



GIRLS GOLF RETURN TO ATHLETICS PLAN rev. 9/18

The Girls Golf team is making an addition to Phase 1 workouts, to coincide with *NUSD extra curricular activity initiative*. This addition is also in accordance with Sac County Health Dept, current allowance of golf as a safe and allowed activity.

Phase 1 current results:

Summer workouts were successful as we had consistently 14 girls attend workouts and no reported covid 19 cases, and no symptoms during screenings. All safety practices including Covid 19 Pre-Screening, hand sanitizing before and after each skill station, social distance, equipment sanitizing all were followed. Note: No equipment was shared and not necessary for golf. In instances where range balls were used, the players used touchless technique.

Phase 1 Edition:

3 days a week: Beginning September 21st

Monday: @ Leader Golf 3:30-5:00

Tuesday: On course 3:30-5:30

Wednesday: Team Zoom 3:30-4:00

New Players: We will advertise to new potential players via social media outlets, and school related communication outlets. All new players that did not participate in summer will be required to have all NUSD return to Athletics forms turned in prior to participation.

Leader Golf Procedures:

3:25 Health Screening:

1. Players will arrive and drop bags by the picnic table area at Leader Golf
2. Take Player workout temperature /answer health screening questions; Enter findings into NUSD health screen form.
3. Once screened, players are required to clean with hand sanitizer
4. All cleared players will proceed to their Pods for station work

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.

Zoom

Zoom sessions will be used but not limited to:

- Captains meetings
- Grade checks
- Swing Video Analysis
- Team Bonding activities
- Golf Rule Quizzes

On course: ONLY INDERKUM PLAYERS AND COACHES

3:00 Health Screening:

1. Players will arrive at the practice range.
2. Players are required to wear masks during check in, including inside course facilities, at the practice range, and putting area.
3. Players will be screened for temperature /answer health screening questions; Enter findings into NUSD health screen form
4. Once screened, players are required to clean with hand sanitizer
5. All cleared players will report to their individual social distant warm up range stall with mask on.

On course safety procedures: No sharing of golf equipment is necessary or allowed in golf.

1. Girls will be grouped into no more than 3 in a group per tee time, and we will only have a maximum of 6 of our players participating on course.
2. Touching your ball. Use a golf glove at all times when touching or retrieving your ball.
3. Tee box. Establish 6 feet away tee off order with your group. Mask on the course will be optional once we tee off.
4. Fairway. Once all tee off, walk to your ball maintaining a minimum 6 feet away from practice partners at all times.
5. Sand Trap. If your ball is in a sand trap, play a drop outside of the trap. There are no rakes so traps are out of play.
6. Once on the putting surface, mark your ball in order of who is closest to the hole, and proceed to a 6 feet social distance to wait your turn.
7. Putting hole. Every course has modified their putting holes so that there is minimal contamination by players reaching into the hole. Do not touch or remove flag sticks at any time.
8. Once you hole out, start walking to the next hole to tee off, maintaining 6 feet of distance as you transition.
9. Practice partner ball lands inside of 6 feet distance. In this instance, maintain social distance and allow the player farthest from hole to shoot first. If you cannot determine that, then decide who will hit next, and the other player stands back social distance.
10. Girls will walk or use personal push carts at all courses, no riding or driving of golf carts.
11. Players will be required to hand sanitizer intermittently throughout practice round.

Other procedures:

- 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 use their Golf Glove to touch, and retrieve their ball. Clean glove after round.
- Players will not share range balls and will be touch free by using the end of their clubs or gloves.
- Use Golf glove to tee your ball up.
- Practice stations/stalls will ensure players are 6 feet apart.
- Coaches and players 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
- Players required to clean clubs after round is completed.