**Special Olympics Virginia Return to Activities**

**Sports Resources and Considerations/Area Sports Plan Form**

In order to ensure the safest environment possible for our athletes, coaches, volunteers and family members, Special Olympics Virginia will require Areas only be involved in low risk sports with the exception of Bocce Doubles that can be done with the proper physical distancing and sanitization procedures in place. These activities include some typical Fall sports and some spring sports that leading up to Summer Games would have been cancelled. **The recommended activities are for Phase 1 of the Return to Activity:**

-Track

-Swimming (outdoor pools only) and Open Water Swimming

-Tennis (outdoor), singles only

-Golf Levels 1,2,3, and 5

-Cycling

-Soccer Skills

-Bocce, Singles, Doubles (doubles only if proper physical distancing can be maintained at all times and athletes can use their own individual equipment with sanitization in between any change of personnel within the training session)

-Sailing- Singles only

-Yoga (outside)

-Young Athletes (outside with parental involvement for constant supervision)

-Fitness Combine (new activity being introduced for the fall season)

**Phase 1 of our program will start on August 1, 2020**. The progression and length of the phases will be dependent on many factors within the community. Special Olympics Virginia will notify the Area programs when it is appropriate to move from one phase to another and the activities allowed within that phase.

**Area Activity Approval Process**

Each Area must submit a plan of activity prior to beginning practice for each Phase. We realize that these plans will be dependent on which Phase of Return to Activity we are in and where your specific community is in terms of activity and social interaction. Plans may change as things evolve in the state and in your community. An Area Sports Plan Form is provided for your use at the end of this document. If there are activities that fit within the safety protocols for Phase 1 that are not included above, you may submit those for approval. All Approval Forms must be returned to your Region Director prior to beginning any training.

Special Olympics North America has also provided the information below. It includes general and sports specific resources for returning to activity.

**Overview:**

Special Olympics North America (SONA) and Special Olympics Virginia support a safe return to activities and play for all participants under the guidance of Special Olympics, Inc. and that of national, state, and local guidelines.

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

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| **General Resources** |
| **Special Olympics** | * [SOI COVID-19 Resources](https://resources.specialolympics.org/resources-to-help-during-the-crisis)
* [SOI Return to Activities Protocol](https://resources.specialolympics.org/resources-to-help-during-the-crisis/return-to-activities-during-covid-19)
* [Return to Activities - SONA Program Resources](https://www.dropbox.com/sh/0xeto0fgceya5me/AADX7Npc3deSByqW4WZmD0kFa?dl=0)
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| **Government Agencies, Healthcare, Media & Research** | * [Centers for Disease Control and Prevention (CDC) - COVID 19](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
* [World Health Organization (WHO)](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)
 | * [CDC - Youth Sports Guidance](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html)
* [Aspen Institute](https://www.aspenprojectplay.org/coronavirus-and-youth-sports)
* [Event Safety Alliance](https://static1.squarespace.com/static/5aec979d3e2d09db8bcad475/t/5eb86f694a67d30048528163/1589145456606/2020-05-11%2BEvent%2BSafety%2BAlliance%2BReopening%2BGuide.pdf)
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| **Multi-Sport Organizations** | * [USOPC](https://www.teamusa.org/coronavirus)
* [Team USA](https://www.teamusa.org/)
* [NFHS](https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)
* [NRPA](https://www.nrpa.org/our-work/Three-Pillars/health-wellness/coronavirus-disease-2019/path-to-recovery/)
 | * [NCA](http://www.ncaa.org/sport-science-institute/core-principles-resocialization-collegiate-sport)A
* [NAIA](https://www.naia.org/covid19/index)
* [USSSA](https://usssa.com/docs/2020/Covid19-ReturnToPlay.pdf)
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**Sport Risk Assessment:**

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| **Low Risk** | 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. |
| **Moderate Risk** | 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 cannot be cleaned between participants. |
| **High Risk** | 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.** |
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| **SPECIAL OLYMPICS SPORTS** |
| **Low Risk** | **Moderate Risk** | **High Risk** |
| 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 |  |
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| \*Could be potentially considered lower risk with appropriate cleaning of equipment and use of masks by participants. |

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| **Sport Specific Resources** |

Not all Governing Bodies and Sport Federations currently have return to play information on their websites and many will amend or update along the way. Please continue to check websites for sport specific information and updates.

