



2020 Fall Life Skills Experience

Class Protocols

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## **Preface**

For the sake of this document:

All First Tee representatives on-site and involved in programming are referred to as “**coaches**,” whether they are full-time staff, part-time staff, adult volunteers, interns, or junior coaches.

All players engaged in the learning environment are referred to as “**players**.”

All procedures are based on the most recent guidelines provided by local government, and in this case for the state of Virginia. Guidance is subject to change over time and based on the applicable jurisdiction(s).

## **Virus Prevention Procedures**

Proper Hygiene:

- Wash hands thoroughly (for a minimum of 20 seconds) and frequently (at least once before and after every class).
- Hand sanitizer and facial tissue are available in high traffic areas. Disinfect equipment and learning areas (see below).

Face Masks:

- All coaches and players are required to wear masks inside.
  - Exceptions:
    - While eating or drinking
    - Exercising
    - Anyone who has trouble breathing or health issues that would put their health at risk by wearing a cloth face covering.

6ft Distance and No touching:

- Players and coaches are to remain 6ft away
- No touching will be allowed of players, coaches, and equipment to limit contact tracing
- Coaches and players are to use their words and demonstrate coaching activities
- This is a great opportunity to showcase sportsmanship through words and gestures: saying “Good Job,” giving “air high 5s”

- Only exceptions to emergency situations will be allowed.

Health screening for coaches & players:

- Each day of class, coaches will provide the health screening below to all players and coaches.
- If the coach or player fails the health screening, they will not be able to participate in the class.

Ask if:

- Medication was used to lower temperature
- Player has been exposed to anyone with coronavirus
- Player is awaiting test results in the last 14 days
- Player has traveled out of the country within the last 14 days
- Experiencing coronavirus or flu like symptoms
  - Coughing
  - Shortness of breath or difficulty breathing
  - Fever
  - Chills
  - Muscle pain
  - Sore throat
  - New loss of taste or smell
- Check temperature with contact-less thermometer

Pass: No to all questions and body temperature is around 98.6 degrees

Fail: Yes, to any of the questions above and body temperature is greater than 100.4 degrees  
Players and Coaches will be required to leave.

### **Equipment**

Clubs:

- All players are required to bring their own clubs.
- If a player does not have their own clubs, a set will be provided for the week of class.
- This set will consist of a mix of the following items: putter, wedge, long iron, and wood.

Golf Balls:

- Each player will need to label their golf balls for the duration of class.
- If a player does not have their own golf ball, they will be provided 3 golf balls with identification.

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- There will be no exchanging or swapping of the golf balls. Players will keep their golf balls in their bag and will be the only ones able to handle them at class.
- At the end of class, players will return golf balls if borrowed.

### First Tee Equipment:

- After each class day, coaches will sanitize all equipment, including cones, alignment rods, hula hoops, noodles, etc. used for the class.
- At the end of each day, all sanitized equipment will be stored and labeled as Clean and Do Not Touch.

### Bag Zone:

- Each player will have a designated cone and mat where they will keep their belongings. This includes their bag, clubs, and water bottle.
- There will be no sharing of any personal belongings.

### Provided Equipment:

- At the beginning of each class, players will be provided 3 golf balls, tees, a ball marker, and a divot repair tool.
- Players will be required to return the golf balls and borrowed clubs at the end of class.
- Players are meant to keep the other items such as tees, ball marker, and divot repair tool.

## **Number of Participants**

### Players:

- Depending on State of Virginia and Federal guidelines, at most there will be 16 players participating in a single class.
  - Birdie, Eagle, Ace = 16 max
  - PLAYer, Par = 14 max
  - Little Legends = 10 max

### Coaches:

- Depending on the State of Virginia and Federal guidelines, at most there will be 5 coaches participating in a single class.

### Ratio:

- For every 6 players there will be 1 coach.
- Number of coaches and players will be subject to change. Depending on the number of players, the number of coaches can be changed to keep at most a 6 to 1 ratio.

### Parents:

- Parents must remain outside of the learning environment.
- Parents may use the patio area but must socially distant from others using the patio.
- Parents are encouraged to use the golf facility during class time to decrease the amount of people in one area.
  - The goal is to limit the number of total participants at and around the class area.

