**Appendix J - Team Return to Practice Plan Template**

*The following template can be used to help create a plan for teams that wish to stay engaged with each other and to help make and communicate decisions about returning to activity as individual players and as a team. Feel free to adapt as appropriate for your team’s needs and your local circumstances.*

**Introduction**

The *[insert year]* season will look different than it has in the past for *[insert team name]*.The ongoing COVID-19 pandemic will continue to impact our team and our opportunities to be together and to train for and play ultimate. The team leadership has developed this plan with the following goals.

**Goals**

1. Health and Safety - First and foremost, the health and safety of every player in our program is a priority, so our season will align with and adapt to meet all applicable guidelines, including state/local/school and USA Ultimate guidelines.
2. Physical, social, and mental health - We are planning for a season of uncertainty, with no guarantee of a normal competitive season, so our season will be aimed at providing outlets to support the physical, social and mental health of players as we move together through uncertain times.
3. Inclusion - As we develop opportunities to return to some form of team activity, we aim to create an environment where everyone feels welcome and plans are made that address potential barriers to new or returning players, regardless of their individual circumstances, background or experiences.
4. Team building - If we have the opportunity to play this season, we must be prepared, so our season will foster the growth of individual players and a strong, cohesive team.
5. Flexibility - We learn more about COVID-19 every day, and so our season must be flexible and able to adapt quickly to a changing landscape.

**General Health and Safety Requirements**

* [Centers for Disease Control and Prevention (CDC)](https://www.cdc.gov/)
* *State Department of Health [insert state DOH link - sports-specific if possible]*
* *County Department of Health [insert county DOH link - sports-specific if possible]*
* *School COVID-19 Regulations [insert school COVID link - sports-specific if possible]*
* [USA Ultimate Return to Play Guidelines](#_top)

**Team-Specific Requirements**

Create guidelines for your team in the following areas that either apply generally to all team activities, or that are modified based on the type of activity (training, practices and competition) and local regulations. Examples are provided below as a starting point and should be further developed based on local regulations and USA Ultimate Return to Play guidelines. The examples can be used as is or modified, provided each is consistent with or more restrictive than relevant local regulations.

**Screening**

* Anyone who has COVID-19, is exhibiting common symptoms of COVID-19, is ill or has had close contact with someone with COVID-19, is prohibited from participating.
* The health screening questionnaire must be completed by all participants prior to each activity session.

**Hygiene**

* Require regular hand cleaning, prohibit spitting and encourage coughing/sneezing into the arm or into tissues that can be disposed of properly.
* Encourage staff and participants to bring their own hand sanitizer and tissues.
* Extra sanitizer will be provided.

**Group Size and Cohorts**

* Participation will be limited to \_\_\_ athletes, based on local regulations.
* Staff, coaches and officials will be limited to \_\_\_\_\_.
* Interactions between cohorts of \_\_\_\_ will be limited by \_\_\_\_\_\_\_\_.

**Non-Participants**

* Parents, spectators and other non-participants will be limited to \_\_\_\_ (insert number), and will be required to wear masks, stay 6 feet apart and remain in the following designated areas (\_\_\_\_\_\_\_).

**Masks and Distancing**

* All participants, including athletes, coaches, staff and officials, will be required to wear a mask during activity, including during drills and competition.
* All participants are required to stay 6 feet apart when not engaged in drills or competition.
* Participants must bring their own water bottles and food.

**Positive Test Protocol**

* Testing - If a participant shows symptoms or becomes ill, they should obtain a COVID-19 test and report results prior to the next activity session.
* If a participant tests positive for COVID-19, the organizer must \_\_\_\_\_\_\_\_\_ (insert local reporting and contact tracing procedures), including suspension of activity until quarantine regulations and return to activity standards are met.

**Travel**

* Insert travel restrictions based on local regulations, or if desired, include more restrictive travel requirements for your team as desired to limit non-household contact.

**Individual Training**

* Activities and recommendations from Stage 1 of the USA Ultimate Return to Play Guidelines
* *[Insert details related to health and safety guidelines]*
* *[Insert details related to sport-specific activities]*

**Team Practices**

* Activities and recommendations from Stage 2-3 of the USA Ultimate Return to Play Guidelines
* *[Insert details related to health and safety guidelines]*
* *[Insert details related to sport-specific activities]*

**Competition**

* Activities and recommendations from Stage 4-5 of the USA Ultimate Return to Play Guidelines
* *[Insert details related to health and safety guidelines]*
* *[Insert details related to sport-specific activities]*

**Social Activities**

* Off-field team gatherings, such as getting together for group meals, hanging out after practices/games or other social activities, often present the highest risk of virus transmission. It is critical that safety protocols and personal responsibility expected during training, practices and competition be extended to any off-field team activity.
* Virtual activities/meetings
* Pre- and post-practice in-person interactions
* Travel, carpooling, and drop-off
* Meals

**Agreement**

* Consider creating an agreement that players/parents commit to following in order to participate in team activities.

Example: In order to participate in team activities, I agree to follow the guidance and requirements outlined in this team plan, including prioritizing the health and safety of myself, my family, my teammates and my community.