



***Special
Olympics***
Virginia

Return to Activities Plan and Resources

Updated January 2021

Return To Activities Protocol

Last Updated: November 9, 2021

Special Olympics



Special Olympics Virginia has updated guidance on return to in-person activities to reflect the latest information on COVID-19. This guidance is based on the latest information from the World Health Organization (WHO), the US Centers for Disease Control and Prevention (CDC) and other health authorities and created in consultation with a team of global medical experts and with input from Special Olympics stakeholders. This guidance will go into effect on August 1, 2021.

The primary goal of this guidance has been and remains zero deaths due to transmission of COVID-19 at events. The secondary goal is to prevent outbreaks of COVID-19. While local and national guidance should always be followed, we are providing guidance above the local, state and national levels because of the high risk of COVID to our population to protect all in our movement. This guidance is intended to supplement – not replace – any state/provincial, local, territorial/national or tribal health and safety laws, rules and regulations with which similar organizations must comply.

Guidance on COVID-19 Return to Activities

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. 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.

Throughout this document “participants” are defined as all athletes, Unified partners, coaches, volunteers, family members, caregivers, staff or others in attendance of an activity. This guidance is intended for all in-person activities (e.g., sports practices, competition, coaches training, Young Athletes, Healthy Athletes, Program-hosted UCS activities, Athlete Leadership, volunteer meetings/trainings, etc.). School-hosted activities and fundraising events are considered separate from this framework and Programs should follow regulations and COVID protocols from their school and local authorities, respectively for those events.

Guiding Principles

1. The health and safety of all members of the Special Olympics movement is paramount.
2. Beyond a sports organization, Special Olympics is a movement for and by people with intellectual disabilities (ID), and its guidance must be inclusive and directed at the unique needs and abilities of people with ID.
3. Relevant CDC, WHO and state guidelines should serve as minimum standards. In addition, consideration should be given to local and community authorities in that if there are more conservative/restrictive guidelines, these should be followed.
4. Guidance is based on current medical information available at the time of publication.
5. Guidance takes a phased approach that is dependent on local transmission rates, vaccination rates as well as testing/monitoring/contact tracing/health system capacity.

Special Olympics Return to Activities Protocol



If in-person activities are permitted in your local area, follow below guidance (color chart) to determine protocols needed, in addition to local regulations.

LOW COMMUNITY COVID RATE

Less than or equal to 10 new cases daily per 100,000 people ** **OR**

HIGH VACCINATION RATE

Greater than or equal to 80% of participants are fully vaccinated for outdoor sports, 100% fully vaccinated for all indoor sports

AND

COVID rate is \leq 50 new cases per 100,000 people



MODERATE COVID RATE

11-15 new cases daily per 100,000 people**

AND

Less than 80% of participants are fully vaccinated for outdoor sports, 100% of participants are fully vaccinated for indoor sports



SIGNIFICANT COVID RATE

Community rates are >15 new cases daily per 100,000 people**

AND

Less than 80% of participants are fully vaccinated for outdoor sports, 100% of participants are fully vaccinated for indoor sports



LOW RISK

Local regulations for event size and risk mitigation

+

Additional SO precautions for masks, distancing, travel and accommodations (see green guidance)

100% COVID vaccination requirement for all indoor sports for athletes, coaches and volunteers

MODERATE RISK

Local regulations for event size and risk mitigation

+

Additional SO precautions for masks, distancing, sanitization, spectators, onsite screening, travel and accommodations (see yellow guidance)

100% COVID vaccination requirement for all indoor sports for athletes, coaches and volunteers

SIGNIFICANT RISK

Local Regulations

+

Size restrictions (50 or less inside) and substantial SO precautions in all areas (see orange guidance)

100% COVID vaccination requirement for all indoor sports for athletes, coaches and volunteers

*KEY DEFINITIONS:

- **Fully Vaccinated:** Two (2) weeks after completing all doses of a COVID-19 vaccine.
- **Participants:** Athletes, Unified partners, Coaches, Officials, Volunteers, HODs, SO Staff, and families/caregivers if they will not exclusively be in spectator only spaces.
- **Community:** Generally, the community is the county/district. If data is not available for the county/district, then use the smallest community (e.g., state) for which the data is available.
- **PCR/NAAT:** PCR or NAAT, is a type of viral diagnostic test for COVID-19.
- **Rolling 7-day average/100,000:** a 7-day moving average, takes the case rates per 100,000 people for the last 7 days, adds them up, and divides it by 7.

