Return to Activities
Pilot Program

- 5 counties and 6 training sites took part in a Pilot Program
- Pilot Programs held practices for two weeks
- Each site hosted at least two practices
- Coaches and COVID-19 Coordinator worked with SOPA staff to look for areas in the plan that needed clarity and refinement
- Screenings were conducted at each training site
- Valuable feedback was collected from these Pilot Programs that was used to update the information being shared
Scott Otterbein

Details his experience with COVID-19

Parent of an athlete
Montgomery County Program Manager
SOPA Sport Director & Head Coach: Track & Field, LDR/W
Overview

Special Olympics Pennsylvania (SOPA), like the rest of society, needed to determine the safest and most prudent way to reopen after the shutdown caused by Coronavirus Disease (COVID-19). After thorough consultation and deliberation, a Return to Activities plan has been developed which prioritizes the health and safety of everyone involved.
Guiding Principles

Health is top priority
The health and safety our athletes and volunteers is paramount

Latest data
Guidance is based on current medical information available at the time of publication

Health & Government Organizations
Relevant State of Pennsylvania, Centers for Disease Control and Prevention (CDC), and Special Olympics International (SOI) guidelines serve as minimum standards

Flexibility
This plan will continue to be monitored and developed as more information is available
Summary

- SOPA is categorized as a Recreational & Amateur Sports organization by the State of Pennsylvania
  - Only counties designated by the State of Pennsylvania as being in the Green phase are permitted by SOPA to conduct in-person activities
- All Local Programs and school-based programs, are required to follow the guidance and requirements within the Return to Activities plan
- Required COVID-19 Coordinator
  - Chelsea Hammell is SOPA's designated COVID-19 Coordinator
  - Each site will be required to designate a COVID-19 Coordinator
Unified Champion School Guidance

- Pre-K to 12 School Sports: Pre-K to 12 (PK-12) school sports under the Pennsylvania Interscholastic Athletic Association (PIAA) and the Pennsylvania Independent Schools Athletic Association (PISAA) are permitted to resume in counties designated in the Yellow and Green phases, in alignment with the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools and the CDC Considerations for Youth Sports.

- Follow all policies instituted by each school district and the Pennsylvania Interscholastic Athletic Association as per the State of Pennsylvania Guidance for Sports.
Important Highlights

- Participation is OPTIONAL
- Due to the impact of COVID-19, we will not require coaches to be certified for the Fall Season
- At-home virtual training and competition will always be available for those uncomfortable or unable to return to activities in person
- Any participant who is considered as high risk is not permitted to return to Special Olympics in-person activities until there are no reported COVID-19 cases
High Risk Participants

More is learned about COVID-19 every day, and the latest information is available on the CDC’s webpage. As of July 17, 2020, the CDC notes that people of any age with the following conditions are at increased risk of severe illness from COVID-19:

- Cancer
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 or higher)
- Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Sickle cell disease
- Type 2 diabetes mellitus

Current clinical guidance and information from the CDC also indicates that people who live in a nursing home or licensed long-term care facility are at risk for severe illness from COVID-19. Residents of PA-licensed Intermediate Care Facilities (ICFs) or Personal Care Homes are not permitted to participate in in-person Special Olympics in-person activities at this time.

If participants have any condition the CDC notes places you at higher risk of serious illness from COVID-19 or if you live in a nursing home or licensed long-term care facility, participants are not permitted to return to Special Olympics in-person activities at this time.

We are working to create a meaningful opportunity for all high risk individuals that will be rolled out soon!
### The Phases

<table>
<thead>
<tr>
<th>Pennsylvania: Yellow &amp; Red</th>
<th></th>
<th>Pennsylvania: Green</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SOI:</strong> Phase 0 (Stay at Home)</td>
<td><strong>SOI:</strong> Phase 1 (≤ 10)</td>
<td><strong>SOI:</strong> Phase 2 (≤ 50)</td>
<td><strong>SOI:</strong> Phase 3 (No size restrictions)</td>
</tr>
<tr>
<td><strong>SOPA:</strong> Phase A (Stay at Home)</td>
<td><strong>SOPA:</strong> Phase B (≤ 10)</td>
<td><strong>SOPA:</strong> Phase C (≤ 25)</td>
<td><strong>SOPA:</strong> Phase D (≤ 50)</td>
</tr>
</tbody>
</table>

- **SOPA:** Phase A = not available for the Fall season

---

**RETURN TO ACTIVITIES**
Multi-County Programs

If a Local Program or Region consists of more than one county, the following process applies:

