



# ***Return To Activities Guidebook 2020***

*Presented by Mercy Care*





## Be happy. Be healthy.

Mercy Care supports Special Olympics Arizona's Return to Play initiative to ensure the safety and wellbeing of all athletes as they get back to fun physical activities.

Because we **care.**

[www.MercyCareAZ.org](http://www.MercyCareAZ.org)

# A THANK YOU TO OUR SPONSOR - MERCY CARE

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*Special Olympics Arizona extends its sincerest appreciation to Mercy Care for their support and partnership over the last decade. Mercy Care became an official partner for Special Olympics Arizona's Healthy Athletes program in 2010, awarding SOAZ with a \$10,000 sponsorship for the 2010-11 sports season, which began with just two small health screening events and less than a couple hundred athletes screened. Since then, Mercy Care has provided over \$200,000 and more than 3,400 employee volunteer hours. Their generous contribution has helped educate and train over 1,000 volunteer medical professionals and students, as well as provide more than 20,000 free medical screenings for athletes within rural, urban, and suburban communities statewide.*

*On the 10th Anniversary of their partnership, Mercy Care has extended their support as the Presenting Sponsor for **SOAZ's Return-To-Activities initiative**, which provides education & training to all members of the SOAZ community in response to the COVID-19 pandemic to ensure a safe return to in-person sports and activities. Mercy Care's generous contribution allows athletes and their families to have greater access to education, resources, preventative care, and follow up services that will continue to benefit the SOAZ community for years to come.*

*Thank you.*



## Return to Activities Guidelines

### Introduction

Special Olympics Arizona's top priority is the health and safety of our athletes, partners, coaches, volunteers, parents/guardians, staff, and all members of the SOAZ community. The purpose of this document is to lay out, in detail, the steps we must all take to *Return to Activities* in the safest way possible given the circumstances surrounding COVID-19.

We are following guidance from the Centers for Disease Control and Prevention (CDC), the World Health Organization (WHO), and the Arizona State Department of Health (AZDHS) as well as input from our constituents in order to establish this approach. We have also surveyed our coaches/volunteers to collect feedback on the safety & prevention protocols included in our *Return to Activities* strategy. Please be aware that SOAZ may need to update/modify these protocols as conditions continue to change across our state, country, and the globe. We ask for your continued patience and understanding as we work through this unprecedented time together. Our athletes need us now more than ever!

As you read through this document, please take time to familiarize yourself with the varying guidelines listed in each phase of the *Return to Activities* strategy as they establish the framework for safely returning to sports practices. While there are some similarities between phases, each comes with its own specific measures geared towards easing our way back into activities slowly and methodically. This is a marathon, not a sprint! We are counting on our coaches & volunteers to help us in returning to activities safely. THANK YOU for all that you do to support our athletes and the continued success of SOAZ.

***PLEASE NOTE: This is not a finalized document. It is a draft of our "Return to Activities" guidelines, and all information included is still subject to change. SOAZ staff are continuing to monitor the changing conditions surrounding the COVID-19 pandemic as we continue consulting with local and state health officials for further guidance & direction. We will update constituents throughout the process to provide transparency as this plan changes.***

### Return to Activities – Phased Approach

Stay at Home	Phase 1	Phase 2	Phase 3
<ul style="list-style-type: none"> <li>- Training facilities are closed.</li> <li>- Train on your own.</li> <li>- Virtual coaching.</li> </ul>	<ul style="list-style-type: none"> <li>- Small group activities permitted for 10 people or less.</li> <li>- No spectators at practice.</li> <li>- Temp checks required.</li> <li>- Masks/face shields required by those not participating in physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>- Medium group activities permitted for 50 people or less.</li> <li>- No spectators at practice.</li> <li>- Temp checks required.</li> <li>- Masks/face shields required by those not participating in physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>- No restrictions on # of people at practice.</li> <li>- Spectators are allowed.</li> <li>- Continue to clean equipment and educate about signs/symptoms of illness.</li> </ul>



## Stay at Home

- Training facilities are closed
- Train on your own with your own equipment
- Virtual coaching
- Refer athletes, Unified partners, volunteers, etc. to SOAZconnected for virtual engagement opportunities



## Phase 1

- SOAZ will make the final determination on when it is safe to transition into Phase 1 and will notify constituents via an official memo sent out via email distribution lists & posted on SOAZ's website here – <https://specialolympicsarizona.org/covid-19-updates/>
- During Phase 1, **small group activities are permitted for 10 people or less** including all potential participants (athletes, Unified partners, coaches, volunteers, etc.)
  - **No spectators permitted during practice.**
- All athletes, partners, coaches, and volunteers must be free from symptoms for at least 14 days and should not have had close contact with anyone who is sick within that 14-day period before group training may begin.
- All athletes, partners, coaches, and volunteers who are considered to be a high-risk population or live at home with someone who is considered to be a high-risk population should only attend training sessions virtually.
- All participants **MUST** complete the *COVID-19 Participant Code of Conduct and Risk Assessment Form* **prior** to attending any in-person practice or activity.
- Parents, coaches, and volunteers should know signs and symptoms of illness.
  - If a participant (athlete, Unified partner, coach, volunteer, etc.) or someone living in their home **exhibits symptoms of illness**, they should **NOT attend** any practice or activity and **should notify their coach immediately**.