**Resources for Identifying 7-Day Rolling Average Case Rate:

Country Level Data Globally (this is per Million to divide by 10): <https://tinyurl.com/944jd6xee>

State Level Data in the US: <https://www.washingtonpost.com/graphics/2020/national/coronavirus-us-cases-deaths/>

County/District Level Data can be found at the following link: <https://globalepidemics.org/key-metrics-for-covid-suppression/>

Protocols	<u>Low Risk</u>	<u>Moderate Risk</u>	<u>Significant Risk</u>
Event Size and Venue Type (indoors/outdoors)	Size and venue per local authority regulations. All participants involved in indoor activities must be vaccinated for COVID 19.	Size and venue per local authority regulations. All participants involved in indoor activities must be vaccinated for COVID 19.	<p>Entirely Outdoors (except restrooms): Size per local authority regulations Indoors or Mixed Indoors/Outdoors: ≤ 50 participants</p> <p>NOTE: Mixed venue=Events that still have indoor components (e.g., meals) even if primary activity is outdoors.</p>
Type of sport/activity	Per local authority regulations. All participants involved in indoor activities must be vaccinated for COVID 19.	Per local authority regulations. Stagger start times to reduced crowding at the event. All participants involved in indoor sports must be vaccinated for COVID 19.	Individual sports and indirect contact sports only for competition play. No competitive play for contact sports – drills only For non-sport (e.g., leadership trainings, meetings, etc.): Distancing and no direct contact. All participants in indoor sports must be vaccinated for COVID 19.
Forms	Athletes, Coaches, Unified partners, Officials, Volunteers, and Staff complete the COVID Code of Conduct & Risk Form. Communicable Disease Waiver for Participants (US Only).	Athletes, Coaches, Unified partners, Officials, Volunteers, and Staff complete the COVID Code of Conduct & Risk Form. Communicable Disease Waiver for Participants (US Only).	Athletes, Coaches, Unified partners, Officials, Volunteers, and Staff complete the COVID Code of Conduct & Risk Form. Communicable Disease Waiver for Participants (for US Only).
Operations	Event organizers must have a COVID Point of Contact identified. Event organizers must have a plan for identifying and isolating individuals with COVID symptoms, rapid testing (if necessary), contract tracing for the event, and notifying health authorities, per local requirements.	Event organizers must have a COVID Point of Contact identified. Event organizers must have a plan for identifying and isolating individuals with COVID symptoms, rapid testing (if necessary), contract tracing for the event, and notifying health authorities, per local requirements.	Event organizers must have a COVID Point of Contact identified. Event organizers must have a plan for identifying and isolating individuals with COVID symptoms, rapid testing (if necessary), contract tracing for the event, and notifying health authorities, per local requirements.
Onsite Screening	Signage on preventive measures (handwashing, distancing and masking) and education on symptoms and	Verbal confirmation of no symptoms for all participants and spectators + recommended onsite temperature checks on arrival (each day, if multiple days).	Written confirmation (electronically or via paper) of no symptoms for all participants + recommended onsite temperature checks.

	reminder to stay home if sick or any symptoms.	Signage on preventive measures (handwashing, distancing and masking) and education on symptoms and reminder to stay home if sick or any symptoms.	Verbal confirmation for spectators on arrival + recommended temperature check (each day, if event is multiple days). Signage on preventive measures (handwashing, distancing and masking) and education on symptoms and reminder to stay home if sick or any symptoms.
Positive COVID test or previous COVID disease	No participation within 10 days of COVID positive test and 7 days of any symptoms. Athletes and Unified partners should receive medical clearance prior to participating in sport. Programs must educate on this requirement.	No participation within 10 days of COVID positive test and 7 days of any symptoms. Athletes and Unified partners must receive medical clearance prior to participating in sport. Programs must educate on this requirement.	No participation within 10 days of COVID positive test and 7 days of any symptoms. Athletes and Unified partners must receive medical clearance prior to participating in sport. Programs must educate on this requirement.
Masking *Masking requirements may be more stringent if Programs chooses based on local situation.	Masks strongly recommended for ALL participants, especially when indoors, except during rigorous exercise. All individuals who are unvaccinated to wear masks indoors and outdoors, except during rigorous exercise.	Masks required for ALL participants, especially when indoors, except during rigorous exercise.	Masks required at all times for ALL participants, except during rigorous exercise.
Distancing	Take active measures to ensure distancing as much as possible outside of sport activities, especially in indoor spaces.	Distancing required at all times.	Distancing required at all times.

