

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.

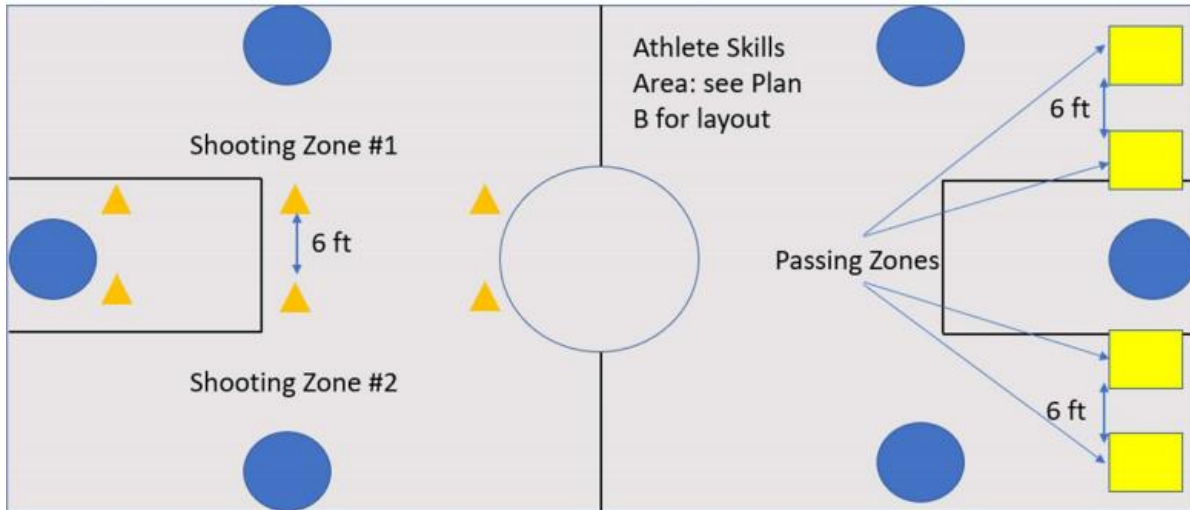
### Sport Equipment

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
  - Baskets for athletes' personal items
  - Sharpies and blue painters' tape to label baskets and water bottles
  - Cones or spots
  - Disinfectant wipes or spray & paper towels
  - Basketballs – enough for 1 per athlete
    - Must be sanitized before and after each use. Limit sharing where possible.

### Indoor gym

- There is current a limit on **50 participants** for **indoor** activity occurring for Special Olympics North Carolina purposes. The 50 participants includes anyone a Special Olympics program is bringing to the facility (i.e. athletes, Unified partners, coaches, chaperones, volunteers, spectators). This personnel limit does **not** include facility staff or patrons of the facility.
- Masks are to be worn at all times other than during vigorous activity/competition.
- Assign athlete skill areas where athletes can work on basketball skills. Keep in mind physical distancing with drills.
- Multiple athletes may practice shooting and retrieve balls for each other if possible. Good sanitation procedures should be used before/after the drill and if there is a need to during the drill (i.e. after a sneeze, wash hands then re-join the drill).
- If practicing passing, athletes may pass the ball back and forth to each other as long as physical distancing is used. A great time to practice long passes!
- Passing drills can also be practiced using a wall and painters tape (on the ground to indicate position and on the wall to indicate a target)
- Whistles – coaches must have their own whistle.



Teams may also utilize outdoor basketball courts with similar set up. Be sure basketballs are stamped for outdoor use, or indoor/outdoor.

**General Fitness and Conditioning Practice** For use in solo drills (ball-handling, stretching, body weight workouts, etc.). Can be utilized on a gym floor or outdoors in a field, outdoor basketball court, or in a parking lot. Masks are to be worn at all times other than during vigorous activity/competition.