- **All coaches & volunteers MUST wear a mask / face shield at all times.** Athletes & Unified partners are **encouraged, but not required** to wear a mask while practicing.
  - The mask or shield should cover your mouth AND your nose.
  - Avoid touching or adjusting your mask.
  - Please be sure to follow the below best practices for removing your mask:
    - Untie the strings behind your head or stretch the ear loops
    - Handle your mask by the ear loops or ties only
    - When taking it off for good, fold outside corners together
    - Be careful not to touch your eyes, nose, and mouth when removing the mask. Wash hands immediately after removing.
  - Be sure to dispose of your mask in the garbage once it is safe to remove it.
    - If your mask is reusable, we recommend washing it after each use.
- **Temperature checks AND a symptom questionnaire are required for *all* participants (athletes, partners, coaches, etc.)**
  - Coaches / volunteers should accurately maintain temperature logs and symptom checks in the *SOAZ Activities & Screening Tracking Log* provided in the *Return to Activities kit*. ***It is critical that this information is tracked accurately as it will be used for contact tracing in the event of any COVID19 exposure.***
  - Any participant who is exhibiting or discloses symptoms of illness during the temperature check / symptom screening is not permitted to enter the facility and must be sent home as soon as possible.
    - See the **COVID-19 Exposure Management & Reporting Procedures (orange tab)** for more information on the protocol for returning to activities after exhibiting symptoms or being exposed to coronavirus.
  - If a participant's temperature check shows a fever, but they are not exhibiting any other symptoms, they should be **isolated in a cool, shaded area for at least 5 minutes** before being retested to ensure the temperature is accurate.
    - ***Any participant who fails the temperature screening twice should not be cleared for participation & should be sent home immediately.***
  - Coach/volunteer should log temperature checks as "Yes/No"
    - If temperature is 100.3 degrees Fahrenheit or less – record as "NO"
    - If temperature is 100.4 degrees Fahrenheit or higher – record as "YES"
  - The coach/volunteer administering the temperature checks / symptom screening should follow these guidelines at all times:
    - Wear a mask or face shield
    - Wear gloves
    - Avoid touching your face/adjusting your mask or face shield
    - Avoid letting others touch the thermometer
    - Throw gloves (and mask if it is disposable) in the trash when finished
- Ensure all individuals can maintain a safe distance (6ft) at all times. Consider the following:
  - ***Does the site allow for everyone to maintain a safe distance during the entire practice?***
  - ***Can all participants enter and exit practice while still maintaining a safe distance?***
  - ***Can participants maintain a safe distance in the parking lot or any other common area of the facility where your team will be practicing?***



- **Hand sanitizing is REQUIRED for all participants (athletes, Unified partners, coaches, volunteers, etc.) at the beginning and end of each practice.**
  - Use antibacterial hand sanitizer provided in your *Return to Activities kit*.
- **Disinfecting and cleaning** of all personal equipment and material should occur **before and after practice** as well as any other time there is contact with another person.
  - *Is the owner/operator of the facility where your team will be practicing providing frequent and effective cleaning of the commonly used areas?*
- **Please abide by any regulations posted by the venue at all times.**



## Phase 2

- *SOAZ will make the final determination on when it is safe to transition into Phase 2 and will notify constituents via an official memo sent out through email distribution lists & posted on SOAZ's website here – <https://specialolympicsarizona.org/covid-19-updates/>*
- During Phase 2, medium group activities are permitted for **50 people or less** including all potential participants (athletes, Unified partners, coaches, volunteers, etc.)
  - No spectators permitted during practice
- All athletes, partners, coaches, and volunteers must be free from symptoms for at least 14 days and should not have had close contact with anyone who is sick within that 14-day period before group training may begin.
- All athletes, partners, coaches, and volunteers who are considered to be a high-risk population or live at home with someone who is considered to be a high-risk population should only attend training sessions virtually.
- All participants **MUST** complete the *COVID-19 Participant Code of Conduct and Risk Assessment Form* **prior** to attending any in-person practice or activity.
- Parents, coaches, and volunteers should know signs and symptoms of illness.
  - If a participant (athlete, Unified partner, coach, volunteer, etc.) or someone living in their home **exhibits symptoms of illness**, they should **NOT attend** any practice or activity and **should notify their coach immediately**.

- **All coaches & volunteers MUST wear a mask / face shield at all times.** Athletes and Unified partners are **encouraged, but not required** to wear a mask while practicing.
  - The mask or shield should cover your mouth AND your nose.
  - Avoid touching or adjusting your mask.
  - Please be sure to follow the below best practices for removing your mask:
    - Untie the strings behind your head or stretch the ear loops
    - Handle your mask by the ear loops or ties only
    - When taking it off for good, fold outside corners together
    - Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.
  - Be sure to dispose of your mask in the garbage once it is safe to remove it.
    - If your mask is reusable, we recommend washing it after each use.
- **Temperature checks AND a symptom questionnaire are required for *all* participants (athletes, partners, coaches, etc.)**
  - Coaches / volunteers should accurately maintain temperature logs and symptom checks in the *SOAZ Activities & Screening Tracking Log* provided in the *Return to Activities kit*. ***It is critical that this information is tracked accurately as it will be used for contact tracing in the event of any COVID19 exposure.***
  - Any participant who is exhibiting or discloses symptoms of illness during the temperature check / symptom screening is not permitted to enter the facility and must be sent home as soon as possible.
    - See the **COVID-19 Exposure Management & Reporting Procedures (orange tab)** for more information on the protocol for returning to activities after exhibiting symptoms or being exposed to coronavirus.
  - If a participant's temperature check shows a fever, but they are not exhibiting any other symptoms, they should be **isolated in a cool, shaded area for at least 5 minutes** before being retested to ensure the temperature is accurate.
    - ***Any participant who fails the temperature screening twice should not be cleared for participation & should be sent home immediately.***
  - Coach/volunteer should log temperature checks as "Yes/No"
    - If temperature is 100.3 degrees Fahrenheit or less – record as "NO"
    - If temperature is 100.4 degrees Fahrenheit or higher – record as "YES"
  - The coach/volunteer administering the temperature checks . symptom screening should follow these guidelines at all times:
    - Wear a mask or face shield
    - Wear gloves
    - Avoid touching your face/adjusting your mask or face shield
    - Avoid letting others touch the thermometer
    - Throw gloves (and mask if it is disposable) in the trash when finished
- Ensure all individuals can maintain a safe distance (6ft) at all times. Consider the following:
  - ***Does the practice site you have chosen allow for everyone to maintain a safe distance through the entire practice?***
  - ***Can all participants enter and exit practice while still maintaining a safe distance?***
  - ***Can participants maintain a safe distance in the parking lot or any other common area of the facility where your team will be practicing?***