Transportation	Private transportation encouraged as much as possible. Distancing on any shared transport organized by SO. Masking required for all on any SO transportation, unless all participants are vaccinated.	Private transportation encouraged as much as possible. Distancing on any shared transport organized by SO. Masking required for all on any SO transportation, unless all participants are vaccinated.	Private transportation encouraged as much as possible. Distancing on any shared transport organized by SO. Masking required for all on any SO transportation, unless all participants are vaccinated.
Travel <i>All travel requirements for host country/state/territory as well as for return to home should also be considered in planning.</i>	Permitted, with precautions. All participants must be from other low transmission area or must be vaccinated – tracked as part of planning and registration. If air/train travel, strongly recommended that a negative PCR test be required prior to departing home location. Individuals with positive results are instructed to stay home.	Permitted, with precautions. All participants must be from other low transmission area or must be vaccinated – tracked as part of planning and registration. If air/train travel, negative PCR test should be required prior to departing home location. Individuals with positive results are instructed to stay home.	Not permitted outside local area, state, province/territory.
Accommodations	All Area athletes and volunteers that are participating in multiple day events (ie. state championship events, NIT's) for Special Olympics Virginia must be vaccinated.	All Area athletes and volunteers that are participating in multiple day events (ie. state championship events, NIT's) for Special Olympics Virginia must be vaccinated.	Overnight events with accommodations organized by SO not permitted.
Multi-Day Events Testing Protocol	Required for International events and Recommended for State/Country events: If event is more than 7 days, rapid PCR test is recommended at least once for credentialed participants.	Required for International Events and Strongly Recommended for State/Country events: If event is more than 7 days, rapid PCR test is recommended at least once for credentialed participants.	Multi-day/Overnight events not permitted under Orange protocol.

	NOTE: If anyone tests positive, they should not participate, be isolated, and contract tracing should be conducted per event protocol and local regulations.	NOTE: If anyone tests positive, they should not participate, be isolated, and contract tracing should be conducted per event protocol and local regulations.	
Sanitization	Sanitization protocol for all communal shared areas (e.g., bathrooms, meal areas) and frequently touched surfaces + shared equipment between uses.	Sanitization protocol for all communal shared areas (e.g., bathrooms, meal areas) and frequently touched surfaces + shared equipment between uses.	Sanitization protocol for all communal shared areas (e.g., bathrooms, meal areas) and frequently touched surfaces + shared equipment between uses.
Spectators Sideline observers (e.g., family/support staff)	Permitted per local authority regulations. Separation from participants as much as possible.	Limited. Must be separated from athletes and not attend participant areas.	Not permitted (unless athlete requires additional assistance from caregiver that can't be accommodated by a coach/volunteer. Permissions granted at the Program's discretion). Individuals should maintain social distance from one another on the sideline.
Meals	Stagger mealtimes and cohort groups as much as possible, especially when indoors.	No self-serve buffet meals. Participants bring own water bottles. Stagger mealtimes and cohort groups as much as possible.	Participants bring their own meals and water bottles and/or pick-up only. Stagger mealtimes and cohort groups.
Non-Sport Gatherings (during Competitions)	Follow size restrictions, venue options and risk mitigation guidance per above.	Follow size restrictions, venue options and risk mitigation guidance per above. Minimize large social gatherings (e.g., community dances, athlete festivals), where possible.	Limit additional non-sport gatherings occurring during competitions. No large social gatherings (e.g., community dances, athlete festivals) If held, follow size restrictions, venue options and risk mitigation guidance per above.
Ceremonies	Follow size restrictions, venue options and risk mitigation guidance per above.	Follow size restrictions, venue options and risk mitigation guidance per above. For award ceremonies, strongly recommend outdoors.	No in-person opening/closing ceremonies. For award ceremonies, maintain size limits, masking, sanitization, and distancing requirements outlined

			above. Find alternatives to placing medals around the athletes’ necks to maintain distancing.
Healthy Athletes	Follow size restrictions, venue options and risk mitigation guidance per above. See additional HA guidance for discipline-specific precautions.	Follow size restrictions, venue options and risk mitigation guidance per above. See additional HA guidance for discipline-specific precautions.	Follow size restrictions, venue options and risk mitigation guidance per above. See additional HA guidance for discipline-specific precautions.
Young Athletes	Children should wear masks during YA activities. Unvaccinated coaches and volunteers should also wear masks. Distancing and outdoor activities are highly encouraged. Additional guidance for implementing YA activities in the Return to Activities protocol for young children.	Children should wear masks during YA activities. All coaches and volunteers should also wear masks. Distancing and outdoor activities are highly encouraged. Additional guidance for implementing YA activities in the Return to Activities protocol for young children.	Children should wear masks during YA activities. All coaches and volunteers should also wear masks. Distancing and outdoor activities are Required. Additional guidance for implementing YA activities in the Return to Activities protocol for young children.
School-based Activities	School-based activities led by schools are considered separate from this framework and should comply with guidance from schools/districts.	School-based activities led by schools are considered separate from this framework and should comply with guidance from schools/districts.	School-based activities led by schools are considered separate from this framework and should comply with guidance from schools/districts.

