



G o v e r n o r I n s l e e ' s P h a s e d A p p r o a c h				
Phases	Phase Two		Phase Three	
	Outdoor	Indoor	Outdoor	Indoor
Coaching Allowed	Yes, with limitations			
Gathering Limitations	No more than 5 athletes per session	Limited indoor and fitness training with 300 square feet of distance/person up to 25% capacity	Allowed gathering of no more than 50 people	Less than 25% of capacity with 200 square feet of distance
Needed Precautions/Screening / Pre-Testing	As recommended by agencies (Governor, CDC, DOH)			
Masks	Coaches and athletes must wear when not participating in drills or within 6 feet of other participants.	Coaches must wear; athletes must wear	Coaches and athletes must wear when not participating in drills or within 6 feet of other participants.	Coaches must wear; athletes must wear
Hand Washing Station	Must be available	Must be available	Must be available	Must be available
Record Keeping	Must keep records of date, time and who attended			
Locker Room Use	Possible but maintain distancing of 6'	One person per 300 square feet	Maintain distancing	One person per 00 square feet
Practice "Pods" Maintained	Practice "Pods" Maintained and documented		TBD	
Distancing	Distancing of 6' mandatory	300 square feet per person	When not practicing, maintain 3-6' distancing	200 square feet per person
Facility Cleaning	All hard surfaces wiped down and sanitized before end after every practice			
Hand Washing	Required of all participants prior to workout			
Balls	Cleaned periodically during practice			
Equipment	Cleaned before and after each use			
Hydration	Everyone participating has own marked water bottle			
Post Workout	Athletes to shower and clean their equipment, clothes			