



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

Sport Equipment

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

- 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 Roller Skates/Blades
 - Helmet
 - 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



- 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
- All participants should wear masks at all times, even when practicing.
- **At a skating rink**
 - If your teams are able to use an indoor skating rink for practice, the social distancing rules remain in effect
 - Athletes should pick up equipment rentals, put them on, and return them by themselves, if possible
 - If assistance is required, coaches should sanitize their hands before and all equipment afterwards
 - If shared equipment is brought to the rink, only coaches should be handling it, with it being delivered directly to the athlete using them
 - Start times to a run between athletes practicing on the same rink should be much larger than normal
 - Athletes should be instructed not to pass another athlete, unless you have set up multiple lanes more than 6 feet apart, making contact unlikely

Outdoor Stationary Training Areas (plus running lanes)

- Using cones, set up 10' x 10' boxes for each athlete, with at least 6' between each box.
- In these stationary training areas, your athletes can perform stretches, body weight exercises, and stationary exercises.
- In the diagram, you'll see that each box extends into a running lane. If you would like to implement active stretching or some sprints, you'll need to use cones to clearly mark each athlete's lane. Length of the running lane is variable, depending on how much space and how many cones you have.