Fundraising Events	<p>Fundraising events are considered separate from this framework and should comply with any local regulations and local guidelines and in consultation with local legal counsel.</p> <p>There is a template for a General Waiver of Liability, Assumption of Risk, and Indemnity (US example) available for these events.</p>	<p>Fundraising events are considered separate from this framework and should comply with any local regulations and local guidelines and in consultation with local legal counsel.</p> <p>There is a template for a General Waiver of Liability, Assumption of Risk, and Indemnity (US example) available for these events.</p>	<p>Fundraising events are considered separate from this framework and should comply with any local regulations and local guidelines with additional guidance for athlete leaders serving in an official capacity to complete the Code of Conduct and Risk Form and maintain masking and distancing protocols.</p> <p>There is a template for a General Waiver of Liability, Assumption of Risk, and Indemnity (US example) available for these events.</p>
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Special Olympics Virginia Additional Return to Activities Protocol (Updated November 2021)

Risk Tracking

Special Olympics Virginia will utilize the state-wide average for new cases per 100,000 to determine risk level and corresponding protocol for statewide and regional events. In the event that a county reaches 50+ cases per 100,000, Areas must follow the Significant Risk protocols as outlined in the SOVA Return to Activities protocol.

Vaccinations

In order to create the safest environment for all participants Special Olympics Virginia will implement a COVID-19 vaccination requirement for specific sports in the winter season. This will be effective starting December 1, 2021 and was determined by the typical venue involved and the ability of athletes and volunteers to safely socially distance as needed.

Due to the direct threat that COVID-19 poses to the health and safety of our athletes, no accommodations are currently available to allow any exemptions to this vaccine requirement for indoor activities.

COVID-19 Vaccinations will be required for all indoor sports:

Basketball Team and Skills
Bocce (Indoor)
Bowling
Figure Skating
Fitness Competitions and Activities (Indoor)
Floor Hockey
Gymnastics
Power Lifting
Roller Skating
Short Track Speed Skating
Swimming
Tennis (Indoor)
Volleyball Team and Skills
Any other sports training and competition held in an indoor venue

Sports that COVID-19 vaccinations are still recommended but not required (outdoor activities):

Alpine Skiing
Athletics (Track and Field)
Bocce (Outdoor)
Cycling
Fitness Competitions and Activities (Outdoor)
Flag Football (Team and Skills)
Golf
Sailing
Softball
Tennis (Outdoor)
Any other sports training and competition held in an outdoor venue

Local Program Implementation of Vaccination Requirements:

For indoor sports, local programs are permitted to limit participation to only individuals who are vaccinated. Local programs should allow unvaccinated athletes and volunteers to participate in outdoor sports.

Who is included in the vaccination requirement?

All athletes, Unified partners, coaches, local volunteers and staff who will interact with participants during an indoor training or competition must be vaccinated. Spectators and family members are not required to be vaccinated but coaches and volunteers in charge of training and competition must be able to designate spectator areas at all trainings and competitions to maintain proper physical distancing.

Tracking and Recording Your Vaccination Records

All athletes must turn in the appropriate COVID waiver and proof of vaccination. Athletes that have a current medical on file may send their COVID waiver and proof of vaccination to Jennifer Gordon at jgordon@specialolympicsva.org or to our Harrisonburg office at Special Olympics Virginia, 21 Southgate Court, Suite 103, Harrisonburg, Virginia 22801.

All volunteers must submit a COVID waiver and proof of vaccination to volunteer@specialolympicsva.org or to our Richmond office at Special Olympics Virginia, 3212 Skipwith Rd, Suite 100, Richmond, VA 23294.

80% Vaccination Rate

When a team or training program reaches a vaccination rate of 80% and is participating in outdoor sports, they may operate in the Low Risk protocol provided cases stay below 50 new cases per 100,000. All athletes, Unified partners, coaches, volunteers and staff are counted in the 80% vaccination rate.

Masks and Face Coverings

Participants are required to bring their own mask or face covering, but extra disposable masks should be on site should a participant need one. When worn, the mask or face covering must fully cover a participant's nose and mouth. An individual's mask or face covering must be separate from their clothing, meaning a participant cannot pull their shirt above their nose and mouth or wear a high-collared shirt and cover their face. Masks must be worn in all indoor venues unless the athlete or Unified partner is on the playing field/surface and engaging in live training or competition.

Unified Champion Schools Programs and Vaccination Requirements

All Unified Champion Schools (UCS) programs that are only engaged in school-sponsored activities must follow their local school system's guidance on activity and vaccinations. If a UCS program participates in a Special Olympics Virginia event outside of their school system (e.g. area, regional or state tournament), participants must follow all Special Olympics Virginia protocols and vaccination requirements.

