



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

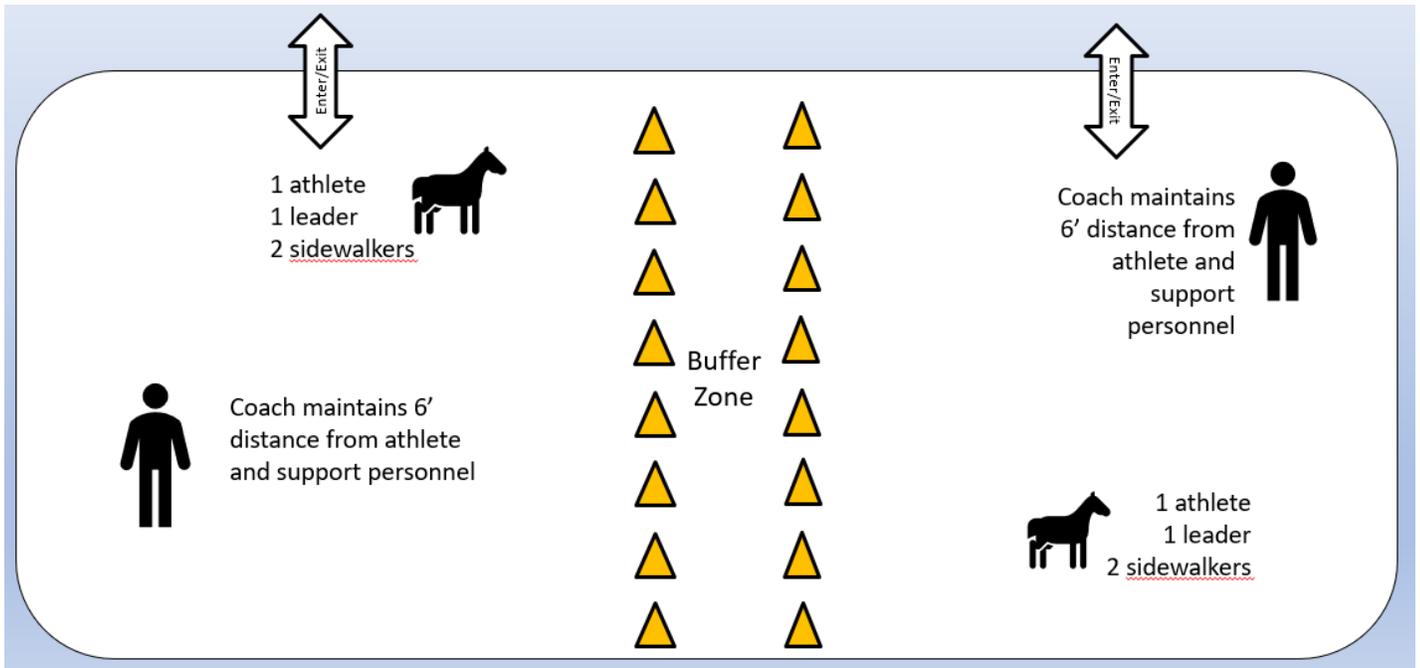
Sport Equipment

Sport equipment (if needed) is plentiful and arrangements have been made for each athlete to have their own for the duration of practice

- Athletes Equipment
 - Water bottles
 - Athletic shoes and or riding boots
 - Helmet
 - Other aids if supplied by athlete (crop, rainbow reigns, etc)
- Coaches
 - Signage
 - PPE “practice kit”
 - Baskets for athletes’ personal items
 - Sharpie and painter’s tape to mark athlete’s baskets or stations
 - Cones
 - Measuring tape

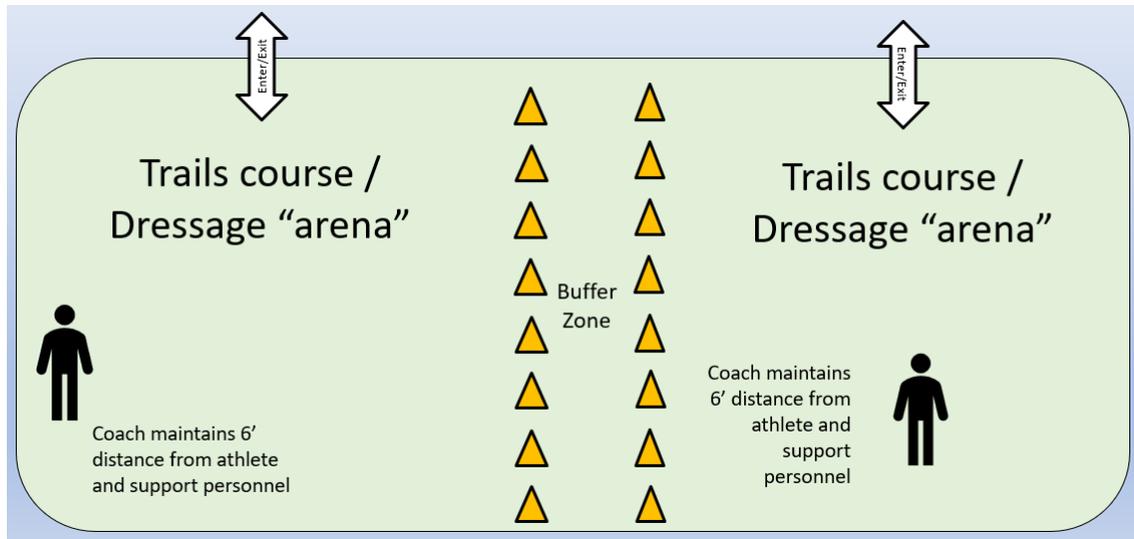
Outdoor or Covered Arena

- Depending on the size of your area, divide the ring
- Athletes should have the same leader/sidewalker/coach combination for the duration of practice.
- All equipment (saddles, reins, helmets) must be disinfected prior to and after use.
- Designate entrance and exits for each side, or establish a “load in/load out” process that avoids persons crossing paths.



Using outdoor space to practice trails, showmanship, dressage on foot (no horse)

- Pick one “event” to practice that day and stick with it. Do not switch between dressage and trails or trails and showmanship. This will cut down on the equipment needed and handling of said equipment.
- Similar to riding in an arena, choose a space that is large enough to run an athlete through the patterns. Ensure each participant in the training has their own pattern area so there is no sharing of equipment or crossing paths.



Using outdoor or indoor space for conditioning and skills training

- In these stationary training areas, your athletes can perform stretches, body weight exercises and core work in place.
- Non-riding activities are just as important as practicing on the horse. It is important for athletes to work on their core strength as this will benefit them on the horse and in everyday life!