- **Hand sanitizing is REQUIRED for all participants (athletes, Unified partners, coaches, volunteers, etc.) at the beginning and end of each practice.**
  - Use antibacterial hand sanitizer provided in your *Return to Activities kit*.
- **Disinfecting and cleaning** of all personal equipment and material should occur **before and after practice** as well as any other time there is contact with another person.
  - *Is the owner/operator of the facility where your team will be practicing providing frequent and effective cleaning of the commonly used areas?*
- **Please abide by any regulations posted by the venue at all times.**



### Phase 3

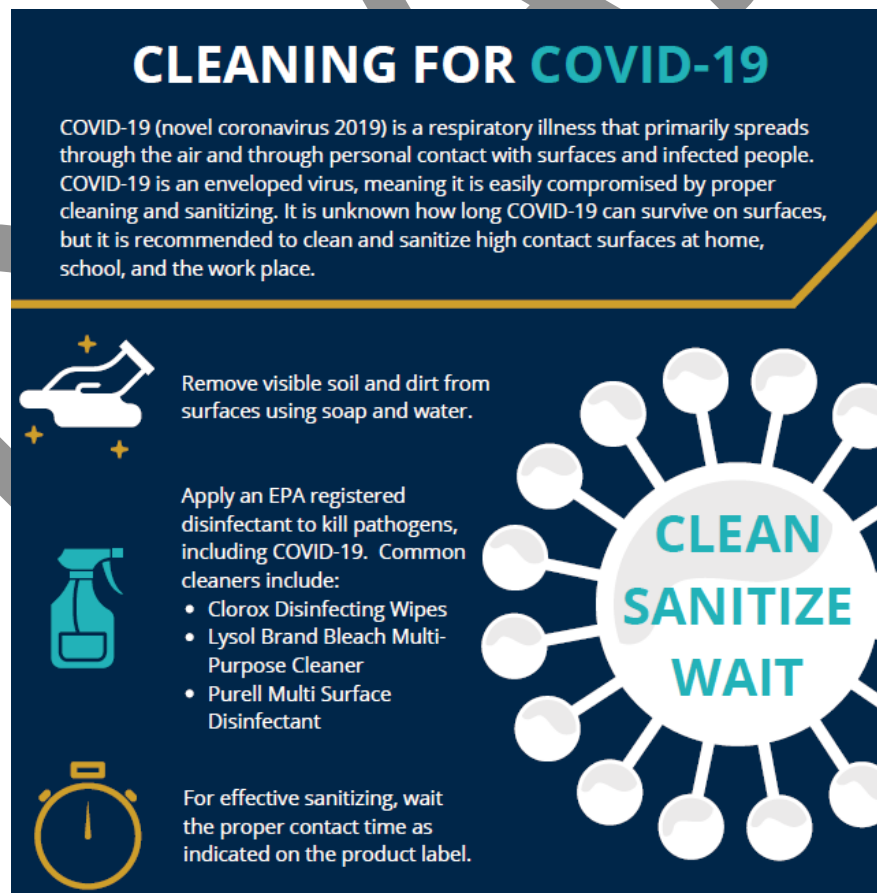
- SOAZ will make the final determination on when it is safe to transition into Phase 3 and will notify constituents via an official memo sent out through email distribution lists & posted on SOAZ's website here – <https://specialolympicsarizona.org/covid-19-updates/>
- Public training facilities are now open with regular group size permitted.
- Activities return to normal with no restrictions on the number of individuals in attendance
  - Spectators **ARE** permitted during practice
- Equipment and other shared material can be used, but cleaning & disinfection protocols should continue before and after each practice
- Continue to educate coaches, volunteers, athletes, partners, and parents on the signs and symptoms of infection
- Contact may resume with usual activity
- **Please abide by any regulations posted by the venue at all times**

## Proper Cleaning and Sanitization Protocols

The CDC recommends the following cleaning and sanitization protocols for commonly touched surfaces. It will be important to incorporate these tools and techniques into your practice routines as well as when we begin the process of re-introducing in-person programming across the state. Proper cleaning and sanitization of shared equipment and commonly touched surfaces is critical to slowing the spread of COVID-19. *Refer to Appendix # 6 at the end of the document for additional information.*

### CDC Recommendations:

- Wear reusable or disposable gloves for routine cleaning and disinfection.
- Clean surfaces using soap and water, then use disinfectant (disinfectant should contain at least 70% alcohol).
  - Cleaning with soap and water **reduces number of germs, dirt and impurities** on the surface. **Disinfecting kills germs** on surfaces.
- Practice routine cleaning of frequently touched surfaces. High touch surfaces include:
  - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.
- For electronics follow the manufacturer's instructions for all cleaning and disinfection products. Consider use of wipeable covers for electronics. If no manufacturer guidance is available, consider the use of alcohol-based wipes or spray containing at least 70% alcohol to disinfect touch screens. Dry surfaces thoroughly to avoid pooling of liquids.