Risk Assessment and Risk Mitigation: Functional Area Considerations

SPORT

Each sport will present a varying level of risk as well as determination of what modifications are feasible should be considered by the Program. However, if precautions and mitigating criteria (e.g., PPE, physical distancing, no shared equipment and/or disinfection, staggered starts, etc.) can be implemented, then most sports may be offered in some capacity (e.g., individual skills or drills or small internal scrimmage) at all levels of return. Throughout the pandemics, many local, national and international sport associations have offered guidance on how to safely return to play within their sport with mitigation. It is recommended that, in addition to the minimum precautions detailed within this document, Programs adhere to sport-specific precautions and mitigation in determining how to resume sport activities and guidance from sport authorities and associations.

SCHOOLS

With regards to activities in schools, Programs should follow the school's protocols and guidance in terms of when and how activities may resume. If school activities transition into Special Olympics community activities (e.g., the final competition/tournament is hosted by Special Olympics), then proper return to play protocol and necessary precautions for Special Olympics events, as outlined in this document, must be followed.

If the school or community partner's guidelines are less stringent or in conflict with the guidelines of Special Olympics, the following guidance applies:

1. The school/partner leaders/authorities should be informed of the Special Olympics guidelines for determining return to play.
2. The possibility of high-risk conditions in populations within the movement is conveyed to leaders/authorities.
3. Decision-making and options are provided to students with and without ID to provide for equal treatment.
4. Parents, guardians, or other caregivers of youth participants are provided with education on Special Olympics guidelines and relevant acknowledgements (e.g., video)
5. Youth participants involved in Special Olympics branded/sanctioned activities are given the option to opt out without penalty and are provided options for safe at home activities.

HEALTHY ATHLETES

Because of the nature of Healthy Athlete screening events which are often conducted indoors, may require close contact with decreased opportunity for physical distancing, and some interactions may be high risk without proper PPE and precautions in place, additional guidance is available on safety precautions for returning to in-person Healthy Athlete events under each level. Virtual health programming and education should continue to be offered when in person activities are limited and/or as an extension of in-person activities to reach a greater number of athletes.

LEADERSHIP

Each leadership activity (e.g., Athlete Leadership workshops, Regional or Program leader meetings, Board meetings, Leadership Academy, Athlete Input Councils) will present a varying level of risk, and determination of what modifications are feasible should be considered by the Program. However, if precautions and mitigation for infection control (e.g., PPE, physical distancing, no shared equipment/supplies, and/or disinfection, staggered starts, etc.) can be implemented, then leadership activities may resume following the guidance for each level. If travel of participants occurs, the participants must be vaccinated and/or coming from an area in which they have the same or lower community transmission levels as the host site and follow local regulations on travel for both the originating location and the host location. Virtual programming and participation will be encouraged and available through all phases, as is feasible.

Onsite Screening Protocol for COVID-19

Regular education must be provided to all athletes, staff, volunteers, coaches, families and caregivers reminding them stay home if they have a fever or any signs and symptoms (cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea). **Individuals must not participate in any activities if they are sick, for their own health and to reduce transmission of any infections to others. Instruct anyone who is ill to contact their own health provider for further evaluation.**

However, in addition to this education, before or prior to entering an activity, practice, event, or gathering, for **Green** level, you must have signage that reminds individuals who are sick or experiencing symptoms of COVID-19 to not enter the venue or participate in the event.

For **Yellow** and **Orange** level events (Moderate and Significant Risk), Program:

1. Must set-up a space for screening that maintains physical distance (6ft/2m) during screening.
2. Must ask the following questions verbally for Yellow and in written form for Orange (so you have documentation):
 - a. In the last 14 days, have you had contact with someone who has been sick with COVID-19?
 - i. If yes, they should self-quarantine per local regulations.
 - b. Have you had a fever in the last week (temperature of 100.4°F/37.8°C or higher)?
 - c. Do you have a cough and/or difficulty breathing?
 - d. Do you have any other signs or symptoms of COVID-19 (fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea)?
3. Recommend to conduct onsite measurement of temperature using thermometer, if possible (preferred non-touch thermal scanning thermometer if possible).
 - a. Fever equals temperature of 100.4°F/37.8°C or higher.
 - b. If high, may re-test after 5 minutes to ensure temperature is accurate.
4. Must record all names, results and contact information and keep in case needed for contact tracing or reporting (*Template available in supplemental materials*).
5. If yes to any questions regarding symptoms and/or elevated temperature, participants **MUST** be isolated from the group (at minimum, kept 2m/6ft apart from others and with mask on), be sent home, and instructed to contact their healthcare provider for evaluation.
 - a. Participants who are found to have COVID-19 symptoms must wait 7 days after symptoms resolve to return to activity OR must provide written proof of physician clearance to Special Olympics to return earlier.
 - b. Participants who test positive for/have COVID-19 must provide written medical clearance before returning to sport and fitness activities.

Questions?

For local volunteers and participants, please contact your Accredited Program office for questions.

For Accredited Programs, please contact your Regional Office or Special Olympics, Inc. for questions.

