Training Checklist (Let’s Train: Phase 1)

- Understand COVID onsite screening protocol.
- Make sure hand sanitizer or hand washing facilities are available.
- Review our suggested safe layouts and designs for training on resources page.
- Direct athletes to use the hand washing or hand sanitizer facilities before, during, and after training.
- Be sure that the training area has been disinfected or sanitized, especially bathrooms.
- Be sure to minimize shared equipment as much as possible between athletes.
  - Example: If you are training for Bocce each athlete should have their own ball to use throughout the entire practice.
- Make sure equipment is disinfected between each athlete.
- Upon arrival and exit, athletes should wear face masks until they get to their socially distanced space for training.
  - Face masks should be removed for any exercise or activity increasing heart rate.
- Coaches should wear face masks during practice.
  - Should a coach need to remove their face mask, they must be beyond 6ft from each athlete.
- Ensure social distancing plan is in place for the training (minimum of 6ft distance between participants).
  - Give each athlete their own personal training space.
  - Utilize place markers to identify where each athlete should stand.
- Ensure there is no direct or indirect contact during training.
  - Direct contact would be person to person.
  - Indirect contact would be through another source such as sports equipment (balls, throwing implements, bats, helmets, etc.).
- Remind participants that during transport to activities, it is recommended that participants should wear a mask if on public transport, such as a bus, trolley, subway or if carpooling. If Special Olympics is providing transportation, participants must wear a face mask during travel.

Resource #4