## **Return to Activities Kit**

In an effort to prepare you for this new style of practice, SOAZ will be providing all HODs with a *Return to Activities Kit* that will be filled with items that will be essential for every single practice. These kits will be mailed out to HODs **once the mandatory online COVID-19 Safety and Prevention Certification Course has been completed**. Below is a list of items that you can expect to find included in each kit:

- Masks
- Non-contact thermometer
- Tape measure
  - For measuring out the fields to be at least 6 feet apart
  - To serve as a visual aid for what 6 feet actually looks like
  - Can be used to measure between Bocce courts
- Bottle of hand sanitizer (must be at least 70% alcohol for maximum efficacy)
- Laminated information to post during practice
  - Illustrates proper handwashing technique, how to properly wear your mask, information on those in the “high-risk” category for contracting COVID-19, etc.
- Pocket-sized *Return to Activities* Guidelines on metal ring holder
- *SOAZ Activities Roster & Screening Tracking Log*
  - To document symptoms and temperature checks performed at start of practice
- Duffel bag

## **TAB 1 (ORANGE)**

### **COVID19 EXPOSURE MANAGEMENT & REPORTING PROCEDURES**

Similar to other potential emergency situations, SOAZ has categorized the variations of COVID-19 exposure into three emergency levels. These emergency levels are defined below:

**PLEASE NOTE:** According the CDC, “**close contact**” is defined any individual who was within 6 feet of an person infected with COVID19 for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.

#### **Level One COVID19 Emergency**

- **Low-risk COVID19 exposure** – an SOAZ constituent fails a symptom/temperature screening & is sent home prior to entering the practice / event facility; **OR** an SOAZ constituent attended an in-person practice / activity within 14 days of being within close contact with someone who may have *potentially* been exposed, but is not confirmed to be infected (i.e. awaiting test results or is self-isolating out of caution)
  - **Clearance Protocol** – Any constituents who are considered to have low-risk COVID-19 exposure cannot return to in-person activities until 7 days after symptoms dissolve **OR** they provide written medical clearance (e.g. signed note from a physician or proof of negative COVID19 test).

### Level Two COVID19 Emergency

- **Medium-risk COVID19 exposure** – an SOAZ constituent who has attended an in-person practice / activity within 14 days of being in close contact with someone who was confirmed to be infected (i.e. tested positive and/or is exhibiting COVID19 symptoms)
  - **Clearance Protocol** – Any constituents who are considered to have medium-risk COVID-19 exposure cannot return to in-person activities until 14 days after the date of last exposure to the individual who is confirmed to be infected (i.e. tested positive and/or is exhibiting COVID19 symptoms)

### Level Three COVID19 Emergency

- **High-risk COVID19 exposure** – an SOAZ constituent tests positive for COVID-19 and has attended in-person SOAZ activities within the past 14 days
  - **Clearance Protocol** – Constituents who test positive for COVID-19 must provide written medical clearance (e.g. signed note from a physician or proof of negative COVID19 test results) before they will be permitted to return to in-person activities.

## **LOCAL PROGRAM (DELEGATION) COVID19 REPORTING PROTOCOL**

In the event any potential / confirmed COVID19 exposure occurs, Heads of Delegation (HODs) and/or coaches are required to complete the following action steps:

1. If exposure is confirmed during an in-person activity, **isolate the constituent** from the group by guiding them to an area that is at least 6 feet from any other individuals present until they can be sent home.
  - a. Contact their **emergency contact** to apprise them of the situation and arrange for them to be picked up ASAP if they are unable to transport themselves. Advise the constituent to contact their healthcare provider for further instruction.
2. To protect the privacy of the exposed / infected constituent, **please do NOT disclose their name to anyone without a true need to know** (e.g. SOAZ staff, HOD, onsite coaches, etc).
3. **Contact your Area Director ASAP by phone.** If you are unable to reach your Area Director, please contact the SOAZ Emergency Hotline at **602-230-1113**
4. **Within 24 hours**, please submit copies of the following documentation needed for proper contact tracing (can be found in your delegation's *SOAZ Activities Roster & Screening Tracking Log*) –
  - a. **SOAZ Activities (Team) Roster** (must include full names & accurate contact info for all constituents)
  - b. **SOAZ Activities Screening Tracking Log** (i.e. the attendance sheet from the day the exposure occurred)
  - c. **Submit completed forms via email** to your SOAZ Area Director **AND** Laura Forsell at [Laura@SOAZ.org](mailto:Laura@SOAZ.org)



## **TAB 2 (PURPLE)**

### **Planning Your Practice**

Now that you understand the different phases of Return to Activities, it is time to plan your practice! We have included in this guide some specific measures you can take to ensure the health and safety of our athletes, partners, coaches, volunteers, and parents while at practice. We have included information and some prompting questions that we hope will guide you as you begin to plan when and how your practices will resume.

Please note that this outline does not include specific guidelines for every possible scenario, but rather, it is meant to lead you through all of the considerations that will have to be made in order to ensure the safety of our athletes, partners, coaches, volunteers, staff, and all others who contribute to SOAZ in some fashion.

We understand this may be overwhelming, but we are here to help guide you through this process. Please review the information carefully and contact your Area Director with any questions.