For general questions to SOI, Regions may email COVID@specialolympics.org or for liability questions, email Legal@specialolympics.org.

Glossary of Terms

- **Fully Vaccinated:** Two (2) weeks after completing all doses of a COVID-19 vaccine.
- **Participants:** Athletes, Unified partners, Coaches, Officials, Volunteers, HODs, SO Staff, and families/caregivers if they will not exclusively be in spectator only spaces.
- **Community:** Ideally, the community would be at the county/district level. If data is not available at the county/district level, then use the lowest level (e.g., state) for which the data is available.
- **PCR/NAAT:** A Nucleic Acid Amplification Test, or NAAT, is a type of viral diagnostic test for SARS-CoV-2, the virus that causes COVID-19. Polymer Chain Reaction (PCR) is the most common type of an NAAT test.
- **Rolling 7-day average/100,000:** A 7-day moving average, takes the case rates per 100,000 people for the last 7 days, adds them up, and divides it by 7. This provides a more stable case rate than daily which may have very high days and very low days.

ADDITIONAL MATERIALS

Additional materials available in supplemental documentation on the [Special Olympics Resources for COVID-19 website](#):

- a. Frequently Asked Questions and Additional Considerations
- b. Factsheet on Who is at Higher Risk
- c. COVID-19 Participant Code of Conduct and Risk Assessment Form
- d. Screening and Tracking Report Template
- e. Virtual Games Participation Waiver (for non-registered athletes)
- f. General Waiver of Liability, Assumption of Risk, and Indemnity (US example)
- g. Communicable Disease Waiver for Participants (US Only)
- h. Links to Sport Specific Recommendations on how to modify activities
- i. Healthy Athletes Screening Specific Guidance
- j. Training and education materials for participants and coaches
- k. Signage and educational posters on precautions and COVID-19 symptoms
- l. Social Media infographics

As developed, additional resources will be added to the Special Olympics Resources website for COVID-19:

<https://resources.specialolympics.org/return-to-activities-during-covid-19>



Questions?

For local volunteers and participants, please contact your Region Director of SOVA Program staff if you have any questions.

For general questions to SOI, Regions may email COVID@specialolympics.org or for liability questions, email Legal@specialolympics.org.

APPENDIX

1. COVID-19 Participant Code of Conduct and Risk Assessment
2. Sign-In Sheet and Screening Guidelines
3. Athlete/Volunteer/Coach Daily Self Checklist
4. Environment Safety Document
5. Setting up a Safe Training Environment
6. Educational Signage
7. Signs for Training Facilities

As developed, resources will be added to the Special Olympics Resources website for COVID-19:
<https://resources.specialolympics.org/return-to-activities-during-covid-19>

Participant Name:

Phone Number:

Area Number:

Local Program:

Email:

I have been vaccinated for COVID 19?

Yes

No

Month/Year of vaccine (final shot if 2 shot vaccine)

I understand I could get Coronavirus through sports, training, competition and/or any group activity at Special Olympics. I am choosing to participate in sports, competition and/or other Special Olympics activities at my own risk.

During the time these precautions are needed, I agree to the following to help keep me and my fellow participants safe: **(Please check all of the boxes in order to be eligible)**

If I have COVID-19 symptoms, I will stay at home and NOT go to any activities until 7 days after all of my symptoms are over or 10 days after a positive COVID test.

Special Olympics has educational materials available on COVID-19 and who is at high-risk that I have access to as needed.

I know that if I have a high-risk condition, I have more risk that I could get sick or die from COVID-19. If I have a high-risk condition, I should not go to Special Olympics events in person, until there is little or no Coronavirus in my community or I am fully vaccinated.

I know that before or when I get to a Special Olympics activity, they may ask me some questions about symptoms and exposure to COVID-19. They may also take my temperature. I will answer truthfully and participate fully.

I will keep at least 6 ft/2m from all participants at all times if required by current guidelines.

I will wear a mask at all times while at Special Olympics activities if required by current guidelines. I may not have to wear it during active exercise.

I will wash my hands for 20 seconds or use hand sanitizer before any activities. I will wash my hands any time I sneeze, cough, go to the bathroom or get my hands dirty.

I will avoid touching my face. I will cover my mouth when I cough or sneeze and immediately wash my hands after.

I will not share drinking bottles or towels with other people.

I will only share equipment when instructed to. If equipment must be shared, I will only touch the equipment if it is disinfected first.

If I get or have had COVID, I will not go to any in-person Special Olympics events until 7 days after my symptoms end or 10 days after a positive COVID test. I will go to my doctor and get written clearance before returning to any sport or fitness activities.

I understand that if I do not follow all of these rules, I may not be allowed to participate in Special Olympics activities during this time.

