



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 [Powerlifting](#) 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
 - Belt and wraps, if used
- 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
 - Disinfectant wipes or spray & paper towels
 - Multiple pairs of disposable gloves
- Gym Equipment
 - Same provided equipment provided as usual; only change is the requirement to sanitize before each use by a new athlete



Indoor gym or weightlifting facility

- 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 general public
 - Locker room/restroom use
 - Rules governing excessive grunting/shouting
- All participants should wear masks at all times, even when practicing.
- Athletes and coaches must remain assigned with their group of 10 total people during the practice. No switching of athletes/coaches in order to contain any potential spread of germs.
- Assign athlete skill areas where athletes can do body weight/stretching work. Must be 6 feet of distance in between assigned areas.
- Use a rotating station system to allow each athlete to have a turn on the weights
 - Should be more than 6 feet away from activity zones for the rest of the athletes
 - In between turns, only coaches should be touching the bar and the weights and should be sanitizing before every time making contact
- Gym entry/exit – Use one door for entry and one for exiting to ensure proper physical distance.
- Gyms will often be used by the general public, who will not be bound by the same guidelines
 - Do your best to find an area away from other gym users
 - If you notice other gym users flagrantly ignoring social distancing measures, sanitation, mask rules, or other things that make the environment unsafe, consider postponing practice.
- **Rules for safe practices within an existing gym setup**
 - More than one athlete can use benches/lifting spaces at a time, but only if there is a buffer of at least 6 feet between each.
 - To cut down on transmission possibilities, only the coaches should be loading, re-racking, and sanitizing weights. Only coaches should have access to the area in which the weights are housed between lifts.
 - Place athletes at stations to help prevent crossing paths and keeping physical distance. This can include rotating between turns on the bench/lifting areas and general fitness and conditioning (see layout below)

General Fitness and Conditioning Practice

For use in individual drills (stretching, body weight workouts, etc.). The location of this setup is flexible and can be utilized on a gym floor or outdoors in a field. Many gyms have moved equipment to adjacent parking lots, which is an acceptable venue for this workout setup.