## Drop Off and Pick Up Procedures

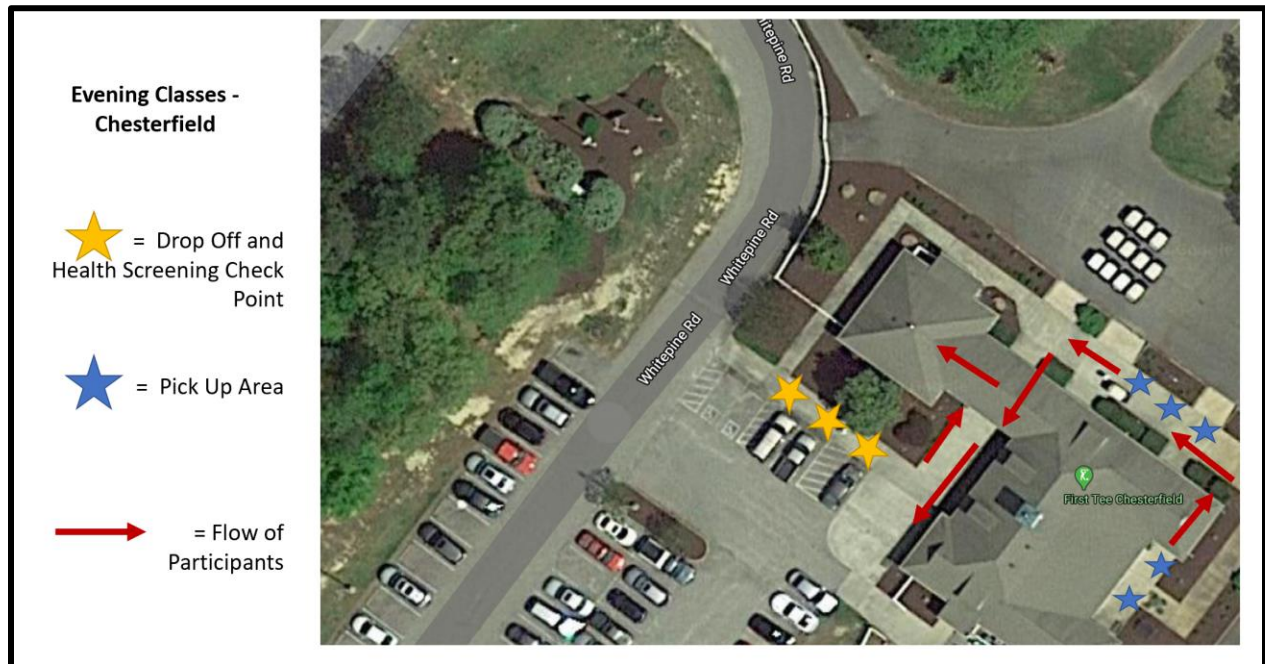
### Drop Off:

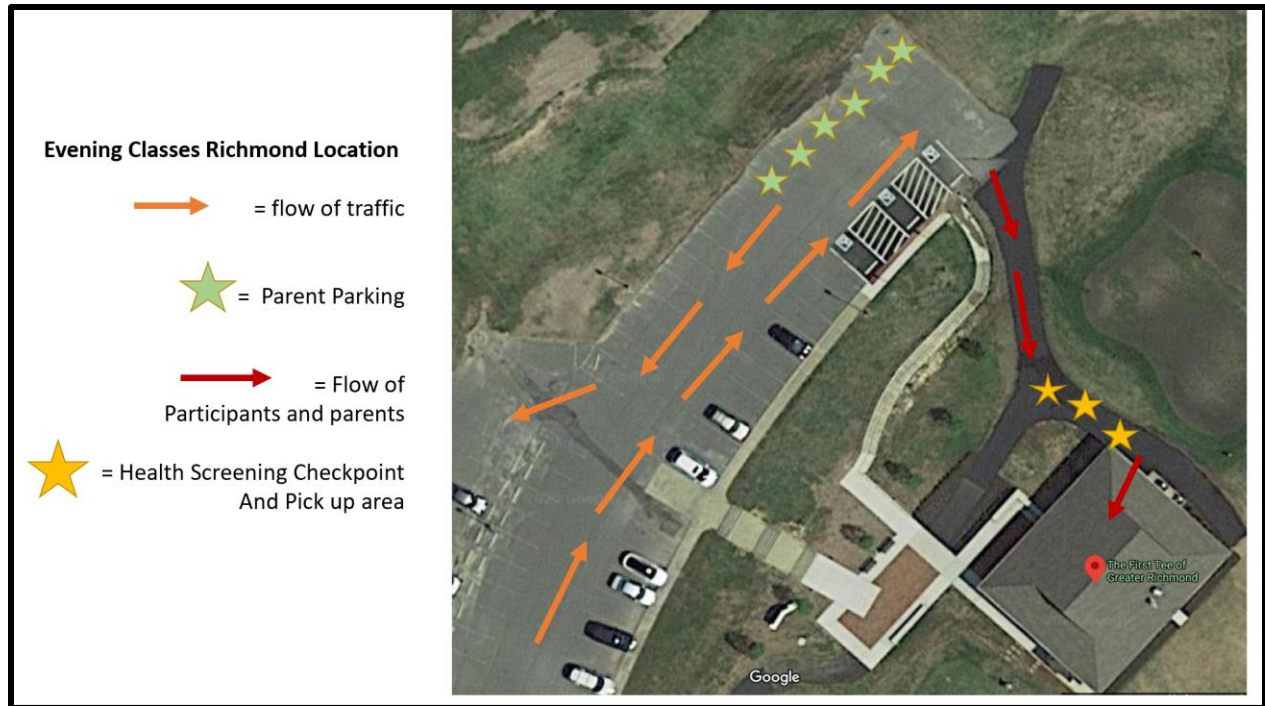
- Parents will park and walk to the entrance of the facility where a coach will be present. Please wait on the blue dots on the ground until the coach is ready to receive the player.
- When a coach is ready to receive the player, the coach will provide the health screening for the player to participate in the class.
- After the passed screening, players will be provided a designated area where they will place their bag, water, snacks.