Please send all completed Athlete forms to Special Olympics Va, 21 Southgate Court, Suite 103, Harrisonburg, Va 22801 or email your completed and signed form to jgordon@specialolympicsva.org along with proof of vaccination.

Please send all completed Unified Partner, Coach/Volunteer, and Family member/Caregiver forms to Special Olympics Va, 3212 Skipwith Road, Suite 100, Richmond, Va 23294 or email the signed and completed form to volunteer@specialolympicsva.org along with proof of vaccination.

**WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNIFICATION
AGREEMENT FOR COMMUNICABLE DISEASES
SPECIAL OLYMPICS VIRGINIA**

In consideration of being allowed to participate in any way in Special Olympics sports training, competition or fundraising activities, the undersigned acknowledges, appreciates, and agrees that:

1. Participation includes possible exposure to and illness from infectious and/or communicable diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Special Olympics, Inc, Special Olympics Virginia their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of Participant: _____

Participant Signature: _____

Date signed: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Name of Parent/Guardian: _____

Parent/Guardian Signature: _____

Date signed: _____

Please send all completed Athlete forms to Special Olympics Va, 21 Southgate Court, Suite 103, Harrisonburg, Va 22801 or email your completed and signed form to jgordon@specialolympicsva.org.

Please send all completed Unified Partner, Coach/Volunteer, and Family member/Caregiver forms to SpecialOlympics Va, 3212 Skipwith Road, Suite 100, Richmond, Va 23294 or email the signed and completed form to volunteer@specialolympicsva.org.

Name of Event: _____ Date of Event/Practice: _____ Location: _____

[illegible]



SOVA participants should review this document before attending any Special Olympics Virginia training session. Each coach must ask these questions of each of their athletes, coaches, unified partners or volunteers prior to athletes entering the training area. If you reply **YES** to any of the questions below, **STAY HOME**, do not attend any group training sessions and contact your healthcare provider for further advice. If an athlete arrives at a training session and answers yes to any of these questions they should not attend the training session and should wait 7 days after symptoms resolve to return or be cleared by a physician to do so.

Do you have a fever (temperature over 100.3°F) without having taken any fever reducing medications?

- ☐ Yes
- ☐ No

Loss of Smell or Taste?

- ☐ Yes
- ☐ No

Muscle Aches?

- ☐ Yes
- ☐ No

Sore Throat?

- ☐ Yes
- ☐ No

Cough?

- ☐ Yes
- ☐ No

Shortness of Breath?

- ☐ Yes
- ☐ No

Chills?

- ☐ Yes
- ☐ No

Headache?

- ☐ Yes
- ☐ No

Congestion?

- ☐ Yes
- ☐ No

Have you experienced any gastrointestinal symptoms such as nausea/vomiting, diarrhea, loss of appetite?

- ☐ Yes
- ☐ No

Have you, or anyone you have been in close contact with been diagnosed with COVID-19, or been placed on quarantine for possible contact with COVID-19 in the past 14 days?

- ☐ Yes
- ☐ No

Have you been asked to self-isolate or quarantine by a medical professional or a local public health official?

- ☐ Yes
- ☐ No

COVID-19 and Environmental Safety

The following guidance document is meant to serve as a tool for local programs to utilize to help with the selection of training sites to the extent that is possible to mitigate the risk of acquiring COVID-19 or the subsequent spread of the virus. Although this document does not contain “best practices” that will fit every situation and facility, it will give information on what considerations your group must consider as you choose to resume training activities.

1. Planning to resume training: A government directive legally allowing the community to open does not mean that you, in your community, can do that safely. However if the local government has determined that small groups should not be together, it is clear that training should not occur.

2. Training Group Participant (Athletes, Unified Partners, Coaches, Volunteers)
Education: It is the responsibility of each local program to educate their Training Group Participants on the signs and symptoms of COVID-19 and the preventative tips that must be followed and a mechanism on how to communicate when a member of the Training Group Participants experiences symptoms of COVID-19.

3. Social Distance: Can you maintain the recommended social distance at the training site? Public health guidelines stresses that whenever possible, everyone should leave at least six feet to the person closest to them. You should limit the amount of spectators and make sure there are guidelines in place and enforced regarding social distancing around the training area.

4. Coaches should have materials to mark fields with appropriate social distancing markers for athletes and unified partners to follow. Cones or other devices can be used to mark off spaces and maintain appropriate social distancing.

5. Handwashing: Frequent hand washing is vital to help combat the spread of any virus or bacteria. Does the facility where you are training have adequate hand washing facilities that can be accessed with minimal touching of common surfaces to enter and exit. When hand washing facilities are not available, there needs to be access to hand sanitizer with at least 60% alcohol available for all participants.

6. Face coverings or PPE: Participants should be given the option wear face coverings and any PPE they feel necessary especially in situations where social distancing cannot be maintained or guaranteed on a consistent basis.

