



The very first thing every coach must do before moving forward with in-person training plans, is to review the [Resources for Future SONC Events & Activities checklist](#) in its entirety (scroll about halfway down the page to find). In-person training is **not** “business as usual” and there are many videos to watch, documents to read and preparations to make to ensure the safety of our athletes and volunteers.

Coach’s Meeting

- View the January 14, 2021 Coach’s Meetings found in the [Alpine Skiing](#) and [Snowboarding](#) section of the [SONC Coach and Sport Resources web page](#).

Sport Equipment

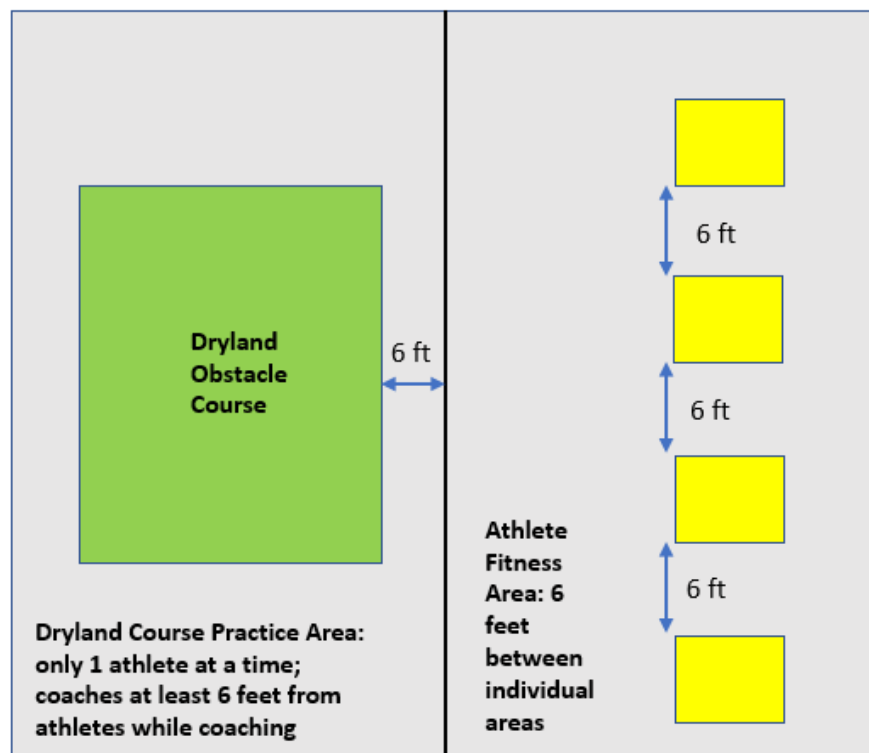
- Athlete’s Equipment
 - Water bottle – make sure it is labeled
 - Appropriate practice attire
 - Skis or snowboards (used and not new or current ones used on the snow) or dryland equivalents
- Coach’s Equipment
 - Water bottle
 - Baskets for athletes’ personal items
 - Sharpies and blue painters’ tape to label baskets and water bottles
 - Cones or spots – approximately 12-16
 - Skis or snowboards or dryland equivalents

Practicing Outdoors for Dryland Training

- Please visit the [Alpine Coaching Guides section](#) on the Coach and Sport Resources web page for examples of a **dryland training obstacle course** to plan your training.
- All participants should wear masks at all times, even when practicing.
- Athletes and coaches must remain assigned to the same group during the practice season. No switching of athletes/coaches is allowed.
- Assign athlete skill areas where athletes can do body weight/stretching work. Must be minimum 6 feet of distance in between assigned areas.
- Use a rotating station system to allow each athlete to have an individual turn on the dryland course.
 - All parts of the course should be more than 6 feet away from activity zones for the rest of the athletes
 - Coaches should be more than 6 feet away as they coach athletes through the course



- Field of play entry/exit – designate an area for entry and one for exiting to ensure proper physical distance.
- If you do not have equipment for every athlete, the equipment must be sanitized before it transfers from one individual to another.
- Outdoor areas will often be used by the general public, who may not be bound by the same guidelines.
 - Do your best to find an area away from others
 - If you notice others flagrantly ignoring social distancing measures, consider postponing practice until you believe the environment is a safe one.



- **At a ski resort...**
 - If you are able to hold a practice or outing at a ski mountain, the social distancing requirement remains in effect
 - Make sure only one athlete, coach, or Unified partner is on the ski lift at a time
 - Athletes should pick up equipment rentals, put them on, and return them by themselves, if possible
 - If assistance is required, coaches should sanitize their hands before and all equipment afterwards
 - If shared equipment is brought to the mountain, only coaches should be handling it, with it being delivered directly to the athlete using them
 - In the ski lodge, masks should be worn at all times and social distancing observed

General Fitness and Conditioning Practice

For use in solo drills (stretching, body weight workouts, etc.). Can be utilized on a gym floor or outdoors in a field or in a parking lot.

