

Summer Sport Specific Best Practices As of July 1, 2020

Special Olympics Colorado (SOCO) encourages the use of these sport specific best practices during practice in addition to the “Return to Practice Guidelines”.

All Sports:

- High risk individuals should continue to remain at home until there is little to no COVID-19 in their community.
- Bring your own equipment whenever possible (bocce balls, racquet, golf clubs, etc.)
- Always ensure that all facility guidelines are followed
- Utilize Sport Specific Virtual Training Resources - <https://specialolympicsco.org/virtualtraining/>
- Sanitize all equipment before and after practice

Bocce:

- MODIFIED SINGLES RECOMMENDED with these considerations:
 - Do not switch ends (stay on same side for entire practice)
 - Each player should use same color bocce balls throughout entire practice
- MODIFIED DOUBLES/TEAMS considerations:
 - Do not switch ends (stay on same side for entire practice)
 - Utilize something (chair, cone, etc.) to mark where players should return to after their turn
 - Each player should only touch their own bocce balls
- Athletes should gather their own ball in between sets
- Sanitize the palina in between each set
- If multiple courts present, set-up courts 10 feet apart

Cycling:

- Stagger start times to ensure physical distance requirements are met
- Tandem/Unified cyclists may practice together but should wear a mask
- Cycling Resource: <https://usacycling.org/event-organizer/covid-19-event-resources>

Golf:

- Walking is recommended, but if utilizing a cart, one person per cart
- Do not utilize rake in sand traps or remove pin and flag on putting green
- Golf Resource: <https://www.usga.org/course-care/covid-19-resource-center.html>

Tennis:

- Max number of people on each court should be six (athletes/coaches)
- Do not gather together to break social distance guidelines
- Follow guidelines outlined on pages 3-4: <https://www.itftennis.com/media/3446/return-to-tennis-guidelines-eng.pdf>

Triathlon (Run/Bike/Run):

- Avoid training (running/biking) in a pack
- Stagger start times to ensure physical distance requirements are met