

Coaches Checklist for Training

- ☐ 1. Make sure your Area has turned in an Area Sports Approval form to your Regional Director. The form can be found in the Sports Resources and Considerations Document
- ☐ 2. Read the SOVA Return to Activities document thoroughly and abide by the safety regulations included in that document. Have discussions with your practice facilities regarding the regulations to make sure the facility is complying with state and local recommendations on facility maintenance and cleaning.
- ☐ 3. Send out educational materials to your volunteers and athletes regarding safety procedures and requirements. Have all volunteers watch the COVID Educational videos on the SOI website in the Learning portal that can be found:

Preparing the venue: <https://resources.specialolympics.org/resources-to-help-during-the-crisis/return-to-activities-during-covid-19/return-to-activities-preparing-the-venue?locale=en>

Travel to Activity and On-site screening: <https://resources.specialolympics.org/resources-to-help-during-the-crisis/return-to-activities-travel-to-activity-and-onsite-screening?locale=en>

Examples of Coaching Adjustments: <https://resources.specialolympics.org/resources-to-help-during-the-crisis/return-to-activities-during-covid-19/examples-of-coaching-adjustments?locale=en>

Athletes and volunteers can also take the elearning course on the SOI Learning portal. To access this course follow the directions on this link: https://media.specialolympics.org/resources/covid-19/How-to-Create-an-Account.pdf?_ga=2.86100568.134994827.1615913391-156713668.1606241876

- ☐ 4. Check all athlete application and medical forms and make sure everyone is up to date. Check to see that each athlete and volunteer has filled out the new COVID waiver and Assumption of Risk form. If any athletes have had a positive case of COVID-19, no matter when the positive test occurred, the athlete is obligated to provide proof of medical clearance prior to return to play for the immediate purpose of ensuring no further transmission and because of the potential long-term (especially cardiac-related) health impacts that could make participation more dangerous
- ☐ 5. Have all the necessary screening equipment and PPE available at all practices and competitions.
- ☐ 6. Have adequate hand washing and/or sanitizing stations available and sanitizing sprays for any indirect contact that may occur between shared equipment.
- ☐ 7. Screen and record each athlete and volunteer in attendance as they enter the practice area. Make sure each athlete and volunteer answers the daily checklist questions and is screened for fever with a non-contact thermometer.
- ☐ 8. Keep a daily attendance log of all athletes and volunteers and keep that log in case the Department of Health needs a record of anyone at your practices or games.
- ☐ 9. Report any positive cases of COVID to the state office immediately. Any positive cases or should someone be contacted by the Department of Health for contact tracing must result in an immediate suspension of activity. Athletes and coaches must be advised of the situation and a quarantine period of 14 days for all involved must be applied

**SOVA - Return to Activities
Athletics Training Plan Template**



Components	Phase 0	Phase 1	Phase 2	Phase 3
Description of Phases	Stay at home order in place & public facilities are closed	Stay at home order is lifted, restriction on size of mass gatherings (<10 people including athletes & volunteers).	Size restrictions on mass gatherings are increased (<50 people including athletes & volunteers), public facilities are open.	No restrictions on the size of mass gatherings and public facilities are open.
Level of Engagement	<ul style="list-style-type: none"> • Virtual activities, no in person meetings or activities • Play only with family members or those living in your household. • Virtual coaching 	<ul style="list-style-type: none"> • High Risk individuals should continue to remain at home • Engage in training in very small groups • Do at home sport specific strength and agility exercises alone or with household members • Virtual Coaching & Activities • Spectators and/or family members should not remain in the activity area and should not assemble on the perimeter. 	<ul style="list-style-type: none"> • High Risk individuals should continue to remain at home • Engage in training at team practice facility or large open space • Continue practice at home • Spectators may not assemble in the activity area. Spectators should not exceed 2 per athlete. Masks must be worn at all times. 	<ul style="list-style-type: none"> • Return to traditional training • Continue practice at home

Recommended Activities, Skills & Drills		<ul style="list-style-type: none"> • Participants use their own equipment and avoid touching each other with their hands. Shared implements (e.g., poles) not allowed. • Athletes must only occupy every other lane to maintain a safe distance (e.g., lanes 1,3,5,7) 	<ul style="list-style-type: none"> • Participants may use each other's equipment, but equipment will be cleaned between use. • Activities involving direct contact should not occur (Relays) • Athletes must only occupy every other lane to maintain a safe distance (e.g., lanes 1,3,5,7) 	<ul style="list-style-type: none"> • Continue rigorous cleaning of all training equipment before, during and after training.
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Pre-Training Precautions		<ul style="list-style-type: none"> • Teams and local programs will abide by all of the guidelines and procedures highlighted in the screening and tracking document • https://dotorg.brightspotcdn.com/c9/63/d5c0bbcc42e687ac35da221eb045/screening-information-and-tracking-template.pdf 	<ul style="list-style-type: none"> • Teams and local programs will abide by all of the guidelines and procedures highlighted in the screening and tracking document • https://dotorg.brightspotcdn.com/c9/63/d5c0bbcc42e687ac35da221eb045/screening-information-and-tracking-template.pdf 	<ul style="list-style-type: none"> • Teams and local programs will abide by all of the guidelines and procedures highlighted in the screening and tracking document • https://dotorg.brightspotcdn.com/c9/63/d5c0bbcc42e687ac35da221eb045/screening-information-and-tracking-template.pdf
Training Safety Requirements		<ul style="list-style-type: none"> • Coaches, athletes and volunteers must wear a face mask and maintain a social distance of 6ft. from all participants. • Athletes may remove masks during vigorous physical activity only. 	<ul style="list-style-type: none"> • Coaches, athletes and volunteers must wear a face mask and maintain a social distance of 6ft. from all participants. • Athletes may remove masks during vigorous physical activity only. 	<ul style="list-style-type: none"> • Masks will not be required during activity.

Post Training Procedures		<ul style="list-style-type: none"> • Programs and teams should follow all post-training and reporting procedures in the below link: • https://dotorg.brightspotcdn.com/54/a4/8fc1ede04cce802dfc27d5b20c16/sova-return-to-activities-plan-and-resources-5-with-edits.pdf 	<ul style="list-style-type: none"> • Programs and teams should follow all post-training and reporting procedures in the below link: • https://dotorg.brightspotcdn.com/54/a4/8fc1ede04cce802dfc27d5b20c16/sova-return-to-activities-plan-and-resources-5-with-edits.pdf 	
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Welcome to the 2021 Special Olympics Virginia Summer Series! The below list of both Track & Field events will be offered at all Summer Series events. Any athlete that competes will be able to choose a maximum of 2 events per competition. Events will be based on a minimum registration of 4 participants per gender for each event. Please contact Bryan Schubring, Director of Sports & Competition at bschubring@specialolympicsva.org if you have any questions regarding the 2021 Summer Series.

2021 Summer Series Field Events

Event	Gender
Softball Throw	All
Mini-Javelin (300G & 400G)	All
Running Long Jump	All

*Softball Throw will include Wheelchair Athletes

2021 Summer Series Track Events

Event	Gender
Wheelchair 50M	All
1500M Run	All
100M Walk	All
100M Run	All
400M Run	All