

UIC Women's Ultimate Frisbee Practice Plan

- Per protocol, all team members will complete the wellness check before practice begins.
- To be allowed into practice, members must have a mask. They will be asked to use hand sanitizer before entering the field space.
- President (Divya) and Vice President (Kathleen) will take the temperature of each team member and record it. Attendance will be taken concordantly, along with a mini-questionnaire.
 - Have you been tested for COVID within the last week?
 - Did you test positive?
 - Have you experienced any symptoms of COVID?
- Upon passing the temperature check, each member will take a cone and place it 6 feet away from other players on the sidelines. This will be the location where players keep their belongings and water bottles. When team members are not actively playing on the field, they will be stationed at their cone.
- All the discs will be sanitized with the sanitizing wipes, both before and after practice. Each team member will be responsible for the equipment which they are using.
- Team members will maintain a minimum of six feet of distance between one another during drills.
- Should we exceed 12 members on our team, we will split the team into two groups. Each group will practice once a week.
- What will practices consist of?
 - Throwing discs. This activity can be carried out with all players 6 ft apart from one another.
 - Conditioning. Again, all drills will be carried out with players being 6 ft apart from each other.
- In the event that team members are not willing to follow the training plan, they will be asked to not return to practice.