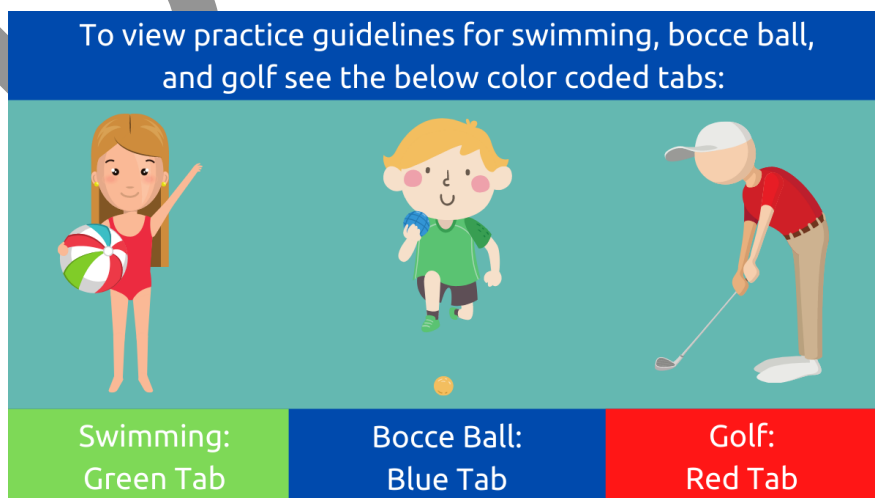
### **Pre-Practice**

- Athletes and parents/guardians: *Pay attention to symptoms*
  - Do NOT come to practice if you're feeling sick!
- It is important to note that many of our athletes are at an increased risk for contracting COVID-19 due to underlying health conditions
  - *See Appendix 2 at end of document for more information*
- **Coaches/HODs/Volunteers are required to wear a mask or face shield at all times**
- **Athletes and partners are required to wear masks while traveling to and from their vehicle and when in common areas (ex. restrooms)**
  - *They do not have to wear a mask during practice*
- Hand sanitizing station required at entrance
  - **EVERYONE is required to sanitize their hands** at the start of practice with the provided antibacterial hand sanitizer (coaches, volunteers, athletes, etc.)
- The *SOAZ Activities Roster & Screening Tracking Log* must be completed at the beginning of every practice. **It is critical that this information is tracked accurately as it will be used for contact tracing in the event of any COVID19 exposure.**
  - Complete the *Team Roster* on the first day of the sports season. Please ensure:
    - Names & contact information are recorded for ALL participants in attendance at any SOAZ practice or event.
    - All information requested is provided completely & accurately – it may be used for contact tracing & reporting in the event of COVID-19 exposure.
    - Continue to update this master roster as new participants join your delegation / team practices throughout the season
  - Set up a screening space that maintains physical distance (6 feet) for those waiting.
    - **Whenever possible, conduct screenings inside vehicles or within an indoor / shaded area of the facility to prevent inaccurate temperature readings,** which may occur when individuals have been physically active or exposed to high outdoor temperatures within the 30 minutes prior to the screening.

- **Temperature checks AND a symptom questionnaire are required for *all* participants (athletes, partners, coaches, etc.) before entering the practice / activity facility**
  - Any participant who is exhibiting or discloses symptoms of illness during the temperature check / symptom screening is not permitted to enter the facility and must be sent home as soon as possible.
    - See the **COVID-19 Exposure Management & Reporting Procedures (orange tab)** for more information on the protocol for returning to activities after exhibiting symptoms or being exposed to coronavirus.
  - Document results for all required screening items in the *SOAZ Activities Screening Tracking Log* for that date.
    - Circle “Yes” or “No” for each required item for that individual
    - Please exercise an abundance of caution during this process – ***if any participant’s symptom check results in a YES to any of the required screening items, the individual should be sent home & is not permitted to enter the practice facility***
  - Coach/volunteer should log temperature checks as “Yes/No”
    - If temperature is 100.3 degrees Fahrenheit or less – record as “NO”
    - If temperature is 100.4 degrees Fahrenheit or higher – record as “YES”
  - The coach/volunteer administering the temperature checks . symptom screening should follow these guidelines at all times:
    - Wear a mask or face shield
    - Wear gloves
    - Avoid touching your face/adjusting your mask or face shield
    - Avoid letting others touch the thermometer
    - Throw gloves (and mask if it is disposable) in the trash when finished
- Be sure to always have a physical example of what 6 feet apart looks like
  - Cones, signs, chalk marks, tape, furniture, etc. Anything works!
- **See Appendix 3 for a practice planning template**
- **Please abide by any regulations posted by the facilities at all times**

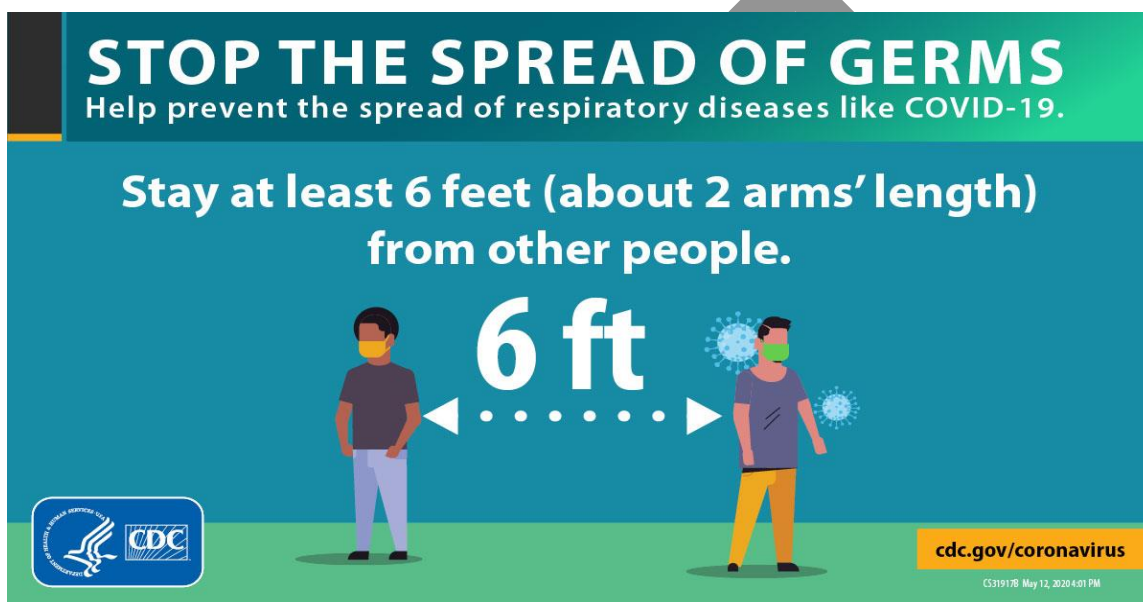
## During Practice

- \*See tabs for specific guidelines for each sport (color coded)



