

## Return to Practice Guidelines

Effective September 6th

Valid for Athletics, Bocce, Flag Football Skills, MATP, Snowshoe, Swimming practice only

### Guiding Principals

1. The health and safety of all members of the Special Olympics community is paramount.
2. Participation is completely optional and we respect, understand and fully support anyone who is unable to or uncomfortable returning to practice.
3. Anyone considered high-risk (per the [COVID-19 Participant Risk Form & Code of Conduct](#)) is strongly discouraged from practicing in-person until there is little or no COVID in your community.
4. Guidance is based on current medical information and state guidelines at the time of publication and are subject to change as guidance evolves.

### Guidelines

#### Size & Frequency of Practice:

- Groups of 15 or fewer at a time, including coaches and athletes (multiple shifts are allowed)
- Recommend practicing no more than once per week

#### Pre-Practice Guidelines:

- Become familiar with these guidelines and resources below
- Work with SOCO Regional Managers to find a facility that will:
  - Accommodate your group while ensuring physical distancing guidelines are met
  - Ensure there is a designated space to isolate ill participants including tape, cones or chairs indicating where to sit
- Prior to first practice establish plan for safe practice, which includes access to personal protective equipment (see below) and physically distanced drills and activities
- Maintain a roster with contact information for all athletes and coaches, and be prepared to support local public health contact tracing efforts if exposures occur
- Email or communicate these guidelines to participants and families in advance and ask athletes to bring personal equipment if possible (i.e. racquet, bocce balls)
- Encourage [higher risk individuals](#) to adhere to guidelines and stay home
- Print "[COVID-19 Waiver and Code of Conduct](#)" and "[Sign-In Sheets](#)" (copies mailed by SOCO)
- Print [Physical Distancing Signage](#) to be displayed (copies mailed by SOCO)

#### During Practice:

- Display [Distancing Signage](#) (on the ground works), set-up isolation area and sanitize equipment
- At or before first practice, everyone must sign the [COVID-19 Waiver and Code of Conduct](#)
- Everyone must sign-in on [sign-in sheet](#), complete symptom tracker and take temperature
- Use hand sanitizer or wash hands upon arrival
- Coaches provide reminders on physical distancing, respiratory etiquette and hygiene
- Limit activities that are not conducive to physical distancing
- If you notice someone who appears ill or you feel ill, move to isolation area, and head home
- Avoid utilizing shared equipment and regularly clean equipment if anything is shared
- Clean and sanitize all equipment at the end of practice
- Spectators are discouraged but if present should be at least 6 feet from others
- Refer to [sport specific best practices](#) for additional details

## Coaches Submit to Regional Managers:

- [Sign-In Sheet](#) from 1<sup>st</sup> practice and [COVID-19 Waiver and Code of Conduct](#) from each participant **by end of 1st week of practice** (NOTE: These documents will take the place of team roster)
- Remaining weekly [Sign-In Sheets](#) should be saved and sent at the end of the season

## Participant Sign-In & Screening at each Practice:

1. Take temperature using [touchless thermometer](#)
  - a. Fever equals temperature of 100.4°F/37.8°C or higher.
  - b. If high, may offer one re-test after 5 minutes to ensure temperature is accurate
2. Have everyone sign-in on the "[Sign-In Sheet](#)" which asks screening questions
  - a. Those with exposures/symptoms must go home with recommendation to get tested

## Personal Protective Equipment (PPE):

- Coaches should wear a mask at all times
- Athletes should arrive and depart wearing a mask and are encouraged to wear during practice
- **Coaches should have the following supplies at practice:**
  - [Touchless Thermometers](#) (can be purchased using local program funds or SOCO will loan one for the season at no cost)
  - Hand Sanitizer
  - Sanitizing Wipes or Spray
  - [Participant Sign-In Sheet](#) (which includes symptom tracker) and Sanitized Pens
  - [Physical Distancing Signage](#)
  - [COVID-19 Waiver and Code of Conduct](#)
  - Items to indicate physical spacing are encouraged (pool noodle, cones, tape, etc.)

**Note about PPE:** Teams can purchase sanitizer and spray/wipes on own and SOCO will reimburse up to \$25 or you can request a kit from SOCO and it will be mailed to you!

## Food & Beverages:

- All participants must bring their own beverages and water bottles must not be shared
- Hydration stations (water fountains, etc.) should not be utilized
- Do not share snacks and avoid snack breaks or meals during practice

## If Someone becomes Ill During Practice:

- Direct individual to isolation area and keep them there until they are able to leave
- Activate plan to ensure other athletes receive instruction and direction
- Recommend person get [tested immediately](#) and adhere to [requirements for quarantine](#)
- Remind them to stay at home and NOT go to any activities until 14 days after exposure or after all of symptoms are gone (unless received clearance from a healthcare professional)

## Protocols for Reporting if Someone Gets Ill

- Coach must notify SOCO and [local public health agency](#) if they don't already know
- Assist with notification of those who have had contact as directed by public health agency

## ADDITIONAL INFORMATION

### **Printable Resources:**

- [Physical Distancing Reminders Signage \(8.5 X 11"\) \(11" X 17"\) \(Spanish\)](#)
- [Participant Sign-In Sheet](#)
- [COVID-19 Waiver and Code of Conduct](#)
- [Stop the Spread of Germs Poster](#) (optional to print)

### **Additional Resources:**

- [Higher Risk Individuals](#)
- [Testing for COVID](#)
- [Symptom Tracker](#)
- [What to Do if You are Sick and Requirements for Quarantine](#)

### **SOCO Will Mail Each Coach:**

- Laminated [Physical Distancing Reminders Signage](#) (x2)
- 10 copies of the [Participant Sign-In Sheet](#)
- 10 pens
- 15 copies of the [COVID-19 Waiver and Code of Conduct](#)
- 2 pieces of 6' string that can be used to demonstrate how to keep physical distance
- 1 copy of Return to Practice Guidelines (this document)

### **Personal Protective Equipment:**

Teams can purchase sanitizer and spray/wipes on own and SOCO will reimburse up to \$25 or you can request a kit from SOCO and it will be mailed to you!

### **Additional Notes:**

- All athletes must have an active medical