

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

Swimming/Open Water Swimming 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 limit on the size of mass gatherings. 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. Offer at home sport specific strength and agility exercises alone or with household members. Virtual Coaching & Activities as available. Implement training at <u>outdoor venues only</u>. Maintain physical distance of 10 ft in the water and on land in groups of 10 or less. Swimmers should come dressed to swim, avoiding use of locker rooms and bathrooms during practice time. Only essential persons on deck (coaches and lifeguards) should be on deck and family members and/or caregivers must remain outside of the practice area and should not assemble around the perimeter. Spectators and/or family members should not remain in 	<ul style="list-style-type: none"> High Risk individuals should continue to remain at home. Offer at home sport specific strength and agility exercises alone or with household members. Virtual Coaching & Activities as available. Implement training at <u>outdoor venues only</u>. Maintain physical distance of 10 ft in the water and on land in groups of 50 or less. Swimmers should come dressed to swim, avoiding use of locker rooms and bathrooms during practice time. Only essential persons on deck (coaches and lifeguards) should be on deck and family members and/or caregivers must remain outside of the practice area at a maximum of 2 per athlete. Masks must be worn at all times.. Spectators may not assemble in the activity area. Spectators should not 	Return to traditional training

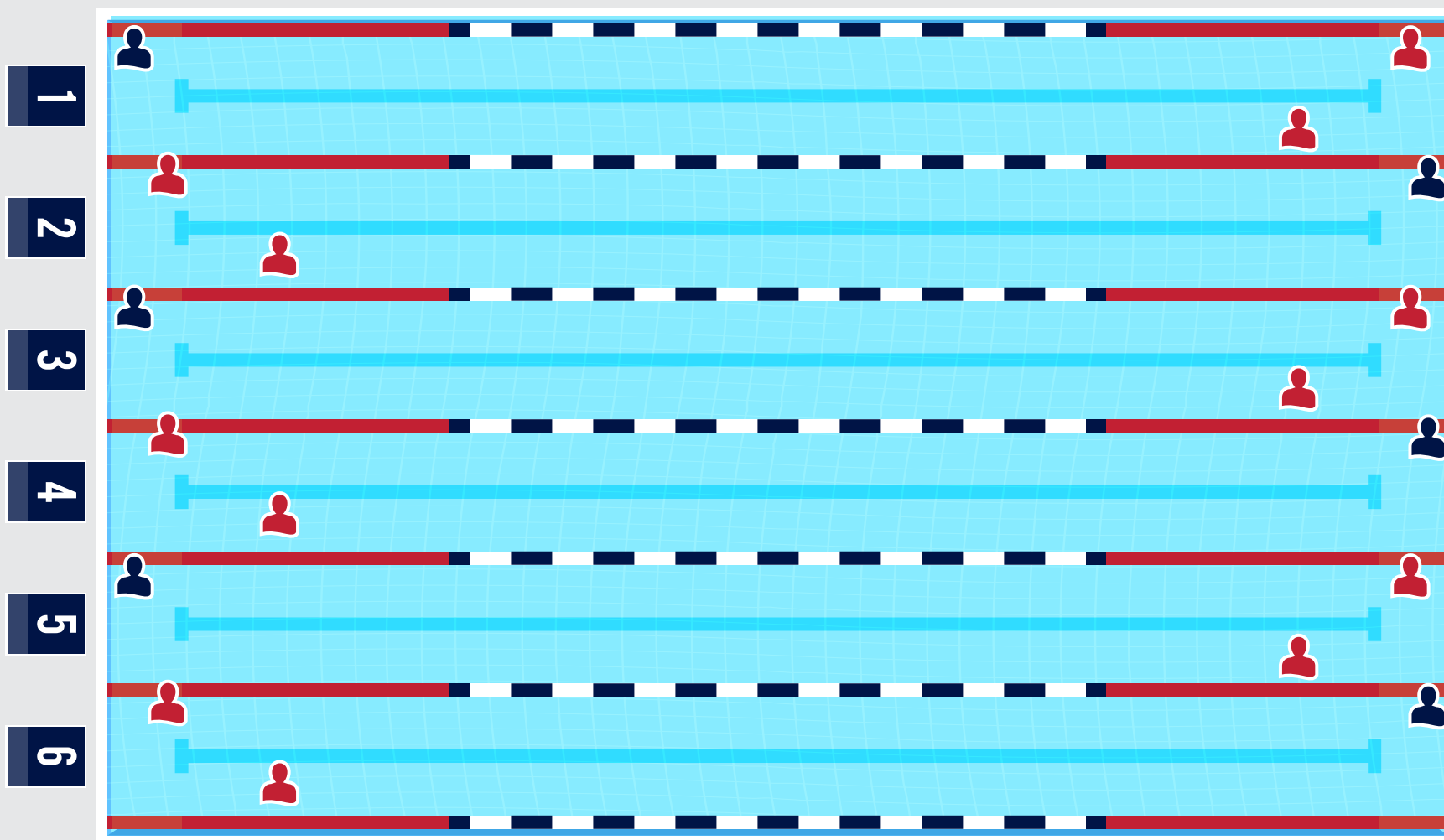
		the activity area and should not assemble on the perimeter.	exceed 2 per athlete. Masks must be worn at all times.	
Recommended Activities, Skills & Drills		<ul style="list-style-type: none"> Swimmers should be assigned to consistent groups and groups should not co-mingle. Swimmers can occupy lanes at max of 3 per lane for lap swimming up to 10 persons total. In Open water, swimmers must maintain at least 10 ft physical distancing. If Kickboards, PFDs or other equipment is used, each swimmer must have their own item. Pre and post equipment sanitation procedures should be followed. Training for individual events only No group game activities including relays. 	<ul style="list-style-type: none"> Swimmers should be assigned to consistent groups and groups should not co-mingle. Swimmers can occupy lanes at max of 4-5 per lane for lap swimming up to 50 persons. In Open water, swimmers must maintain at least 10 ft physical distancing. If Kickboards, PFDs, or other equipment may be used by multiple athletes. Sanitation is required between each use. Pre and post equipment sanitation procedures should be followed. Training for individual events only. No group game activities including relays. 	
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

