



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 Meeting found in the [Gymnastics section](#) of the [SONC Coach and Sport Resources](#) web page.

Sport Equipment

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
 - Cubbies or baskets for athletes’ personal items and a system for organizing so athletes remain physically distant when placing personal items away.
- Gym equipment
 - All apparatuses and sanitation equipment.



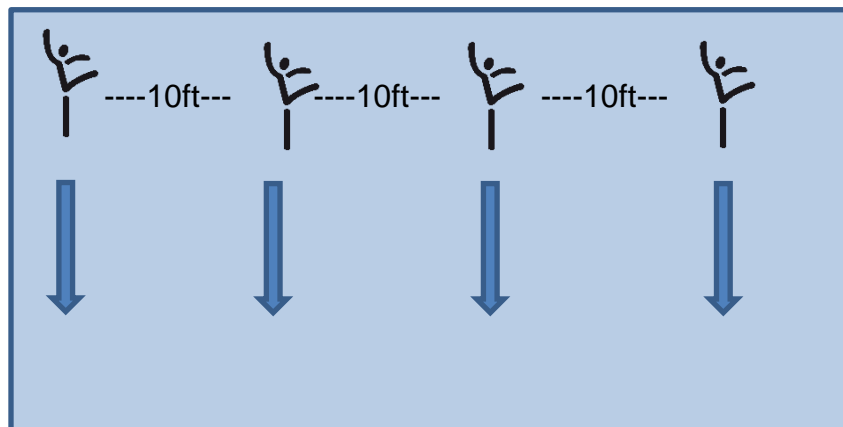
Indoor

- It is important to understand and follow the guidelines of the facility where you are practicing. Before the season starts, coaches should have a conversation with the facility owner or manager to discuss practice protocols and to fully understand the facility's rules. Ask about
 - Equipment sanitation procedure
 - Entrance/exit for athletes and other classes
 - Locker room/restroom use
- All participants should wear masks at all times. Masks must be secured with no 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.
- Conditioning and individual technique/choreography work is recommended. Coaches are allowed to spot athletes on skills as long as both are wearing a mask.
- Ensure your facility is cleaning properly between each session. Athletes should sanitize hands after performing on an apparatus. Where possible, the coach should sanitize the surface of appropriate items.

Examples

Floor Exercise

- Tumbling or skill practice – athletes spaced out minimum of 10ft between to allow for variance of movement. Allow more space between if coach is working with an athlete.



Bars, Beam and Vault

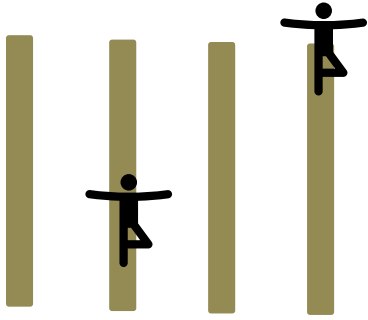
Allow at **minimum 6' distance** between athletes waiting for their turn on the apparatus.



- 1 athlete & coach on runway/vault
- athletes waiting turn spaced 6' apart
- Coach sanitize/wash hands after spotting athlete before next athlete turn



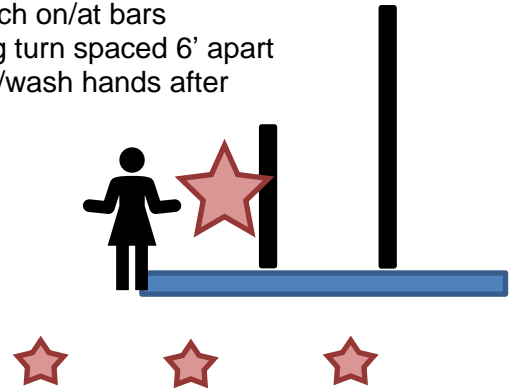
Beam



- 6ft between ea. Athlete
- Use every other beam if needed

Uneven Bars

- 1 athlete 1 coach on/at bars
- athletes waiting turn spaced 6' apart
- Coach sanitize/wash hands after spotting athlete



General Fitness and Conditioning Practice

For use in a large outdoor area such as a field. This is a great time to set up an obstacle course, do some visualization/practice routines on grass.

