

SPECIAL OLYMPICS PENNSYLVANIA

Fall Return to

Activities

July 21, 2021



Agenda

Welcome/Overview

Return to Activities

SONA Move Challenge

State Competitions

Athlete Performance Training

Questions



Return to Activities



Guiding Principles

1. Health and safety is paramount.
2. Special Olympics is a movement for and by people ID, and guidance is inclusive and directed at the unique needs and abilities of people with ID.
3. State of Pennsylvania, CDC, and SOI guidelines serve as minimum standards.
4. Guidance is based on current medical information available.
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.

Overview

- Directly aligned with SOI Return to Activities protocol.
- Size and venue allowable per State of Pennsylvania and local authority regulations.
- All SOPA Local Programs can return to sport training, competition, meetings, social gatherings and Young Athletes in accordance with the State of Pennsylvania and local authority regulations.
- All SOPA Local Programs inclusive of sport training, competition, meetings, social gatherings and Young Athletes are required to follow all of the guidance and requirements in the SOPA Return to Activities plan.

COVID-19 Community Transmission Rate

Special Olympics Pennsylvania is monitoring COVID-19 new cases daily per 100,000 people through the [Pennsylvania Department of Health](#).

Low Transmission Rate

- 10 or less new cases daily per 100,000 people

Moderate Transmission Rate

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

Significant Transmission Rate

- More than 15 new daily cases per 100,000 people
- <than 80% of participants fully vaccinated

A SOPA Field Director will communicate the COVID-19 community transmission rate (low, moderate or significant) with the Local Program Manager and site COVID-19 Coordinator via email on a weekly basis. Each site is required to follow all mitigation protocol requirements.



COVID-19 Coordinator

- The site must designate a primary point of contact for all questions related to COVID-19. All participants must be provided the individual's contact information.
- The COVID-19 Coordinator responsibilities include but are not limited to:
 - Have access to home computer and Internet with a basic understanding of Google products (Forms & Sheets) to complete forms.
 - On **Friday** check email from a SOPA Field Director on COVID-19 community transmission rate (low, moderate or significant) of county.
 - Implement the required mitigation protocols weekly depending on the COVID-19 community transmission rate (low, moderate or significant).
 - Educate participants on risks of participation, requirement that anyone with symptoms stay home, and requirements for in-person activities including PPE, hygiene, and physical distancing prior to beginning.
 - Have signage posted that reinforce hygiene practices and physical distancing.
 - Signage can be found within the Appendix (specifically pages 11 and 12).
 - Ensure that the venue is cleaned and disinfected.
- The COVID-19 Coordinator full responsibilities are outlined within the Appendix (specifically pages 1 and 2).



Site Registration Form

- The COVID-19 Coordinator must submit the [Site Registration Form](#).
- The purpose of this form is to register a Local Program **in-person activity**.
 - *Examples: Meetings, Gatherings, Training, Young Athletes, Management Team Meetings*
- This form must be completed and submitted by the COVID-19 Coordinator prior to the start of the in-person activity.
- SOPA will respond to registration requests within 48 hours (excluding weekends).
- The COVID-19 Coordinator must receive approval from SOPA prior to the start of the activity.
 - The SOPA Field Director will email the Program Manager to endorse the site and COVID-19 Coordinator.
 - After receiving Program Manager endorsement, the SOPA Field Director will email COVID-19 Coordinator and Program Manager with the final site decision.



Young Athletes

- Children, coaches and volunteers must wear masks during Young Athletes activities.
- Social distancing and outdoor activities are highly encouraged.
- See Appendix for more guidance on Young Athletes (specifically pages 16-20).



