

Return to Play Sport Training Plan – Rings

RINGS		
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 rings as much as possible. If sharing rings they will need to be sanitized before the next round. • 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 rings. 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 middle peg, 2 points from the farthest pegs and 1 pt for the closest pegs on the board. 	<p>Qualifying Scores:</p> <ul style="list-style-type: none"> • All athletes will submit scores from the RSAT (Rings Skills Assessment Test) • All athletes and unified partners must register through an accredited SOWI agency <p>Divisioning:</p> <ul style="list-style-type: none"> • Rings Committee will division athletes based on RSAT <p>Competition:</p> <ul style="list-style-type: none"> • Once divisions are determined Athletes have 10 days to complete the new/final RSAT. • All scores (qualifying and final) must be submitted on a verified scorecard signed by agency manager or coach • Competition will be done at agency run practice. <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 <p>Virtual Competition can be done at any phase.</p>