## Post-Practice

- No high-fives, fist bumps, or hugs
  - Try air high-fives or elbow bumps instead
- No congregating
  - **Everyone is required to leave immediately after the practice / activity has ended.**
- Make sure parents/guardians/transportation know when to pick up athletes
  - These individuals should remain in their vehicle until practice is finished
- Sanitize or wash hands on the way out
- Do your part to sanitize and clean up practice area when finished



## TAB 3 (GREEN)

### Swimming – Return to Play Practice Guidelines

#### During Practice

- Coaches and volunteers **MUST** wear a mask or face shield during practice
- Set up guidelines to follow:
  - Check that locker rooms/restrooms are locked
  - Display laminated signs included in your *Return to Activities kit* around the practice area
    - COVID-19 risk factors/symptoms, handwashing protocol, social distancing reminders, etc.
  - Ensure that sanitization supplies are readily available
    - Hand sanitizing/hand washing station, disinfectant wipes, etc.
- Please be mindful of the 3 Phases of Return to Activities regarding any limits that may have been placed on the number of athletes/volunteers permitted at practice
- No spectators permitted during practice while in Phases 1 or 2



- Structure your warm-up, practice, and post-practice time to avoid overcrowding, maintain social distancing, and allow for any cleaning/sanitization protocols in between groups
- Ensure athletes & Unified partners arrive ready to swim and dressed in practice attire
  - Locker rooms will be **closed for changing** during Phase 1 and 2
- Avoid overcrowding in the pool
  - Keep a lane between swimmers when possible
  - Consider using physical guides or cues to remind everyone to maintain a safe distance
    - Cones, signs, chalk marks, tape, furniture, etc. Anything works!
- No shared equipment during Phases 1 or 2 – inform athletes and Unified partners to bring the following to each practice:
  - Water bottle – Encourage them to bring extra if possible & avoid using public hydration stations such as water fountains.
  - Towel
  - Goggles & swim caps
- Anyone assisting athletes in the water may be required to wear a mask or a face shield (only the coach/volunteer, not the athlete)

## **TAB 4 (BLUE)**

### **Bocce – Return to Play Practice Guidelines**

#### **During Practice**

- Coaches and volunteers **MUST** wear a mask or face shield during practice
- Setup guidelines:
  - Set up bocce courts at a minimum of 8 feet apart from one another
  - Display laminated signs included in your Return to Activities kit around the practice area
    - COVID-19 risk factors/symptoms, handwashing protocol, social distancing reminders, etc.
  - Ensure that sanitization supplies are **available at each bocce court**
    - Hand sanitizing/hand washing station, disinfectant wipes, etc.
- Please be mindful of the 3 Phases of Return to Activities regarding any limits that may have been placed on the number of athletes/volunteers permitted at practice
- No spectators permitted during practice while in Phases 1 or 2
- No shared equipment during Phases 1 & 2
  - Options for when equipment is limited:
    - Assign 1 person (volunteer, coach, etc.) to collect balls after each throw and sanitize them before giving them to the next athlete/partner
      - This individual **MUST** wear gloves
    - Use a marker, tape, paper, etc. to number bocce balls
      - Alternate which ball is being used and be sure to sanitize it before passing it on to the next athlete/partner

- Structure your warm-up, practice, and post-practice time in order to avoid overcrowding, maintain social distancing, and allow for any cleaning/sanitization protocols in between groups
- Only allow 1 athlete to throw at a time
  - Everyone else should keep a distance of at least 6 feet from each other
- Consider using physical guides or cues to remind everyone to maintain a safe distance
  - Cones, signs, chalk marks, tape, furniture, etc. Anything works!
- **For Unified teams:**
  - Coaches or volunteers assisting an athlete with a throw **MUST** wear a mask / shield
    - Unified partners are not required to wear a mask while practicing

## **TAB 5 (RED)**

### **Golf – Return to Play Practice Guidelines**

#### **During Practice**

- Coaches and volunteers **MUST** wear a mask or face shield during practice
- Setup guidelines:
  - Assign golf carts ahead of time in order to minimize overcrowding or confusion
  - Display laminated signs included in your Return to Activities kit around the practice area
    - COVID-19 risk factors/symptoms, handwashing protocol, social distancing reminders, etc.
  - Ensure that sanitization supplies are available at practice
    - Hand sanitizing/hand washing station, disinfectant wipes, etc.
- Please be mindful of the 3 Phases of *Return to Activities* regarding any limits that may have been placed on the number of athletes/volunteers permitted at practice
- Golf Skills:
  - Be mindful of keeping an appropriate amount of space between athletes
- No spectators permitted during practice while in Phases 1 or 2
- No shared equipment during practice while in Phases 1 or 2
- Avoid touching common items such as tees or flagsticks
  - Remind athletes/partners that they should only be touching **THEIR OWN** equipment at all times
- Structure your warm-up, practice, and post-practice time in order to avoid overcrowding, maintain social distancing, and allow for any cleaning/sanitization protocols in between groups
- Consider using physical guides or cues to remind everyone to maintain a safe distance
  - Cones, signs, chalk marks, tape, furniture, etc. Anything works!

# APPENDIX





## Appendix 1

### North America Return to Activity Sport Resources & Considerations

#### Overview:

Special Olympics North America supports a safe return to activities and play for all participants under the guidance of Special Olympics, Inc. and that of national, state/provincial/territorial/tribal and local guidelines.