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| **Summer Sports Governing Bodies & Resources** |
| **Athletics (Track & Field)*** [USA Track & Field](https://www.usatf.org/covid19)
* [World Athletics](https://www.worldathletics.org/)
 | **Badminton*** [USA Badminton](https://www.teamusa.org/USA-Badminton)
* [Badminton England](https://www.badmintonengland.co.uk/play/information-regarding-the-coronavirus/)
* [Badminton World Federation](https://bwfbadminton.com/)
 | **Baseball*** [USA Baseball](https://www.usabaseball.com/news/usa-baseball-coronavirus-updates/c-313118088?tid=216639934)
* [Little League](https://www.littleleague.org/player-safety/coronavirus-update/season-resumption-guide/)
* [World Baseball Softball Confederation](https://s3-eu-west-1.amazonaws.com/static.wbsc.org/assets/cms/documents/bf420054-a523-f0cd-c738-8be0d949a731.pdf)
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| **Basketball*** [FIBA](http://www.fiba.basketball/news/fiba-publishes-guidelines-for-the-return-to-basketball)
* [USA Basketball](https://www.usab.com/)
* [Jr NBA](https://jr.nba.com/)
 | **Bocce*** [SONA Bocce Training Considerations Sample](https://www.dropbox.com/sh/afbhbypy9mubfvx/AAD8UGthVrYs-YUH24XzfXkna?dl=0)
 | **Bowling*** [US Bowling Congress](https://www.bowl.com/USBCCOVID19Update/)
* [Brunswick Bowling Centers](https://brunswickbowling.com/bowling-centers/modernize/reopen)
* [World Bowling](https://www.worldbowling.org/)
* [SONA Bowling Training Considerations Sample](https://www.dropbox.com/sh/afbhbypy9mubfvx/AAD8UGthVrYs-YUH24XzfXkna?dl=0)
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| **Cricket*** [International Cricket Council](https://resources.pulse.icc-cricket.com/ICC/document/2020/05/22/b75e57b7-ed1e-4025-a542-a4059ceb9efb/ICC-Back-to-Cricket-Guidelines-May20-final-.pdf)
 | **Competitive Cheer*** [USA Cheer](https://www.usacheer.org/)
* [International Cheer Union](http://cheerunion.org/home/)
 | **Cycling*** [USA Cycling](https://usacycling.org/event-organizer/covid-19-event-resources)
* [Union Cycliste Inernationale](https://www.uci.org/)
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| **Equestrian*** [US Equestrian](https://www.usef.org/forms-pubs/XhKGVYiiwTA/usef-covid-19-action-plan-for-operating)
* [Federation Equestre Internationale](https://www.fei.org/) (FEI)
 | **Flag Football*** [NFL FLAG](https://nflflag.com/)
* [USA Football](https://public.tableau.com/profile/nicole.m.hollomon#!/vizhome/Covid-19ResourcesDashboard/CovidResources)
* [Pop Warner](https://www.popwarner.com/)
* [SONA Flag Football Training Considerations Sample](https://www.dropbox.com/sh/afbhbypy9mubfvx/AAD8UGthVrYs-YUH24XzfXkna?dl=0)
 | **Football/Soccer*** [US Youth Soccer](https://www.usyouthsoccer.org/resources/return-to-activity-resources/)
* [Soccer Social Distancing](https://www.soccerindiana.org/assets/58/6/what_social_distancing_grids_can_look_like.pdf)
* [Elite Clubs National League](https://www.eliteclubsnationalleague.com/wp-content/uploads/2020/05/ECNL-x-Return-to-Play-Recs.-V5-Doc.pdf)
* [Federation Internationale de Football Association](https://www.fifa.com/what-we-do/covid-19/)
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| **Golf*** [USGA](https://www.usga.org/course-care/covid-19-resource-center.html)
* [Royal Ancient Golf Club of St. Andrew's](https://www.randa.org/en/theranda/initiatives/golf-during-covid-19)
 | **Gymnastics*** [USA Gymnastics](https://usagym.org/pages/aboutus/pages/coronavirus.html)
* [Federation Internationale de Gymnastique (FIG)](https://www.gymnastics.sport/site/)
 | **Handball*** [USA Team Handball](https://www.teamusa.org/USA-Team-Handball)
* [International Handball Federation](https://www.ihf.info/)
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| **Judo*** [International Judo Federation](https://docs.usajudo.net/coronavirus/Cv19%20recommendations.pdf)
* [USA Judo](https://www.teamusa.org/USA-Judo/Go/2020/USA-Judo-Coronavirus-Update)
 | **Kayaking*** [USA Canoe](http://www.uscanoe.com/)
* [International Canoe Federation (ICF)](https://www.canoeicf.com/)
 | **Netball*** [International Netball Federation (INF)](https://netball.sport/back-to-netball)
* [Netball Australia](https://netball.com.au/sites/default/files/2020-05/NA-CommunityGuidelines-Covid-19-Netball-RiskMatrix.pdf)
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| **Open Water Swimming*** [USA Swimming](https://www.usaswimming.org/utility/landing-pages/club/open-water-swimming)