COMMUNICABLE DISEASE PARTICIPANT (ATHLETE AND VOLUNTEER) RISK ASSESSMENT, CODE OF CONDUCT AND WAIVER

- The [COMMUNICABLE DISEASES PARTICIPANT \(ATHLETE AND VOLUNTEER\) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER](#) must be electronically signed and submitted via Google Forms by every participant (athletes, Unified partners, coaches, volunteers, family members, caregivers, or others in attendance of an activity) prior to the start of the in-person activity.
- This form has 3 sections (Risk Assessment, Code of Conduct and Waiver) and must be completed in one-sitting as you cannot return to the form.
- If a participant does not have access to submit electronically or ability to send a photo of the completed form to the site COVID-19 Coordinator, participant must schedule a call with the site COVID-19 Coordinator at least 24 hours prior to the first in-person activity to verbally provide their answers to the site COVID-19 Coordinator.
 - Site COVID-19 Coordinator will enter form electronically based on information provided.
 - Participant must bring a completed paper form to the first in-person activity and provide to the site COVID-19 Coordinator upon arrival at first in-person activity.
- SOPA will provide the COVID-19 Coordinator with a list of submitted forms prior to the start of the activity.
- The COVID-19 Coordinator is responsible for ensuring that forms have been submitted for all participants.



Screening and Tracking Report Form

- The COVID-19 Coordinator must screen and monitor all participants for symptoms.
- The COVID-19 Coordinator must:
 - Set-up a space for screening that maintains physical distance (6ft/2m) during screening.
 - Ask the screening questions.
 - Record all results.
 - The Screening and Tracking Report Form will be an electronic form in Google Sheets and will be specific to each site.
 - The link to the electronic Screening and Tracking Report Form will be shared with the COVID-19 Coordinator before the start of the activity.
 - Programs will have the option of a paper version for tracking onsite if they do not have digital access to the electronic version.
 - If the COVID-19 Coordinator completes a paper version, they **MUST** transfer that data to the electronic form within 48 hours of the end of the activity.



COVID-19 exposure

If a participant has been exposed, tested positive and/or been diagnosed with COVID-19 while actively participating in current in-person activities, in an abundance of caution, the site must shut down for at least 14 days to self-quarantine. The site COVID-19 Coordinator must follow these steps:

- Notify SOPA's COVID-19 Coordinator by phone immediately at 215-630-7859.
- Notify the Program Manager/Team Leader by phone immediately after notifying SOPA's COVID-19 Coordinator.
- As appropriate, SOPA's COVID-19 Coordinator will notify SOPA's Vice President of Communication.
- SOPA's COVID-19 Coordinator will notify the appropriate SOPA Field Director or Regional Staff.

COVID-19 positive test or symptoms

- No participation within 10 days of COVID-19 positive test and 7 days of any symptoms.
- If a participant has tested positive and/or has been diagnosed with COVID-19, the participant must provide written proof of clearance from their healthcare professional prior to returning to in-person activities to Chelsea Hammell (chammell@specialolympicspa.org).



Higher Risk from COVID-19

- Current clinical guidance and information from the CDC and WHO lists those at high-risk for severe illness from COVID-19 as:
 - Unvaccinated people 60 years and older.
 - Unvaccinated people with disabilities.
- Regardless of age, individuals who are unvaccinated and have underlying conditions are or may be at increased risk of severe illness from COVID-19.
- Please review the latest list of conditions that put individuals at increased risk available at the CDC website (<https://bit.ly/2VEJcSK>)

If you are at a high risk and unvaccinated, you may be putting yourself at risk when you return to activities with Special Olympics. But, you may also put your family and your teammates at risk. If you have these conditions, it is strongly recommended that you should not return to Special Olympics in person activities until you are vaccinated or the community transmission in your community is low.



One-time 6 month medical extension

- SOPA will continue to offer a one-time 6 month extension if an Application for Participation (“medical”) has expired IF the athlete, family member or caregiver is able to answer “NO” to the 3 health status questions.
 - If the athlete answers “YES” to any of the health status questions, they are required to have a full Application for Participation (“medical”) submitted prior to in-person activities.
- The SOPA Field Director will share a listing of athletes eligible for an extension with Local Program Managers.
- If an athlete were to travel to an invitational, regional, sectional or state competition, they will be required to have a new/current Application for Participation (“medical”) to be completed and submitted in advance of travel. Extensions will not be accepted. Extensions will be accepted for local training and competition.