In addition to the SOI Return to Activities Protocol – **which is our movement's primary guidance document**, we've captured some additional general and sport-related considerations and resources, and attempted to group them by general theme/topic. We hope these additional thought-starters and leading practices from peer organizations will better help your Program make decisions that are right for you based on your unique activities, circumstances and capacity.

This document is by no means a prescriptive, complete or exhaustive list of Return to Activity / Return to Play considerations: we recognize we will all learn, adapt and adjust as we make our way through this pandemic.

The information in this document and the SOI Protocol document is not intended or implied to be a substitute for professional legal or public health advice. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Special Olympics makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about symptoms and/or diagnoses related to COVID-19. Similarly, Programs should consult with legal and/or insurance counsel regarding any liability or coverage related questions.

General Resources		
Special Olympics	<ul style="list-style-type: none"> <li>• <a href="#">SOI COVID-19 Resources</a></li> <li>• <a href="#">SOI Return to Activities Protocol</a></li> <li>• <a href="#">Return to Activities - SONA Program Resources</a></li> </ul>	
Government Agencies, Healthcare, Media & Research	<ul style="list-style-type: none"> <li>• <a href="#">Centers for Disease Control and Prevention (CDC) - COVID 19</a></li> <li>• <a href="#">World Health Organization (WHO)</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">CDC - Youth Sports Guidance</a></li> <li>• <a href="#">Aspen Institute</a></li> <li>• <a href="#">Event Safety Alliance</a></li> </ul>
Multi-Sport Organizations	<ul style="list-style-type: none"> <li>• <a href="#">USOPC</a></li> <li>• <a href="#">Team USA</a></li> <li>• <a href="#">NFHS</a></li> <li>• <a href="#">NRPA</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">NCAA</a></li> <li>• <a href="#">NAIA</a></li> <li>• <a href="#">USSSA</a></li> </ul>



## Sport Risk Assessment:

<b>Low Risk</b>	Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
<b>Moderate Risk</b>	Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.
<b>High Risk</b>	Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

**Moderate and High Risk sports can still be active during early phases through individual skills training and development.**

<b>SPECIAL OLYMPICS SPORTS</b>		
<b>Low Risk</b>	<b>Moderate Risk</b>	<b>High Risk</b>
Athletics - Running Events	Athletics - Field Events / Relays	Judo
Swimming - Individual Events	Swimming - Relays	Competitive Cheer
Bocce - Singles	Bocce - Doubles / Team*	Handball
Tennis - Singles	Tennis - Doubles	Basketball*
Badminton - Singles	Badminton Doubles	Netball
Table Tennis - Singles	Table Tennis - Doubles	Flag Football*
Cycling	Gymnastics (Artistic)*	Dance Sport
Equestrian	Gymnastics (Rhythmic)*	Floor Hockey
Golf	Bowling	Floorball
Open Water Swimming	Powerlifting*	
Triathlon	Roller Skating	
Alpine Skiing	Cricket	
Cross Country Skiing	Baseball*	
Figure Skating	Softball*	
Snowboarding	Volleyball	
Snowshoeing	Sailing	
Speed Skating	Football - Soccer	
	Speed Skating Relays	

\*Could be potentially considered lower risk with appropriate cleaning of equipment and use of masks by participants.



## Appendix 2

### Who is at higher risk of COVID-19?

COVID-19 is a new disease and information is changing on who is more likely to get COVID-19 and who is will have more complications. Based on currently available information and clinical expertise, people with intellectual and developmental disabilities may be at higher risk of severe illness resulting in death from COVID-19.

Current clinical guidance and information from the U.S. Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) lists those at high-risk for severe illness from COVID19 as:

- People 65 years and older. Risk increases with age.
- People who live in a nursing home or licensed long-term care facilities

Regardless of age, individuals with underlying conditions, such as the following, are or maybe at increased risk of severe illness from COVID-19:

- People with chronic lung disease, chronic obstructive pulmonary disease or moderate to severe asthma
- People who have serious heart conditions (including heart failure, coronary artery disease, congenital heart disease, cardiomyopathy, hypertension)
- People who are immunocompromised o Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with obesity (body mass index [BMI] of 30 or higher). To calculate BMI, refer to:  
[https://www.cdc.gov/healthyweight/assessing/bmi/adult\\_bmi/english\\_bmi\\_calculator/bmi\\_calculator.html](https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html)
- People with diabetes (Type 1 and 2)
- People with chronic kidney disease
- People with liver disease
- People with dementia

The list may change as evidence is learned. Please review the latest list of conditions that put individuals at increased risk available at the [CDC website](https://bit.ly/2VEJcSK) (<https://bit.ly/2VEJcSK>)

If you are at a high risk, you may be putting yourself at risk when you return to activities with Special Olympics. But, you may also put your family and your teammates at risk. If you have these conditions, you should not return to Special Olympics in person activities until Phase 3.

If you have been diagnosed with COVID-19, you should consult with a healthcare professional for written medical clearance before returning to Special Olympics in person activities as serious cardiac, respiratory, and neurological issues may develop as a result of COVID-19.



# Appendix 3

## Special Olympics North America - Return to Activities Sport Training Plan Template

SPORT: \_\_\_\_\_

Components	Stay at Home	Phase 1	Phase 2	Phase 3
<b>Description of Phases</b>	Stay at home order in place & public facilities are closed	Stay at home order is lifted, restriction on size of mass gatherings ( $\leq 10$ people)	Size restrictions on mass gatherings are increased ( $\leq 50$ people), public facilities are open	No restrictions on size of mass gatherings and public facilities are open.
<b>Level of Engagement</b>	<ul style="list-style-type: none"> <li>Virtual activities, no in person meetings or activities</li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> <li></li> </ul>
<b>Recommended Activities, Skills &amp; Drills</b>		<ul style="list-style-type: none"> <li></li> <li></li> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> <li></li> </ul>
<b>Pre-Training Precautions</b>		<ul style="list-style-type: none"> <li></li> <li></li> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> <li></li> </ul>
<b>Training Safety Requirements</b>		<ul style="list-style-type: none"> <li></li> <li></li> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> <li></li> </ul>
<b>Post Training Procedures</b>		<ul style="list-style-type: none"> <li></li> <li></li> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> <li></li> </ul>



## **BE AWARE**

If you need to sneeze or cough, use the inside of your elbow or a tissue instead of your hands. Try not to touch your face. If you do, wash your hands or use hand sanitizer before and after!



