<table>
<thead>
<tr>
<th><strong>Components</strong></th>
<th><strong>Phase 0</strong></th>
<th><strong>Phase 1</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Description of Phases</strong></td>
<td>All fitness, training and coaching is done virtually.</td>
<td>Small group activities (&lt;10 people) may resume while adhering to strict physical distancing and sanitation protocols.</td>
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</tbody>
</table>
| **Recommended Activities, Skills & Drills** | • Join the Facebook Group, SOWI Fitness At Home  
• Visit the SOWI COVID Resource webpage for at home fitness training videos | • Join the Facebook Group, SOWI Fitness At Home  
• Visit the SOWI COVID Resource webpage for sport-specific training videos  
• Athletes are allowed to practice on their own under guidance of guardians, caregivers, or housemates and submit qualifying scores to agency coach if unable to attend small group practices |
| **Pre-Training Precautions** | • Athletes should have a valid medical  
• All other participants must sign Virtual Activities Release Form | • 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  
• Individual hand sanitizer and disinfectant wipes provided to each athlete to keep in golf bag |
| **Training Safety Requirements** | • Participants should practice before recording final scores for competition  
• Participants should conduct warm-ups before every training session | • 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 course  
• Participants may not share golf carts unless from the same household  
• No more than 4 athletes and peers (Alternate Shot) or 3 athletes and 1 coach (9-hole) in a foursome  
• No fist-bumps, elbow-bumps, or high fives  
• No hugs |
| **Equipment Safety Requirements** | • Athletes must use their own equipment | • Athletes must use their own equipment, no sharing of clubs  
• Athletes must use their own water bottle, towel |
<table>
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<tr>
<th><strong>Post Training Procedures</strong></th>
<th><strong>Competition</strong></th>
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| • Participants should conduct cool-downs after every training session | • Remote competition  
**Qualifying Scores:**  
• All athletes will submit scores from 3 rounds of golf on the same 9 holes at their local golf course (minimum 2400 yards).  
• All athletes and unified partners must register through an accredited SOWI agency  
**Divisioning:**  
• Golf Committee will division athletes based on course distance and average score  
**Competition:**  
• Athletes will complete a final round at the same local golf course and submit scores  
• All scores (qualifying and final) must be submitted on a verified scorecard signed by agency coach or golf course staff  
**Awards:**  
• Awards will be mailed to agency managers after competition concludes  
• Athletes will be recognized and celebrated for participation during virtual celebration ceremony |

• All equipment should be disinfected before and after practice  
• All participants should wear masks when coming to and leaving practice  
• Virtual Competition  
• Qualifying Scores: none – all athletes can submit scores for final competition  
• Divisions & Awards: none – all athletes will receive participation awards  
• Events: Short Putt, Long Putt, Chip Shot  
• Athletes will be recognized and celebrated during Virtual Celebration Ceremony