- The Local Program or Region will make the decision (with SOPA approval) to either allow individual counties designated as Green to conduct in-person activities or wait until all counties within the Program or Region are designated as Green.
- Participants will not be able to cross county lines for in-person activities if their county of residence is not Green.
Athlete "Medicals"

SOPA is offering up to a 6-month extension if an Application for Participation ("medical") expired from March 2020 through July 2020 following the provision that the athlete, family member or caregiver reports the following to the Local Program:

- The athlete has not had any major changes in their health status since their last valid Application for Participation was completed
- The athlete has not been infected with the COVID-19 virus (as this would require medical clearance)
- The athlete does not experience any of the following symptoms at rest or during exercise: difficulty breathing, chest pain, shortness of breath, loss of consciousness, lightheadedness, dizziness, visual changes, headache, cough, skipped heartbeats, irregular heartbeat or any other unpleasant physical symptoms.

Any athlete with a medical that expires August 1, 2020 or later must provide a new one.
COVID-19 Coordinator Responsibilities

- Educate participants
- Register site
- Collect COVID-19 Participant Code of Conduct and Risk Assessment Forms
  - Forms must be submitted prior to the start of the activity
  - Enforce that participants who are high risk are not permitted to participate
- Perform participant screening
- Submit Screening and Tracking Form
- Report any concerns to Chelsea Hammell, SOPA's COVID-19 Coordinator
  - For ways to track COVID-19 data in your county, access the following link
Approval Process

- COVID-19 Coordinator will submit the Site Registration and Advancement Form
- This purpose of this form is to register a Local Program meeting/social gathering, NEW site OR to request to ADVANCE a site to the next phase
- This form must be completed and submitted prior to the start of the activity
- SOPA will respond within 48 hours
  - Field Director will email the Program Manager to endorse site & COVID-19 Coordinator
  - After receiving program Manager endorsement, Field Director will email COVID-19 Coordinator and program Manager with the FINAL site decision
- Site must receive approval prior to the start of the activity
- When the minimum requirements are met to move to the next phase of Return to Activities, the site COVID-19 Coordinator submits the Site Registration and Advancement Form
COVID-19 Participant Code of Conduct and Risk Assessment Form

- Every participant (athlete, coach, volunteer) is required to complete the COVID-19 Participant Code of Conduct and Risk Assessment Form prior to the start of the activity.
- SOPA will provide COVID-19 Coordinator list of completed forms which will populate the Screening and Tracking Form.
Personal Protective Equipment

SOPA will provide
- Infrared No Touch Thermometer
- Disposable 3 Ply Face Masks
- Hand Sanitizer
- Spray Disinfectant
- Signage

For more information on PPE access the following link
Travel to Activity & Onsite Screening

https://youtu.be/lRJxU1K8ikY
Screening Protocol

The COVID-19 Coordinator must screen and monitor all participants for symptoms. Prior to entering an activity, practice, event, or gathering, the COVID-19 Coordinator must:

- Set-up a space for screening that maintains physical distance (6ft) during screening
- Ask screening questions
  - If yes to any questions, participants must be isolated from the group
- Conduct temperature measurement
- Record all names, results, and contact information for contact tracing within the Screening and Tracking Report Form
Symptoms and Positive Tests

- 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.
- Participants who test positive for/have COVID-19 must provide written medical clearance.
- If participants have tested positive and/or been diagnosed with COVID-19, the participant must provide written proof of clearance from their healthcare professional prior to returning to sport or fitness activities.
- The training site must shut down for at least 14 days to self quarantine.
- The training site COVID-19 Coordinator must resubmit the Site Registration and Advancement Form to resume their activities again.
Setting up a safe training space

Coaches are required to:

- Ensure there are hand washing facilities or hand sanitizer available
- Ensure there are gloves and extra PPE available
- Ensure there is plenty of signage explaining COVID-19
- Ensure athletes maintain appropriate physical distancing
- Ensure common areas are cleaned and disinfected regularly
- Create one way entry and exit to maintain physical distancing

*** Please arrive 30-45 minutes prior to practice to have enough time to set everything up
Coaching Adjustments

Coaches are required to:

- Educate athletes, partners, and volunteers on the signs and symptoms of COVID-19
- Remind all high risk athletes to continue to train from home
- Ensure that all participants are wearing personal protective equipment
- Ensure that athletes bring their own water/drinks, no shared water jugs/coolers
- Ensure athletes have access to equipment that is not shared with others during practice.
- All equipment brought from home will be disinfected upon arrival
- Ensure athletes avoid shaking hands, fist bumps, or high fives
Honor Code

