: none"> • All athletes will submit scores from 2 games of cornhole • All athletes and unified partners must register through an accredited SOWI agency <p>Divisioning:</p> <ul style="list-style-type: none"> • Cornhole Committee will division athletes based on average score <p>Competition:</p> <ul style="list-style-type: none"> • Athletes will complete a final game and submit scores • All scores (qualifying and final) must be submitted on a verified scorecard signed by agency coach <p>Awards:</p> <ul style="list-style-type: none"> • Awards will be mailed to agency managers after competition concludes • Athletes will be recognized and celebrated for participation during virtual celebration ceremony • Virtual Competition can be done at any phase.

