

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 [Athletics section](#) of the [SONC Coach and Sport Resources](#) web page.

Sport Equipment

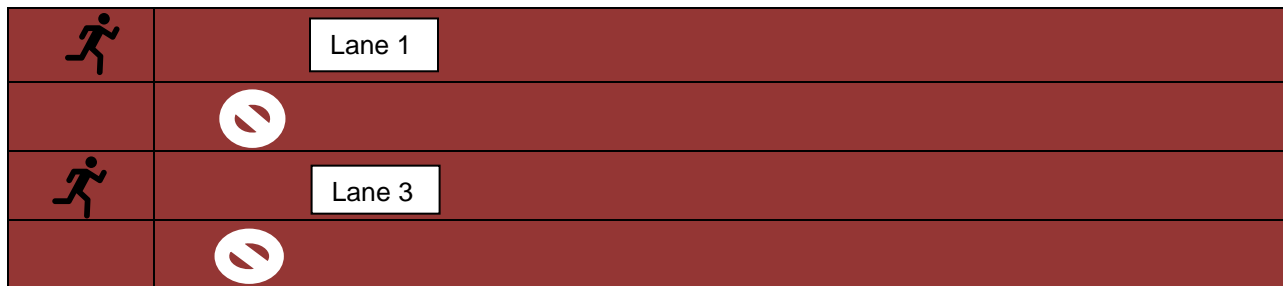
Athletics sport equipment is plentiful, and arrangements have been made for each athlete to have their own for the duration of practice

- Athlete’s Equipment
 - Water bottle – make sure it is labeled
 - Appropriate practice attire
- Coach’s Equipment
 - Water bottle
 - Baskets for athletes’ personal items
 - Sharpies and blue painters’ tape to label baskets and water bottles
 - Cones – 10-12
- General Equipment
 - All equipment should not be shared amongst athletes. Coaches need to sanitize equipment before and after each use.
 - Shot put, Mini-javelin – have enough for 1 per athlete.
 - Starting blocks – sanitize after each use.
 - Relay batons – it is recommended that relay races are not practiced.



Track Events

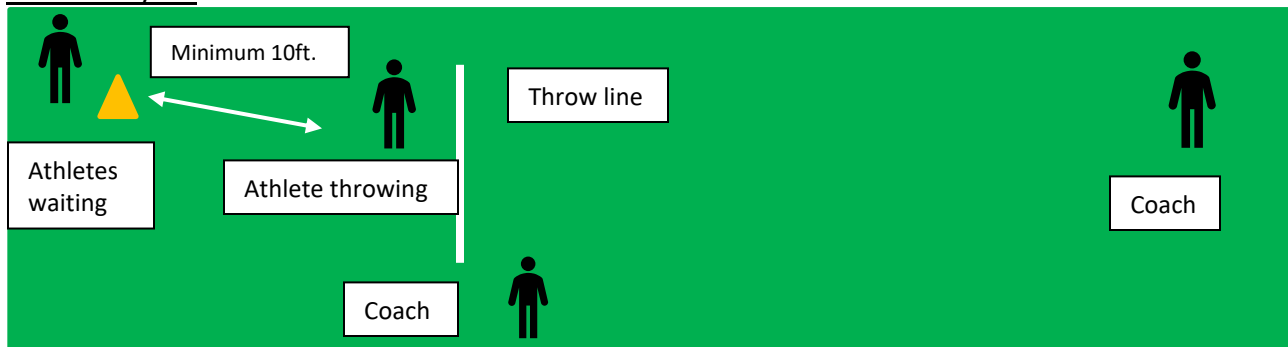
- No more than 1 athlete per lane. Space athletes out on lanes by placing a lane in between.
- All participants should wear masks at all times. Masks must be secured with not loose ties or gaps.
- Athletes and coaches must remain assigned to the same training group during the practice. No switching of athletes/coaches is allowed.
- Relay races: it is recommended that relay races are **not** practiced.



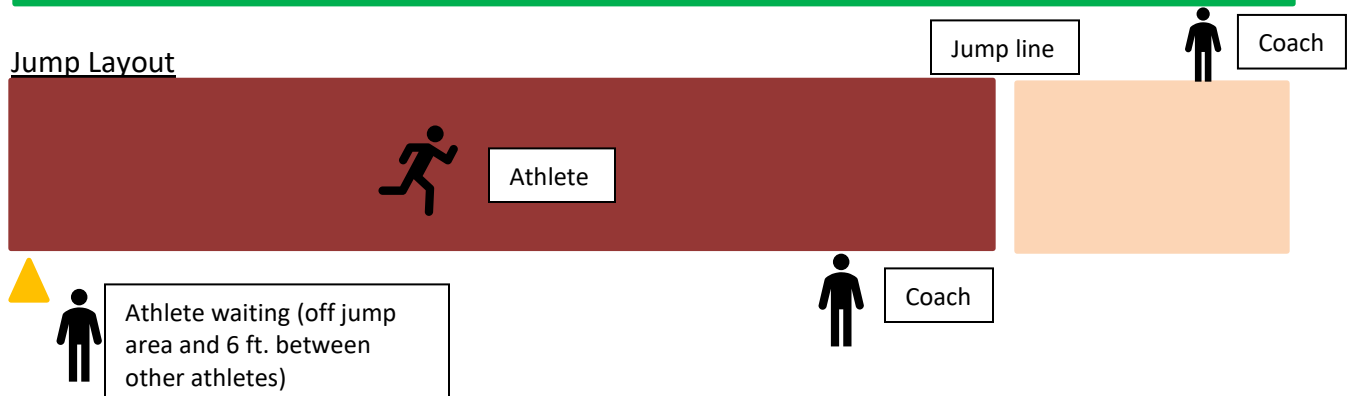
Field Events

- Throw events (shot put, softball throw, mini-jav) : only the athlete should touch their equipment. Athletes should maintain physical distance of 6 feet while in the throw area. While coaches are measuring throws, athletes should stay at the throw line until instructed to retrieve their shot, softball or mini-jav.
- Long jump: only coaches should touch the rake. Coaches should wait to measure jump once athlete leaves the pit.

Throws Layout

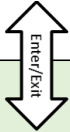


Jump Layout

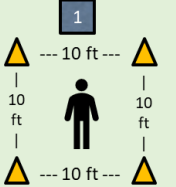


General Fitness and Conditioning Practice

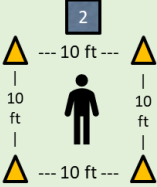
For use in a large outdoor area such as a field or parking lot if track and field area is not available.



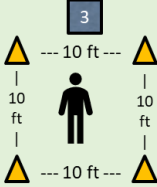
Conditioning, stretching and other activities



Athletes in 10'x10' pods for exercises



Coach maintains 6' distance from athlete and support personnel



Coach maintains 6' distance from athlete and support personnel

