



Impact Winter Training – November 2, 2020 – March 12, 2021

In accordance with current COVID guidelines and indoor athletic training best practices, the following regulations will be in place throughout the 2020/2021 winter season:

- Training start and end times will be strictly adhered to. Coaches will end training sessions 5 minutes prior to session end time to allow players to exit prior to the start of the next session
- Players will not enter facility prior to start time to reduce congestion and contact
- Coaches, Assistants, and Trainers are always required to wear masks including before, during, and after training while entering and exiting the building
- Spectators are not allowed and should be only available for pick up and drop off outside the facility
- Players are required to wear masks when entering/exiting facility and using the restroom
- All participants are to avoid training if any symptoms or suspected contact with COVID positive individuals. Any at risk individuals are to stay home and avoid training. Players may return to training upon fulfillment of required quarantine period
- Adhere to distancing guidelines for spectators, between teams, and entering/exiting facility

While training, players and coaches will:

- Adhere to all facility guidelines
- Frequently use hand sanitizer
- Avoid use of water fountains and vending facilities
- Distance bags, equipment, and water bottles. Players will only use their personal water bottles and avoid sharing or contact of bags and all personal equipment
- Avoid gathering in large groups outside of their direct team
- Coaches and trainers will always wear masks during training along with prior to entry, and after exit

Training facilities will:

- Maintain appropriate air flow and circulation
- Specify drop off and pick up zones, entry and exit plan
- Frequently clean and wipe down surfaces
- Maintain sanitizer stations

References and state guidance:

<https://coronavirus.utah.gov/utah-health-guidance-levels/>

<https://coronavirus-download.utah.gov/Health/UPHO-2020-19-COVID-19-Transmission-Index.pdf>