

PATHWAY 3: TEAM PRACTICE: STAY AND TRAIN (with Equipment, Personal and Team) - TACKLE PRACTICE with No Sustained Personal Contact (Permitted in Step 2)

FOCUS: Drills, skills and conditioning is allowed. Full non-contact practice and competitions may occur - Tackle football games, practices and any drills involving sustained personal contact (blocking, tackling, jamming/pressing, snapping) are NOT permitted.

Outdoor sports without contact or modified to avoid sustained personal contact, will have no limit on number of people or teams participating

DRILLS PERMITTED:

- Safe contact drills on air
- Conditioning drills
- Individual drills with no intentional sustained personal contact
- Wide receiver vs defensive backs with no intentional sustained personal contact
- Pass Skeleton 7 v 7 (no intentional sustained personal contact)
- Team on air
- 12 v 12 with no intentional sustained personal contact
- Inside run-on air/ inside run to assignment (no sustained personal contact allowed)
- Install on air
- EDD everyday drills
- Drills on equipment allowed (bags, pads, shields, etc.)

PARAMETERS:

- Player equipment is permitted, please refer to equipment handout guidelines (helmet, shoulder pads, pants with shoulder pads, arm pads, knee pads)
- Blocking on pads permissible if disinfected regularly
- All equipment permissible if disinfected regularly
- All participants must maintain 3 m social distancing on side lines
- All coaches, managers and first aider/ trainer must **maintain 3 m social distancing all times**
- Capacity must be in compliance with the public health order for outdoor sports
- Personal water bottles only.
- No handshakes or high fives
- All participants must use hand sanitizer before and after a training session.
- All training sessions must have two coaches (Rule of Two)
- Disinfecting procedures for all personal & field equipment at the start and end of the event
- Players must come dressed to facilities and not use any change rooms.
- Staff and participants should be given information on physical distancing and other requirements prior to attending.
- Spectator limitations – **3 meter social distancing at all times and 25% of usual seating capacity.**
- Staff should discourage gathering pre or post practice
- Individual and protective equipment should not be shared. When helmets or other equipment are shared, cleaning and disinfecting must occur between each use