



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.