- Give athletes one attempt to record their competition score as is done in-person. Providing multiple attempts to try and submit a higher score is illegal and violates the integrity of virtual competition.
- Follow and enforce the competition rules for each sport which includes calling any illegal attempt or violation.
- Have athletes use the same course, field, court, and equipment for divisioning, as well as all virtual competitions.
- Submit the exact time, distance, score, or other performance measurement for each athlete for divisioning and all competitions.
- Follow all virtual competition guidelines and standards provided by SOPA.
- Meet all deadlines for submission of scores.
- Ensure the athletes have the proper equipment and practice facilities which provide them with the best opportunities to succeed.
Phase A

County is Designated RED or YELLOW by the State of Pennsylvania

Phase A: All Individuals Stay at Home

Prevalence: Community transmission occurring
Size: Stay at home orders. No gatherings of any size, public facilities are closed
Virtual Training & Competition

We are committed to providing virtual programming for those who are at high risk and not eligible to attend in-person. The materials are still in development and we expect to be able to share more in August.
## Phase B

<table>
<thead>
<tr>
<th>County is Designated GREEN by the State of Pennsylvania</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phase B</td>
</tr>
<tr>
<td>Prevalence: Clusters of cases occurring</td>
</tr>
<tr>
<td>Size: Local gatherings restricted to ≤10 people, individuals at high risk must remain safe at home</td>
</tr>
</tbody>
</table>
## Phase B and C: Sports

<table>
<thead>
<tr>
<th>Individual Sports</th>
<th>Team Sports</th>
<th>Individual Sports (with judging component)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scores such as times, distances, weight lifted, etc.</td>
<td>Level I and Level II Skills</td>
<td></td>
</tr>
<tr>
<td>are submitted.</td>
<td>Competitions are conducted.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Scores are submitted.</td>
<td></td>
</tr>
</tbody>
</table>

### FALL (not to be conducted before July 1, and only if all requirements are met)
- Bocce (singles & doubles)
- Long Distance Running & Walking
- Powerlifting
- Roller Skating Race Event
- Flag Football
- Soccer
- Volleyball
- Roller Skating Artistic Events

### WINTER (not to be conducted before December 1, and only if all requirements are met)
- Alpine Skiing
- Bowling
- Cross Country Skiing
- Snowboarding
- Snowshoeing
- Speed Skating
- Floor Hockey
- Figure Skating

### SPRING (not to be conducted before March 15, and only if all requirements are met)
- Athletics
- Golf
- Swimming
- Tennis Skills (Level I & Level II)
- Basketball
- Softball
- Equestrian
- Gymnastics
Phase B: Competition

- All local, Sectional, and State competitions are virtual. There are no in-person competitions
- Virtual competitions include individual sports and team sports skills competitions
- Athletes will have their scores recorded at their local training site and submitted
- New Honor Code for virtual competitions to ensure fairness
- If a county is redesignated as Yellow phase or Red phase, all activities will transition to Phase A
Phase B: Divisioning

- SOPA still follows standard divisioning process: ability, age, and gender
- Qualifying times/distances/scores submitted three weeks prior to virtual competition
- For sports where different competition venues impacts performance (i.e. long distance running course or golf course):
  - The same competition venue must be used for divisioning and in all competitions
Phase B: Competition and Awards

- Virtual Competitions for local, Sectionals, and State Games
- Athletes compete within their assigned virtual divisions
- Coaches submit competition scores online obtained at practices the Monday prior to competition. These are inputted into GMS
- Places of finish determined by athlete performance in each competition division
- Final results posted online the day of the scheduled virtual competition
- **Awards:** Official Special Olympics Awards will be given for Sectionals and State events
Phase C

County is Designated GREEN by the State of Pennsylvania

Phase C

Prevalence: Sporadic cases occurring
Size (Phase C): Local gatherings restricted to ≤25 people, individuals at high risk must remain safe at home
Phase C: Summary

- Training Sites permitted **up to 25 participants** at each session
- Same sports as Phase B
- Competition follows the same virtual format as Phase B
### Phase D

<table>
<thead>
<tr>
<th>County is Designated GREEN by the State of Pennsylvania</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phase D</strong></td>
</tr>
<tr>
<td><strong>Prevalence:</strong> Sporadic cases occurring</td>
</tr>
<tr>
<td><strong>Size (Phase D):</strong> Local gatherings restricted to ≤50 people, individuals at high risk must remain safe at home</td>
</tr>
</tbody>
</table>
Phase D: Summary