## **PRACTICE PHYSICAL DISTANCING**

We love hugs and high fives as much as you do, but at this time, it is important to stay 6 feet apart. Special Olympics events will look a little different for a while to help everyone stay safe.



## **WASH YOUR HANDS**

Wash your hands for 20 seconds with soap and water. You can also use hand sanitizer with an alcohol content of 60% or more.



## **KEEP IT CLEAN**

Frequently clean and sanitize commonly touched objects with an antibacterial cleaner.



## **FACE MASKS**

Wear a face mask outside of your home, especially if you have a cough, runny nose, or are sneezing. At Special Olympics practice and events, you will be expected to wear a face mask, except during active physical activity.



## **STAY HOME**

If you feel sick, or are showing symptoms, stay home and call your healthcare provider for evaluation.



## SYMPTOMS

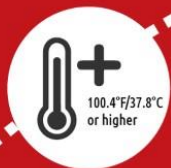


**COUGH**



**SHORTNESS OF BREATH**

**OR AT LEAST TWO OF THE BELOW SYMPTOMS**



**FEVER**



**CHILLS**



**REPEATED  
SHAKING  
WITH CHILLS**



**MUSCLE  
PAIN**



**HEADACHE**



**SORE  
THROAT**



**NEW LOSS  
OF TASTE  
OR SMELL**



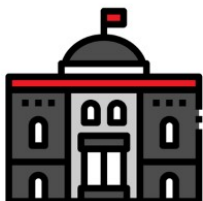
**IF YOU FEEL SICK, OR ARE SHOWING SYMPTOMS, STAY HOME  
AND CALL YOUR HEALTHCARE PROVIDER FOR EVALUATION**

**FOR ADDITIONAL INFORMATION AND RESOURCES VISIT  
[WWW.SPECIALOLYMPICS.ORG](http://WWW.SPECIALOLYMPICS.ORG)**



# COVID-19: What you need to know

## *Training in a safe environment*



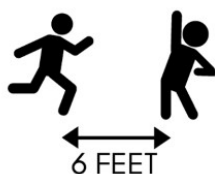
### **FOLLOW LOCAL GOVERNMENT GUIDANCE**

Follow your local government's activity guidance. Understand that just because other facilities may be open, it does not mean it is safe for you to have a training session.



### **EDUCATE YOUR ATHLETES AND VOLUNTEERS**

Educate your athletes, unified partners, coaches and volunteers on the signs and symptoms of COVID-19. Set up a communication mechanism should one of your group become ill.



### **MAINTAIN PHYSICAL DISTANCING**

Ensure physical distancing is possible at your practice facility. Mark sections of the field so athletes and volunteers understand and pay attention to distances between each other and between other groups that may be using the practice field.



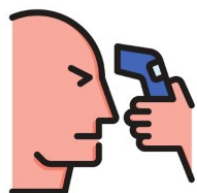
### **MAKE HAND WASHING FACILITIES AVAILABLE**

Ensure the training facility has adequate hand washing facilities. If not, make sure hand sanitizer is available.



### **PARTICIPANTS SHOULD WEAR PERSONAL PROTECTIVE EQUIPMENT (PPE)**

Athletes, coaches, volunteers and Unified partners should wear PPE if they are able and practice accommodations are made to allow them to do so.



### **SET ASIDE SPACE TO SCREEN PARTICIPANTS**

You must set aside space away from the practice area to collect answers to the symptom survey and take the temperature of all participants. Consider having volunteers dedicated specifically to screening athletes.





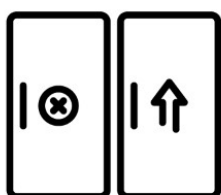
## COVID-19: What you need to know

### *Training in a safe environment*



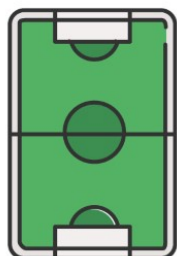
#### **KEEP IT CLEAN**

Frequently clean commonly touched objects with an antibacterial cleaner. Ensure the facility you are using has a consistent cleaning schedule, including for restrooms and hand washing areas.



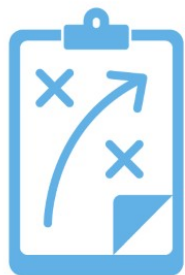
#### **ENTRANCE AND EXITS FROM FACILITY**

Participants should be able to get in and out of the facility and still maintain physical distancing. This should include the parking lot. Families may need some guidance on where to park to maintain adequate distance.



#### **TRAINING FACILITY SPACE**

Remember you need enough space within your group to safely maintain the 6 foot physical distancing recommendation between people and you should maintain a reasonable distance between your training group and any other groups who may be using the facility.



#### **EMERGENCY ACTION PLANNING**

Each coach should have an Emergency Action Plan that covers what tasks need to be done and by whom in case of a medical emergency, inclement weather, or if a training participant arrives with or contracts COVID -19 during the training season.



#### **PARTICIPANTS BRING THEIR OWN EQUIPMENT**

All participants should bring to training sessions their own sports equipment, water bottles, towels and any other personal items. Have sanitizing supplies, if there is a situation where shared equipment might be used and sanitize in between uses.