

Return to Play Sport Training Plan – Punt, Pass, and Kick

PUNT, PASS AND KICK		
Components	Phase 0	Phase 1
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 Participate in SOWI Live Practice events at home 	<ul style="list-style-type: none"> Athletes are allowed to participate in small group practices Set up skill stations for athletes to work on each event Additional drills could include creating targets to test accuracy or creating obstacles to kick over
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 participants must complete screening protocol All participants must sign COVID Risk Waiver Hand sanitizer or handwashing facilities available at venue
Training Safety Requirements	<ul style="list-style-type: none"> Athletes should practice prior to submitting scores for virtual competition Athlete should conduct warmups and drink water 	<ul style="list-style-type: none"> Educate participants on risks, PPE hygiene requirements, and physical distancing Spectators must remain in vehicles and are not allowed to congregate Face masks must be worn at all times No direct or indirect contact between participants No more than 8 athletes and 2 coaches at practice 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 Equipment should be sanitized after use 	<ul style="list-style-type: none"> Athletes must use their own equipment Athletes must use their own water bottle, towel Sanitize any shared equipment before handing to the next athlete Coaches to wear gloves when handling shared equipment

	<ul style="list-style-type: none"> • Athletes should wash their hands after practicing at home 	
Post Training Procedures	<ul style="list-style-type: none"> • Participants should conduct cool downs after every session • Participants should drink water 	<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: Submit scores from 3 attempts from all 3 events • Divisions & Awards: Athlete scores will be averaged and then will be divisioned by score, age, and gender. Ribbons sent after official competition. • Competition: Once divisions are created, Athletes have 10 days to complete 3 attempts at each event and submit scores for the final competition. The best scores from each event will determine their final score. • Athletes will be recognized and celebrated during Virtual Celebration Ceremony 	<ul style="list-style-type: none"> • Remote competition • Qualifying Scores: Submit scores from 3 attempts for all 3 events • Divisions & Awards: Athlete scores will be averaged and then will be divisioned by score, age, and gender. Ribbons sent after official competition. • Competition: Once divisions are created, Athletes have 10 days to complete 3 attempts at each event and submit scores for the final competition. The best scores from each event will determine their final score. Competition to be done at Agency run practice. • Athletes will be recognized and celebrated during Virtual Celebration Ceremony