* [USA Triathlon](https://www.teamusa.org/USA-Triathlon/Events/Safe-Return-to-multisport)
* [Swim England](https://www.sh2out.org/documents/covid-19/SH2OUT%20-%20COVID-19%20Guidance%20-%20Final%20Swimmer.pdf)
* [Federation International de Natation (FINA)](https://www.fina.org/content/covid-19-advisory-recommendations-and-prevention)
 | **Powerlifting*** [USA Powerlifting](https://www.usapowerlifting.com/covid-19-updates/)
* [International Powerlifting Federation](https://www.powerlifting.sport/)
 | **Roller Skating*** [Team USA Roller Sports](https://www.teamusa.org/usa-roller-sports)
* [World Skate](https://www.rollerskating.com/pages/covid19%2Bresources/182)
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| **Summer Sports Governing Bodies & Resources Cont.** |
| **Sailing*** [US Sailing](https://cdn.ussailing.org/wp-content/uploads/2020/05/Return-to-Competition-rev.07May2020.pdf)
* [World Sailing](https://www.sailing.org/tools/documents/WorldSailingGuidancetoEventOrganizersfortheProtectionoftheHealthofSailingCommunitiesVer2.32May2020-%5B26299%5D.pdf)
 | **Softball*** [USA Softball](https://www.teamusa.org/USA-Softball/covid-resources)
* [Little League](https://www.littleleague.org/player-safety/coronavirus-update/season-resumption-guide/)
* [Sports UAC](http://www.sportsuac.com/protocols.html)
* [World Baseball Softball Confederation](https://s3-eu-west-1.amazonaws.com/static.wbsc.org/assets/cms/documents/bf420054-a523-f0cd-c738-8be0d949a731.pdf)
 | **Swimming*** [USA Swimming](https://www.usaswimming.org/utility/landing-pages/coronavirus)
* [Swimming Canada](https://www.swimming.ca/content/uploads/2020/05/Return-to-Swimming-Resource-Document-From-Swimming-Canada-V1-05292020.pdf)
* [Federation International de Natation (FINA)](https://www.fina.org/content/covid-19-advisory-recommendations-and-prevention)
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| **Table Tennis*** [International Table Tennis Federation](https://www.ittf.com/covid-19/) (ITTF)
* [USA Table Tennis](https://www.teamusa.org/USA-Table-Tennis)
 | **Tennis** * [U.S. Tennis Association (USTA)](https://www.usta.com/en/home/usta-covid-19-updates.html)
* [International Tennis federation (ITF)](https://www.itftennis.com/media/3446/return-to-tennis-guidelines-eng.pdf)
 | **Triathlon*** [USA Triathlon](https://www.teamusa.org/USA-Triathlon/Events/Safe-Return-to-multisport)
* [International Triathlon Union](https://www.triathlon.org/search#q=COVID-19)
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| **Volleyball*** [USA Volleyball](https://www.teamusa.org/usa-volleyball/features/usa-volleyball-response-on-coronavirus)
* [Federation Internationale de Volleyball (FIVB)](https://www.fivb.com/en/thefivb/covid19)
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| **Winter Sports Governing Bodies & Resources** |
| **Alpine Skiing*** [US Ski and Snowboard](https://usskiandsnowboard.org/)
* [Federation Internationale de Ski](https://www.fis-ski.com/)
 | **Cross Country Skiing*** [US Ski and Snowboard](https://usskiandsnowboard.org/)
* [Federation Internationale de Ski](https://www.fis-ski.com/)
 | **Dance Sport*** [Dance USA](https://www.danceusa.org/resources-preparing-potential-impact-coronavirus)
* [USA Dancing](https://usadance.org/)
* [World DanceSport Federation](http://www.worlddancesport.org/)
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| **Figure Skating*** [U.S. Figure Skating](https://www.usfigureskating.org/coronavirus)
* [International Skating Union (ISU)](https://www.isu.org/)
 | **Floorball*** [USA Floorball](http://www.usafloorball.org/)
* [International Floorball Federation](https://floorball.sport/)
 | **Floor Hockey*** [SONA Floor Hockey Training Considerations Sample](https://www.dropbox.com/sh/afbhbypy9mubfvx/AAD8UGthVrYs-YUH24XzfXkna?dl=0)
* [USA Hockey](https://www.usahockey.com/playersafety)
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| **Speed Skating*** [US Speedskating](https://www.teamusa.org/US-Speedskating)
* [International Skating Union (ISU)](https://www.isu.org/)
 | **Snowboarding*** [US Ski and Snowboard](https://usskiandsnowboard.org/)
* [Federation Internationale de Ski](https://www.fis-ski.com/)
 | **Snowshoeing*** [US Snowshoe Association](http://www.snowshoeracing.com/)
* [World Snowshoe Federation (WSSF)](https://worldsnowshoe.org/)
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| **Additional Considerations** |