- **Maximum of 50 participants** allowed at each facility (to include athletes, coaches, volunteers and spectators)
- All Individual Sports offered
- Team Sports offered for Soccer and Softball only
- All team sports will have Level I and Level II Skills Competition options available
- In-person Local Program competitions are permissible in the allowed sports only. Training sites also have the option to offer virtual competitions
- One day competitions with no overnight stays allowed
- Sectionals and State Games will be conducted as virtual competitions
  - Same format followed as used in Phase B and C
## Phase E

<table>
<thead>
<tr>
<th>County is Designated GREEN by the State of Pennsylvania</th>
</tr>
</thead>
</table>

### Phase E

**Prevalence:** No reported cases  
**Size:** Local gatherings restricted to ≤150 people. Public facilities are open.
Phase E: Summary

- In-person competitions can be conducted with up to 150 participants at any single facility. Sufficient space for adequate physical distancing needs to exist
  - Staggered scheduling and, when necessary, multiple competition sites (i.e. fields and courts) will be utilized
- Competition is offered at the local level, as well as at Sectionals and State events
- **Sectionals and State Events**
  - Combination of limited in-person competitions and virtual events to maximize athlete participation
  - Each sport/venue has its own Opening Ceremonies, lunches, etc.
  - Larger venues will follow a strict schedule of games
  - Whenever possible, events such as Opening Ceremonies, awards ceremonies, and the Olympic Village should be held outdoors. Attendees must wear face masks and be physically distanced. Ceremonies will be broadcast live online
  - There will only be one day competitions with no overnight stays allowed
Sport-Specific Highlights

- Athletes will train under the guidelines of SOPA’s Return to Activities Policy
- All of the required entry information should follow the county’s typical process for submitting competition entry information, typically managed by the Sport and Competition Coordinator
- Unified Events will continue to be offered in sports that have had a Unified option in the past
# Team Sports

During Phase B and C, athletes will be able to compete in Level 1 (Traditional) or Level 2 (Advanced) Skill Competition

<table>
<thead>
<tr>
<th>Sport</th>
<th>Level 1</th>
<th>Level 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flag Football</td>
<td>Throwing for distance</td>
<td>Control and Pass</td>
</tr>
<tr>
<td></td>
<td>Agility and Speed: Ball Handoff</td>
<td>Throwing for Accuracy</td>
</tr>
<tr>
<td></td>
<td>Long Snap</td>
<td>Advanced Agility and Speed: Ball Handoff</td>
</tr>
<tr>
<td>Soccer</td>
<td>10 Meter Dribbling</td>
<td>12 Meter Slalom Dribble</td>
</tr>
<tr>
<td></td>
<td>Shooting</td>
<td>Advanced Shooting</td>
</tr>
<tr>
<td></td>
<td>Run and Kick</td>
<td>Control and Pass</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Overhead Set</td>
<td>Bump Set</td>
</tr>
<tr>
<td></td>
<td>Underhand Serve</td>
<td>Overhand Serve</td>
</tr>
<tr>
<td></td>
<td>Bump</td>
<td>Over the Net Set</td>
</tr>
</tbody>
</table>
**Individual Sports**

**Long Distance Running/Walking and Powerlifting**
- No significant changes in process
- Important to focus on physical distancing and safety practices

**Roller Skating**
- Artistic: Level 1 and Level 2 Skills will be offered
- Speed: No significant changes in the process
Individual Sports

Bocce

- Participants will compete in a modified game
- Games will be conducted in 4 frame matches
- Each participant will roll 4 balls towards the pallina
- Participants will not alternate ends. All frames will be played from one end of the court
- These scores will be compared to others across the state
- Competition will be offered in:
  - Singles
  - Doubles
  - Unified Doubles
Sport Specific Links

Bocce:  Sport Specific Guidance - Bocce
Flag Football:  Sport Specific Guidance - Flag Football
LDR/W:  Sport Specific Guidance - LDR/W
Powerlifting:  Sport Specific Guidance - Powerlifting
Soccer:  Sport Specific Guidance - Soccer
Volleyball:  Sport Specific Guidance - Volleyball
Rollerskating:  Sport Specific Guidance - Roller Skating Artistic
            Sport Specific Guidance - Roller Skating Speed
Questions?

Link: Return to Activities Questions