### Pick-Up:

- At the time of pick-up, a coach will be present dismissing players as parents are in line for pick up. There will be a coned section with 6 cones and dismissing players depending on the order of parents in line for pick-up.
- Parents are to wait on the blue dots in line until time for dismissal outside the program room areas.

### Diagrams for Pick-Up and Drop-Off:





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### Hitting Stations:

- Stations will be 6ft apart with a safety zone hula hoop for those that are on-deck to hit next.
- At most there will be 2 players per station, with the goal of each player hitting from their own station.
- Coaches will go over proper transition between hitting station and safety zone station.

### Range Balls:

- Range balls are sanitized at both facilities
- Each coach will provide each player with the golf balls they hit.
- No player will grab or take their own set of range balls from the bucket.
- Any leftover range balls not hit, will be picked up and taken to the ball washer.

### Chipping:

- Players will use their own marked balls during chipping activities.
- Balls hit on the green or in the chipping area will be cleared by using a club or other equipment.
- Players will be asked to retrieve their own golf balls after they have been moved off the green.

**Putting:**

- Players will use golf balls provided for putting.
- Golf holes will have noodles in the bottom of the cup or players will be putting to imitation holes.
- There will be no actual flag sticks to contact.
- For any partner activities, each player will have designated standing and safety zones to wait until their turn to hit.

**Transitioning:**

- Coaches will direct players in a safe 6ft distance and walk with players to each station.

### **Water During Class**

**Water and Hydration:**

- Players will be required to bring a labeled water bottle to class every day.
- Coaches will lead players to water refilling station no more than 5 players at a time during breaks to refill water bottles. Only coaches will touch the cooler with gloves.

### **FAQ's**

**When should someone stay home?**

- If someone in your household has had any cold/flu symptoms in the past 72 hours.
- People who are at a higher risk, including those: age 60+, with weakened immune systems, who are pregnant, and those with underlying health conditions including cancer, heart disease, lung disease, or diabetes.

**What if a coach or player does not pass the screening?**

Those who do not pass the screening are not permitted to participate and must return home.

**What if a coach does not comply with the guidelines?**

Revisit the expectations and guidelines, and if the coach still does not comply, ask them to go home and/or call the Program Director to report the incident.

**What if a player does not comply with the guidelines?**

Revisit the expectations and guidelines, and if the player still does not comply, make immediate contact with a parent or guardian by phone. Report the incident to the Program Director.

**How do we provide first aid or medical care while maintaining proper distancing?**

If medical care is required, that is the first priority. While the coach should not hesitate to follow First Aid & CPR procedures, including Check, Call & Care, they should first put on a face mask and disposable gloves.

**What if there is an emergency, and evacuation procedures require us to gather in a smaller space or larger group?**

In the event of an emergency, where evacuation is necessary, the immediate physical safety of individuals and the group is the first priority. Coaches should ensure that is taken care of, and then try to ensure COVID-19 prevention procedures are followed as possible.

**Will the clubs provided need to be returned at the end of the class?**

Yes, the clubs provided for players during the class should be returned to coaches at the conclusion of class.

**Will there be ice buckets for players and coaches to keep their drink cold?**

Unfortunately, not. In order to keep personal items separate and to keep contact low, players and coaches will keep their personal items at their designated space. Please plan to keep water and other items cold.

**Contact:**

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