**Personal Protection Equipment (PPE):**

# Make sure you have the necessary PPE and equipment for screening for each training session. Gloves, masks, cleaning supplies and non-contact thermometers will be necessary.

**Venue:**

* Make sure the venue is safe and has hand washing facilities or hand sanitizer available.
* Discuss with the venue owner or maintenance department what processes are in place to assure sanitization of the venue
* Make sure you have modifications in place for training that follow the guidelines and there is enough space to accommodate your modifications.
* Make sure there is enough space at the venue for extra spacing for all sport and non-sport elements of activity (coach meetings, hydration and resting areas, skills and drills stations)
* Will other entities / groups be using the venue at the same time Special Olympics athletes and volunteers will be present? Can you find out what safety measures they are taking? How can we inform them of our safety precautions and expectations if the two groups will be together in the same space at the same time?

## Event Signage and Notices:

* Have adequate signage reminding participants about physical distancing and other safety measures.
* Use both picture/icon-based (as well as language-based notices) for those who experience difficulty reading.
* Post signs in highly visible locations (e.g., at entrances and exits, and in restrooms) that promote protective measures and describe how to [stop the spread](https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs-11x17-en.pdf) of germs such as by [properly washing hands](https://www.cdc.gov/handwashing/posters.html) and properly wearing a cloth face covering

**Transportation / Arrivals / Departures:**

* Consider scheduled staggered participant pick up / drop off times.
* Consider increasing the amount of time between practices and competitions to allow one group to depart before another group enters the facility. This also allows more time to clean the facility between uses.
* Try to avoid entering venue (more applicable for indoor venues) at same time as athletes – attempt to reduce human bottlenecks / proximity in and out of venue.
* Athletes and Unified partners: arrive already dressed and sport-ready.
* Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility.

**Staff/Volunteers/Coaches/Officials:**

* Appoint COVID-19 response people for training sessions and make sure you have enough volunteers to handle all responsibilities
* Assess what kind of extra volunteers you may need. Health care professionals to assist with participant screenings, on-site observation for symptoms, and/or in the event of on-site quarantine needs?

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# **Equipment:**

* Coach keeps all equipment / equipment bag in between practices and sanitizes at start and end of every practice.
* Need to have equipment/gear for each person (their own or provided): put athlete or partner’s name on it with tape or other means.
* Be aware of any damaging effects frequent use of some sanitizing products may have on certain forms of gear or equipment.

**Spectators / Family Members / Caregivers:**

* No non-essential personnel at practice.
* Family members / caregivers may need to drop off and pick-up only or stay in car during practice / activity.
* All spectators must social distance if they sit in stands. Mark off minimum distances in stands or on the ground to create clear seating areas.

# **Sport: Practices and Competitions**

* Modify all sports to meet social distancing requirements.
* Consider having no spectators at practices and/or some events.
* Use physical guidance (ropes, tape on floor, chalked areas, cones) to help ensure social distancing.
* Break athletes into small groups that stay together and do not co-mingle. Keep players together in small groups with dedicated coaches or staff, and make sure that each group of players and coaches avoid mixing with other groups as much as possible. Teams should consider having the same group of players stay with the same coach or having the same group of players rotate among coaches.
* Put out cones or chalk on the ground to ensure social distancing for each player to have their own personal area for static stretching. Similarly, designated lanes could be set up for any dynamic stretches or running warm up.
* During times when players are not actively participating in practice or competition, participants must maintain [social distancing](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html) by increasing space between each other on the sideline, dugout, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.

**Support Coping and Resilience:**

* Encourage participants to take breaks from watching, reading, or listening to news stories, including social media if they are feeling overwhelmed or distressed.
* Promote healthy eating, exercising, getting sleep, and finding time to unwind.
* Encourage participants to talk with people they trust about their concerns and how they are feeling.
* Many participants are going through challenging times. Some may have lost loved ones, lost jobs, been disconnected from friends and school and haven’t had the structure they are accustomed to. This creates a lot of stress that can show up in different ways. You can help reduce this stress through your communication approach. The CDC has some helpful useful resources regarding talking with youth, which include: [Helping Children Cope](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html) and [Talking with Children](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html). [Helping Athletes Cope with Covid](https://www.ncys.org/helping-youth-athletes-cope-with-shutdown-from-covid-19/) was published by NCYS.

**Please refer to the Return to Activities Plan and Resources for additional important information.**

**Area Sports Plan Approval Form**

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| --- | --- |
| Area Program: |  |
| Person Completing Form: |  |
| Role in Area Leadership: |  |
| Email: |  |
| Phone Number: |  |
| Activities (Sports) Being Offered from August 2020 – November 2020 |
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| 9. |
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| List all safety measures you have put in place that conform to the Special Olympics VirginiaReturn to Activities Document to assure the utmost safety at all training sessions. |
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All plans should then be submitted to the Region Director for your Area. Individual coaches or volunteers should submit any individual plans to their Area Coordinator or Chair.