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Training Safety Requirements		<ul style="list-style-type: none"> Coaches, volunteers and athletes must wear a face mask and maintain a social distance of 6ft. from all participants while out of the water. Athletes may remove masks during vigorous physical activity. 	<ul style="list-style-type: none"> Coaches, volunteers and athletes must wear a face mask and maintain a social distance of 6ft. from all participants while out of the water. Athletes may remove masks during vigorous physical activity. 	<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 	



SOCIAL DISTANCING PRACTICE LAYOUT

25-YARD, 6-LANE POOL

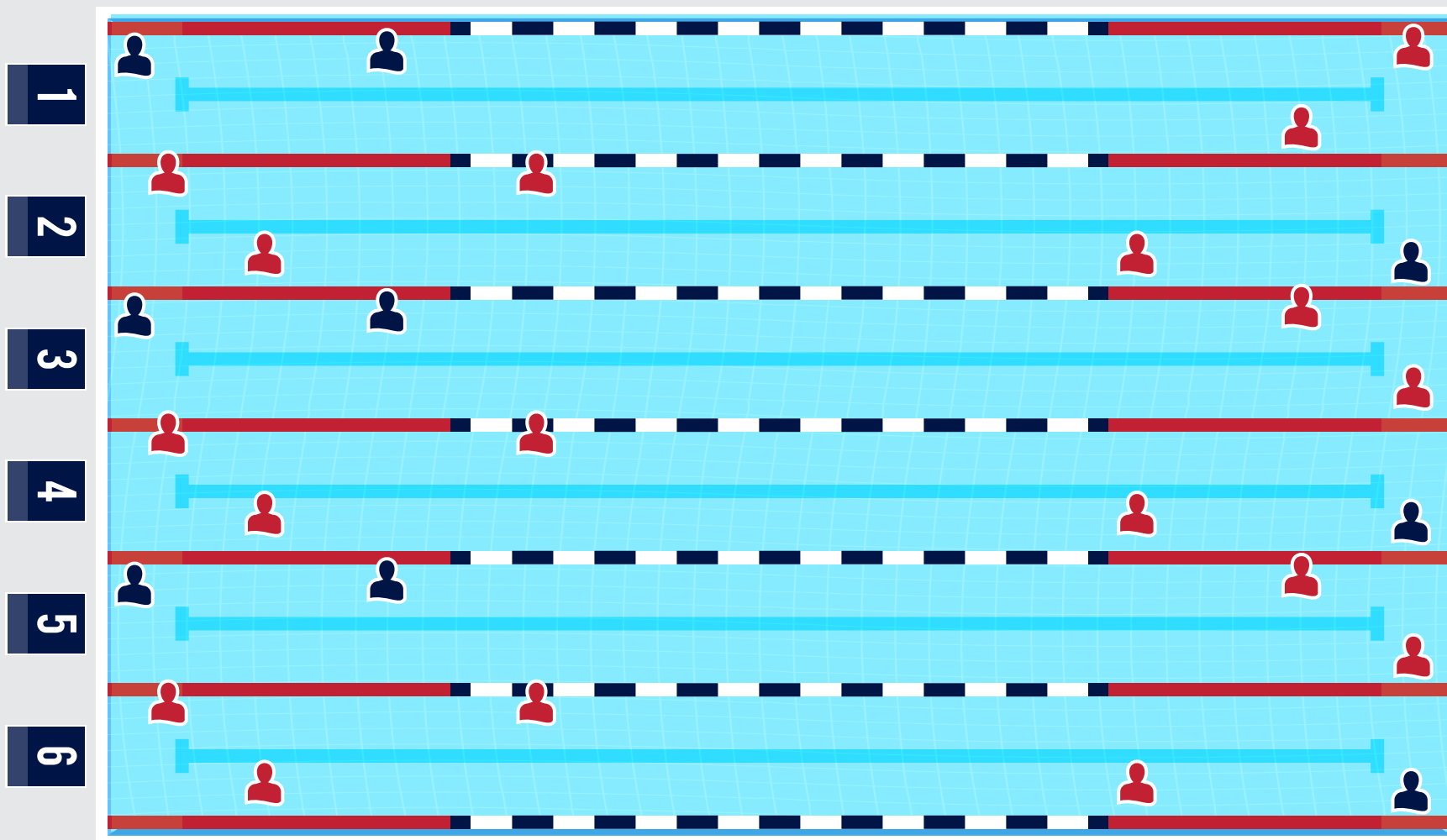


18 SWIMMERS



SOCIAL DISTANCING PRACTICE LAYOUT

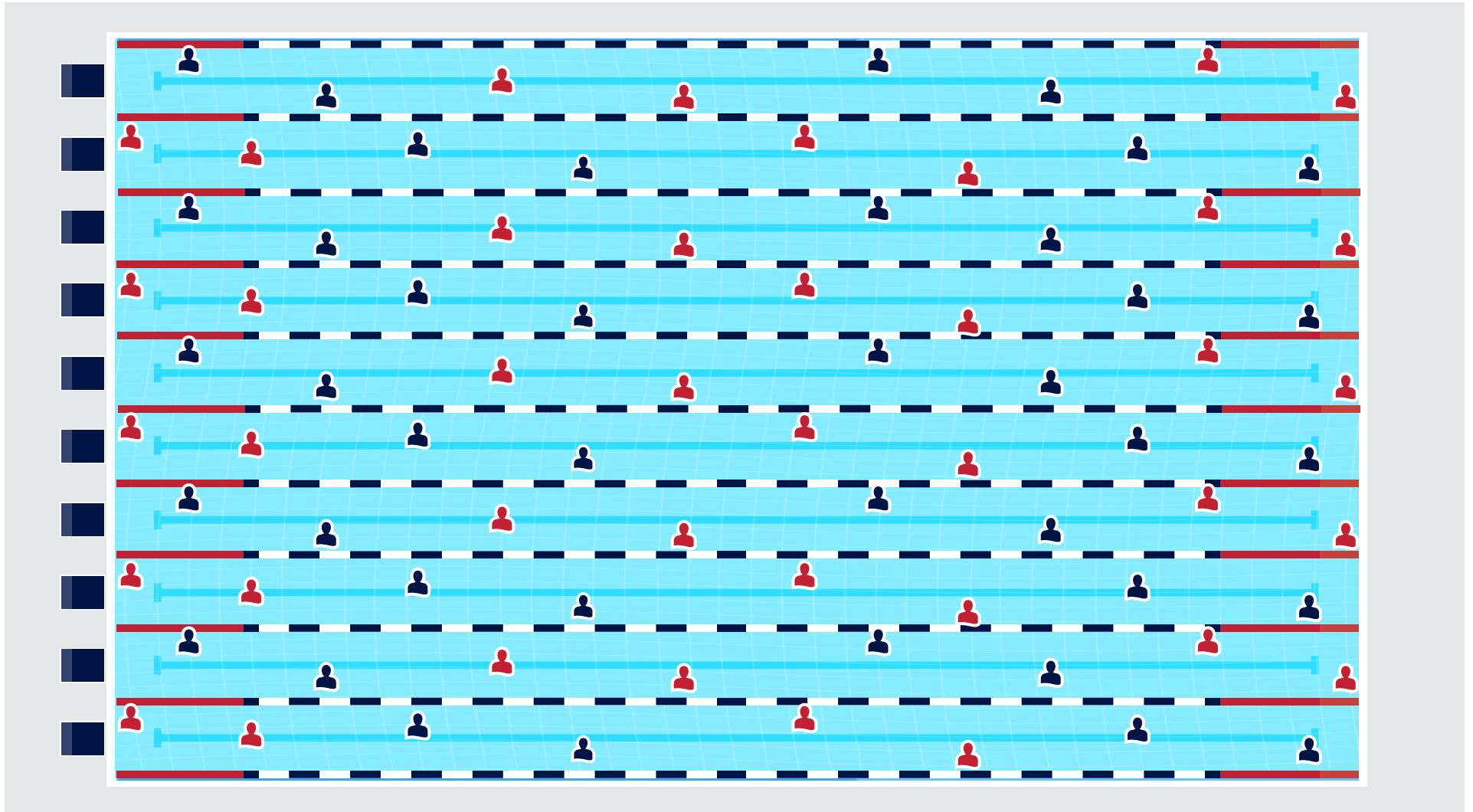
25-YARD, 6-LANE POOL



27 SWIMMERS



SOCIAL DISTANCING PRACTICE LAYOUT 50-METER, 10-LANE POOL



60 SWIMMERS



SOCIAL DISTANCING PRACTICE LAYOUT

25-YARD, ON-DECK, SIT DOWN SLIDE SETS IN CIRCLES

Swimmers maintain 6 feet apart. Mark deck with 2-inch wide colored duct tape.

Sit down/slide in to enter water.

End of set climb out and go to assigned spot.

The more "eyes" on deck the better.

Use cones or other barriers to help with separation – deck needs to be wide enough to accommodate 6' of social distance.

