



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

Sport Equipment

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

- Athletes Equipment
 - Golf clubs – may be shared. If shared all clubs must be disinfected before and after each use.
 - Golf gloves – do not share
 - Golf balls/tees
 - Golf shoes – not required, athlete preference
 - Water bottle – make sure it is labeled
- Coaches Equipment
 - Water bottle
 - Baskets for athletes’ personal items
 - Sharpies and blue painters’ tape to label baskets and water bottles
 - Cones: approximately 5-10 to mark off driving range mats/areas to set-up physical distance
 - Pencils/pens to mark scores. It is suggested that you do not use the course provided pencils in the carts.

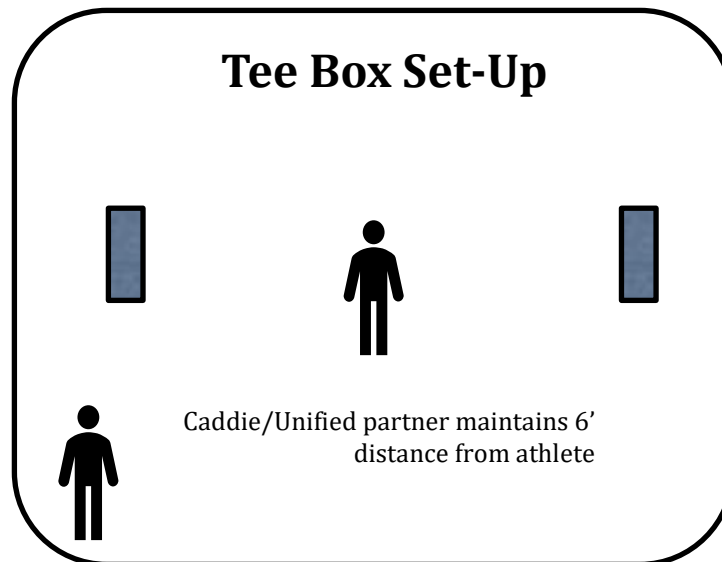
General Notes and Reminders: Course Play

- Groups teeing off at the same time should be no larger than 4 total people.
- Group of athletes/coaches should always remain the same when practicing.
- One pairing (athlete/Unified partner or athlete/caddie) on the tee box at a time. Other golfers should wait in their cart until the pairing is off the tee box.
- No touching of the flag or bunker rakes.
- Mark all balls to avoid touching someone else’ ball.
- Only coaches should enter clubhouse, unless the restroom is located within the clubhouse.



Golf Carts

- Disinfect/sanitize before each use.
- Disinfect/sanitize after use, if using for next group of athletes/Unified partners.
- If athlete and Unified partner/caddie are persons that live together, 1 cart is okay.
- If athlete and Unified partner/caddie are not persons living in the same household then separate carts should be used.
 - Parents/guardians can drive the cart for athlete if athlete cannot drive.
 - That parent/guardian **will count** towards the 10 people limit at an in-person practice.



General Notes and Reminders: Putting Green

- Number of people on green is dependent on the size of green.
- Suggestion is no more than 2 people on green at one time maintaining physical distancing of 6'
- Everyone else should stay off the green and stand on the first and second cuts, maintain 6' of distance.

Putting Green Set-Up

