

Return to Play

Sport Training Plan – Golf

GOLF		
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 and submit qualifying scores to agency coach if unable to attend small group practices
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 Individual hand sanitizer and disinfectant wipes provided to each athlete to keep in golf bag
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 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	<ul style="list-style-type: none"> Athletes must use their own equipment 	<ul style="list-style-type: none"> Athletes must use their own equipment, no sharing of clubs 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 before and after practice • All participants should wear masks when coming to and 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: Short Putt, Long Putt, Chip Shot • Athletes will be recognized and celebrated during Virtual Celebration Ceremony 	<ul style="list-style-type: none"> • Remote competition <p>Qualifying Scores:</p> <ul style="list-style-type: none"> • 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 <p>Divisioning:</p> <ul style="list-style-type: none"> • Golf Committee will division athletes based on course distance and average score <p>Competition:</p> <ul style="list-style-type: none"> • 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 <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