Event Size and Venue Type

Low and Moderate Risk Level

Size and venue allowable per State of Pennsylvania and local authority regulations.

Significant Risk Level

Entirely Outdoors (except restrooms): Size and venue allowable per State of Pennsylvania and local authority regulations.

Indoors or Mixed Indoors/Outdoors: ≤ 50 participants.

Mixed venue = Events that still have indoor components (e.g., meals) even if primary activity is outdoors.

Type of Sport/Activity

Low and Moderate Risk Level

All SOPA Local Programs can return to sport training, competition, meetings, and social gatherings in accordance with the State of Pennsylvania and local authority regulations.

Significant Risk Level

Individual sports and indirect contact sports only for competition play.

No competitive play for contact sports – drills only.

For non-sport (meetings and social gatherings): Social distancing and no direct contact.



Return to Activities



Masking

Low Risk Level: Unvaccinated participants are **required** to wear masks indoors and outdoors, except when actively engaged in sports training and competition. Masks are **strongly recommended** for vaccinated participants, especially when indoors, except when actively engaged in sports training and competition.

Moderate and Significant Risk Level: Masks are **required** for ALL participants except when actively engaged in sports training and competition.

Distancing

Low and Moderate Risk Level

Take active measures to ensure distancing as much as possible when not actively engaged in sports training and competition, especially in indoor spaces.

Significant Risk Level

Distance required at all times.

Competition Events

Single day events

- Participants are not required to be vaccinated, unless required by venue.

Overnight events

- All delegation members, technical delegates (sport directors, etc), and any additional individual housed by SOPA **are required to be vaccinated.**
- SOPA Housing policy will be followed.



Non-Competition Events

Single day events

- Participants are not required to be vaccinated, unless required by venue.

Overnight events

- Participants are not required to be vaccinated, unless required by venue.
- Unvaccinated participants from different households may not room together. If one individual is unvaccinated, max of two per room.
- If the competition or non-competition event requires participants to be vaccinated, we will be requiring proof of vaccination.



Travel

Low and Moderate Risk Level

Travel permitted with precautions as outlined in the Return to Activities plan.

Significant Risk Level

Not permitted outside of the Local Program.

Must follow precautions as outlined in the Return to Activities plan.

Transportation

Public transportation

- When using public transportation, a rideshare service, taxis, or commercial air or train/rail for transportation, all individuals (or via their caregivers/families) should be educated about and willing to abide by any safety/masking requirements in place by the transportation operator.
- Individuals should also be aware of the potential consequences of not following the operator's required practices.
- Hand hygiene/sanitization should be followed.
- Strongly recommend wearing a mask.



Transportation

Personal transportation

- When securing your own transportation, SOPA recommends the following:
 - When traveling with family, caregivers, or individuals with whom they live, masks not required.
 - When carpooling with someone outside of the household, masks and social distancing are recommended.
 - This can be accomplished by limiting 4 per car maximum and 6 per vehicle maximum provided there are three rows of seats.
- Encouraged as much as possible for local/regional events.
- Hand hygiene/sanitization should be followed.



Transportation

SOPA Sponsored

- Masks and social distancing are required unless all riders are vaccinated.
- Every vehicle must have a designated individual to monitor for compliance at all times.
- Onsite screening of all participants must occur prior to boarding busses or vans.
- No shared food, use only individually packaged items.
- Hand hygiene/sanitization should be followed.
- Understand COVID-19 safety protocols of transportation company.



Spectators

Low & Moderate Risk Level

- Permitted per State of Pennsylvania and local authority regulations.
- Separation from participants as much as possible and not permitted in athlete areas.

Significant Risk Level

- Not permitted.



