

## Covid 19 Plan.

1. Follow the CDC Guidelines and recommendations as they apply to our facility.
2. Everyone will be emailed or texted our guidelines prior to each session they attend.
3. Any symptoms - stay home.
4. Temperatures will be taken upon entering.
5. Hands shall be washed or sanitized before entering.
6. Masks shall be worn. (not when working out or have medical issue)
7. Social distancing shall be practiced (markers on floor)
8. All areas shall be constantly cleaned and disinfected.
9. Group sizes will be kept small (no more than 4 to 5 in a group)
10. No more than 3 groups.
11. Keep everyone as safe as possible.
12. Adjust guidelines and procedures as needed.

## Training:

Each Team will have 3 different sessions. 1 hour 30 minutes each. Looking at having the Bantam's having 2 hours sessions so we can do more with them.

Each session will consist of:

1. Stick handling and shooting.
  - a. Game Changer - stick handling while keeping your head up
  - b. Rapid Shot - shooting accuracy, release and speed.
  - c. stick handling drills and shooting (progressive)
2. Agility, balance & coordination (hand & eye)
3. Treadmill Training.

Work on form and technique. Power Skating.

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