



GIRLS GOLF RETURN TO ATHLETICS PLAN

Summer Workouts begin: June 22 thru July 15:

3:00-4:20 Monday, Tuesday, Wednesdays at Leader Golf.

Tryouts: tentative pending CIF decision : Aug 3rd, 4, 5th @ Leadergolf 3:45-5:15

Preseason tentative pending CIF decision :

-Aug 6th Mon thru Thursday at Teal Bend Golf Course (if in approved Phase 2/3),

Optional Friday at Leader Golf. Will request areas for only Inderkum to practice.

Practice Procedures:

2:50 Player Arrival:

1. Players will arrive and drop bags by the picnic table area at Leader Golf, maintaining social distancing of 6 feet.
2. Player will wash hands (20 seconds) / Take Player workout temperature /answer health screening questions; Enter findings into district ipad
3. All cleared players will proceed to their Pods for station work

Practice Stations:

- The Pods (4-8 players per pod) will divide up to their respective stations.
- We will have 3-4 stations of skills with each player having their own practice stall, 6 feet from one another. Coaches will remain 6 feet apart from players
- Each station will consist of 20-30 minute. A Coach will be designated to each pod and will stay and rotate with them.

Other procedures:

- Establish Teams/Pods Varsity and JV, consisting of a maximum of the same 8 players per group (a varsity and a JV team).
- Hydration: Girls will provide their own water bottles. Golf program will provide personal bottles if necessary.
- Players shall use their own clubs and balls / no sharing of equipment

- Players will not share range balls and will be touch free by using the end of their clubs.
- Practice stations/stalls will ensure players are 6 feet apart.
- Coaches and coaching shall remain 6 feet apart. Skills will be demonstrated from 6 feet distance, and or shown videos of players swinging;
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place
- Require players to wash hands before and after a round or practice.

Transportation

- Players provide own transportation

Social distancing during Phase 2 matches /rounds/other safety procedures

- Flag sticks remain in hole
- Players remain 6 feet apart during every shot and putt.
- No rakes in bunkers (play local rule as ground under repair); no use of ball washers
- Holes have spacers to reduce touch (Play under local rules)
- Athletes will not use golf carts. They will walk the course while maintaining social distancing on the course.