7. Screening of athletes for symptom: Is there adequate space for athletes to be asked screening questions regarding symptoms and/or to take the temperature of participants prior to them entering the training area?

8. Cleaning and Common Areas: Is the owner of the facility providing frequent and effective cleaning of the areas especially those of public areas such as lobbies, doorways, restrooms, etc...? Are the restrooms available being cleaned frequently and are there supplies consistently provided for hand washing and protective preventive measures?

9. Ingress and Egress: Can your participants enter and leave maintaining social distancing within the training facility and in the parking lots associated with the training facility? Can you schedule times for people to arrive at the training site to stagger their entrance and exit? Have you given the participant's transportation provider instructions on where and how you will need athletes to enter the facility?

10. Training Facility Space: How much training space will you need? Adhering to the six foot social distancing rule you will need space that is at a minimum 6x the number of people you have in each group. You will also need to calculate in how much space will be required in between groups if you have more than one group at a training site at a time.

11. Emergency Action Plan (EAP): You should already have in place an Emergency Action Plan should someone become injured or develop symptoms while under your care at a training session. If you do not have one you should develop an Emergency Action Plan for each facility. Local programs should contact the owner of the training site and determine if there is an EAP already in place for that particular facility and combine the facility action plan with considerations applicable to your training group.

12. Each participant should plan on bringing their own equipment and their own water supply for the duration of the training. Under no circumstances should water bottles be shared between training group participants or with spectators. Public hydration stations (water fountains) should not be utilized.

Additional information can be found throughout the Special Olympics Return to Activities Guidance Document.



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 the level of risk warrants it based on risk criteria.



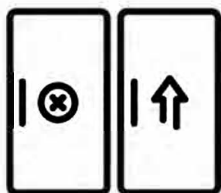
SET ASIDE SPACE TO SCREEN PARTICIPANTS (if operating in the Moderate or Significant Risk levels)

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.



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 water bottles, towels and any other personal items. Have sanitizing supplies, if there is a situation where shared equipment might be used and sanitize as much as feasible to do so.



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 sanitizing spray or wipes.



FACE MASKS

Wear face masks when required to do so. Respect others need to wear a mask.



STAY HOME

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



SYMPTOMS

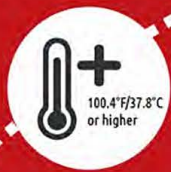


COUGH



SHORTNESS OF BREATH

OR AT LEAST TWO OF THE BELOW SYMPTOMS



FEVER



CHILLS



**REPEATED
SHAKING
WITH CHILLS**



**MUSCLE
PAIN**



HEADACHE



**SORE
THROAT**

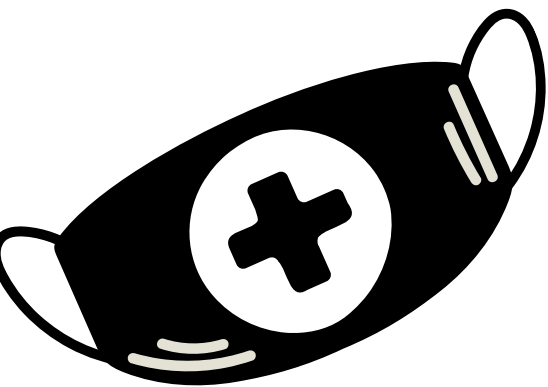


**NEW LOSS
OF TASTE
OR SMELL**



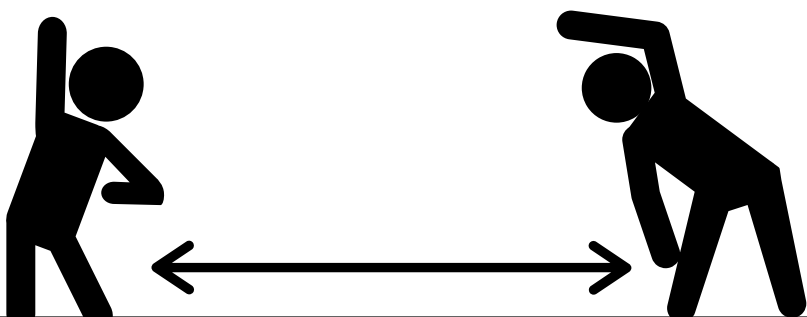
**IF YOU FEEL SICK, OR ARE SHOWING SYMPTOMS, STAY HOME
AND CALL YOUR HEALTHCARE PROVIDER FOR EVALUATION**

**FOR ADDITIONAL INFORMATION AND RESOURCES VISIT
WWW.SPECIALOLYMPICS.ORG**



**WEAR A
FACE
COVERING**

**STAY
SIX
FEET
APART**



**STAY HOME
IF YOU FEEL
ILL**

**WASH
YOUR
HANDS**

