



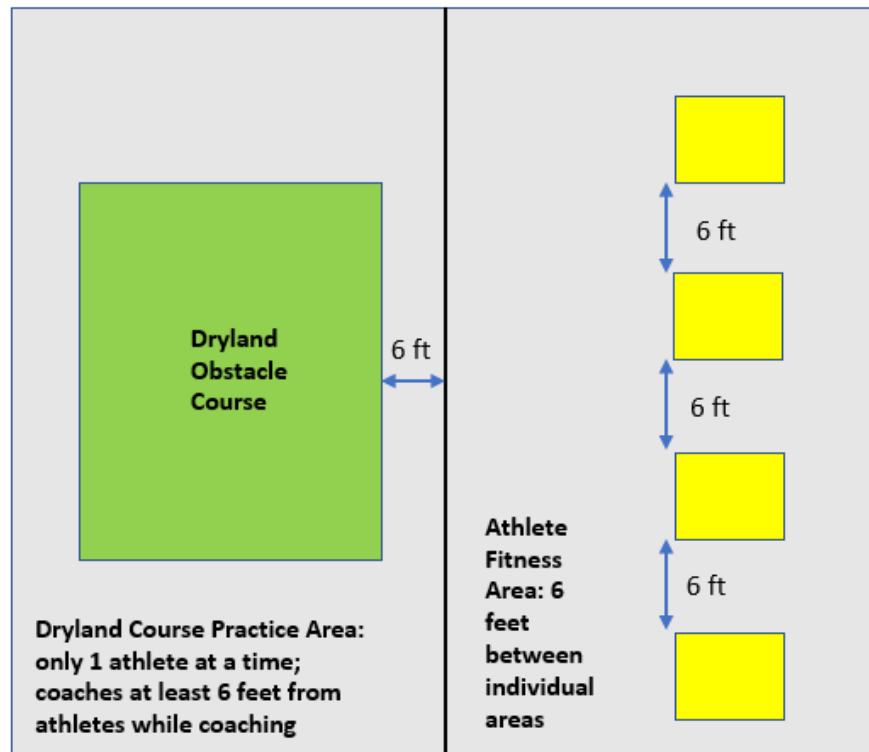
The very first thing every coach must do before moving forward with in-person training plans, is to review [this webpage](#). Specifically, the link to the Special Olympics North Carolina protocol for return to activities and the Code of Conduct and Communicable Diseases Waiver.

### Sport Equipment

- Athlete's Equipment
  - Water bottle – make sure it is labeled
  - Appropriate practice attire
  - Skis or snowboards (used and not new or current ones used on the snow) or dryland equivalents
- 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
  - Skis or snowboards or dryland equivalents

### Practicing Outdoors for Dryland Training

- Please visit the [Alpine Coaching Guides section](#) on the Coach and Sport Resources web page for examples of a **dryland training obstacle course** to plan your training.
- Masks are to be worn at all times other than during vigorous activity/competition.
- Assign athlete skill areas 6 feet apart where athletes can do body weight/stretching work.
- Use a rotating station system to allow each athlete to have an individual turn on the dryland course.
  - All parts of the course should be more than 6 feet away from activity zones for the rest of the athletes.
  - Coaches should be more than 6 feet away as they coach athletes through the course.
- If you do not have equipment for every athlete, the equipment must be sanitized before it transfers from one individual to another.
- Outdoor areas will often be used by the general public, who may not be bound by the same guidelines.
  - Do your best to find an area away from others
  - If you notice others flagrantly ignoring social distancing measures, consider postponing practice until you believe the environment is a safe one.



- **At a ski resort/ski area**
  - If you are able to hold a practice or outing at a ski mountain, the social distancing requirement remains in effect.
  - Ski lift can be used at typical capacity as long as all riders are masked.
  - 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 mountain, only coaches should be handling it, with it being delivered directly to the athlete using them.
  - Masks are to be worn at all times other than during vigorous activity/competition.

# General Fitness and Conditioning Practice

For use in solo drills (stretching, body weight workouts, etc.). Can be utilized on a gym floor or outdoors in a field or in a parking lot.