Meals

Low & Moderate Risk Level

- No self-serve buffet meals.
- Stagger mealtimes and cohort groups as much as possible, especially when indoors.
- Participants bring own water bottles.

Significant Risk Level

- Participants bring their own meals and water bottles and/or pick-up only.
- Stagger mealtimes and cohort groups.



School-Based Activities

School-based activities led by schools are considered separate from this framework and should comply with guidance from schools/districts.

If you have questions about this, please reach out to your field director.



Fundraising Events

- Fundraising events are considered separate from this framework. See Appendix for more guidance on Fundraising Activities.
- All SOPA Local Program and Region fundraising activities must comply.
- Individuals interested in hosting an event must submit the [Fundraising Activity and Mitigation Form](#).
 - [COVID-19 Protocols - Special Olympics Pennsylvania \(specialolympicspa.org\)](#)
 - Reviewed every Wednesday. A decision will be emailed by COB Wednesday to the individual submitting the form.
- If a SOPA representative (athletes, athlete leaders, program volunteers, management team, LETR, SOPA staff) wishes to participate in a fundraising activity as a paying entrant/registrant, like any other supporter, they are welcome to do so; however, they will assume all liability for their own health and safety, just as all other event participants/members of the general public.
- For SOPA representatives who are playing a specific role in the fundraising activity, the following requirements must be met:
 - SOPA representatives may not be pressured or made to feel they have to participate on behalf of the Local Program, Region or State.
 - Each SOPA representative (or their legal guardian) must sign the [COMMUNICABLE DISEASES PARTICIPANT \(ATHLETE AND VOLUNTEER\) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER](#).
 - Upon arrival, each SOPA representative on-site must be screened for symptoms and exposure by the COVID-19 Coordinator at the fundraising activity.
 - Upon arrival, each SOPA representative will receive education about the expected health and safety behaviors they will need to demonstrate. Additionally, they will be held accountable for adhering to them.


Return to Activities



Competition



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Bowling Qualifier/Fall Sectionals

- Participants are not required to be vaccinated, unless required by venue.
- Transportation guidance to be followed.
 - Screening and Tracking prior to boarding.
 - Masks and social distancing are required unless all riders are vaccinated.
- Masks are **required** for ALL participants except when actively engaged in sports training and competition.
 - Masks required except when in the act of bowling.
- Spectators not allowed in athlete areas.



Fall Fest

- All delegation members, technical delegates (sport directors, etc), and any additional individual housed by SOPA are required to be vaccinated.
- SOPA Housing policy will be followed.
- Transportation guidance to be followed.
 - Screening and Tracking prior to boarding.
 - Masks and social distancing are required unless all riders are vaccinated.
- Masks are **required** for ALL participants except when actively engaged in sports training and competition.
- Spectators not allowed in athlete areas.



SONA Move Challenge



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SONA Move Challenge

8-week movement challenge to see how many minutes of exercise participants can complete each week, is coming back!

Participants will have the choice of competing as:

- an Individual (Special Olympics athletes only),
- Doubles (traditional or Unified),
- part of a Team (traditional or Unified including College Team as an option, 3-10 people total).

Participant registration opens August 1. The SONA Move Challenge runs September 13 – November 7.

Athlete Performance Training



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Athlete Performance Training

- **GOAL:** help ensure athletes become healthier, more fit and live longer lives.
- **PROCESS:** Education, Exertion, Evaluation
- **ACTIVITY:** During practice and At-Home
- **RESOURCES:**
 - Coach - Coaching guide (educational component) & Sport-specific training activities
 - Athletes - Athlete guide (education, tracker and at-home exercises, some sports will have additional sport specific at-home training resources available on the SOPA website)



Athlete Performance Training

- **ACTIVATION GOAL:** at least one training site in all local programs this fall
- **REGISTER:** on the Site Registration Form, click yes!

To learn more...join us on Tuesday, August 10th at 7:00 pm. for an Athlete Performance Training webinar!

You may register [HERE](#).



QUESTIONS?



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