



Natomas High School Golf

The daily schedule will look as follows:

- Monday (Range), Thursday (Range)
- Range - Leader Golf ([3060 El Centro Rd, Sacramento, CA 95831](#))
- Times may vary according to coach and range availability

Flow of admission:

- Athletes will have to provide their own ride to and from practice.

Pre-Screening

- Athletes will arrive at the range and meet the coach at the designated location.
- Athletes must have all documents completed and cleared by the Athletic Director prior to completing the pre-screening process.
- Pre-screening station will be located near the coaches vehicle, and include:
 - Athletes will have their temperature taken.
 - Athletes will complete the pre-screening survey.
 - Any athlete with a temperature over 100.1 will be unable to participate for 14 days and administration will be notified.
- Once the athlete is cleared, athletes will be sent to the designated restroom to wash hands.
- Athletes will be lined up using social distancing to wash their hands.
- Once athletes have washed their hands, they will proceed to the range.

Phase 1

- Athletes will maintain social distancing during practice.
- Coaches and athletes will wash their hands prior to and after practices
- Facemasks are currently not being required, however if athletes choose to wear facemasks they may.
- Coaches are recommended to wear facemasks at all times.
- Only one athlete will use the restroom at a time. Designated bathrooms will be at the range.
- Athletes will be grouped into pods of no more than 10 athletes. They will stay in their pods throughout the duration of Phase 1.
- Athletes will supply their own water bottle.

- Athletes will place their bags in designated areas that are spaced out 6 feet apart.
- Athletes may not share clubs, balls, or other equipment.
- Players will not share range balls and will be touch free by using the end of their clubs.