POWERLIFTING

Sport Guidelines for Return to Activities
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Coaches Guide to Training and Competition during Return to Activities

As we head into Return to Activity the following requirements will be in place for a program to begin training:

- **PHASE B: No more than 10 total participants** (including athletes, coaches, and volunteers) are permitted at a training site or event during the first phase of in-person activities.
- **PHASE C: No more than 25 total participants.**
- COVID-19 Coordinator (either the coach or another volunteer) is required at each training site or event. This individual will conduct a basic screening protocol prior to each practice and have several additional responsibilities.
- For team sports, only Level 1 and Level 2 skills activities are permitted. No team play will be allowed in the fall. Sport specific guidance is provided in the Coach Resource Guide.
- No in-person competitions will be permitted during the fall season.
- All competitions will be done virtually – Including Fall Sectionals and Fall Festival.

**Coach Responsibilities:**

- To insure the safety of everyone at their training site by following all policies outlined within this guide and the Return to Activities plan.
- Everyone (coaches, volunteers, participants) MUST wear a mask upon arrival and when appropriate/safe during practice. Individuals should bring their own mask to practice, but SOPA will supply extra disposable masks per training site for use as needed.
- Require social distancing of at least 6 feet at all times.
- Be sure to use hand sanitizer throughout practice.
- Disinfect equipment immediately if cross contamination occurs or before passing it onto another person. All equipment must be disinfected at the beginning and end of practice. Once disinfected there is a 5 minute wait time between contact, be sure to enforce this rule.
- Be aware of the signs and symptoms of COVID-19 and isolate participants from others at practice if they are displaying signs. The COVID-19 Coordinator will contact their family/caregivers to have them picked up as soon as possible.
Requirements for all Phases:

To conduct training and competition, organizations and teams authorized to conduct in-person activities must adhere to the following:

- The training site must designate a primary point of contact for all questions related to COVID-19, and all participants must be provided the person’s contact information. The COVID-19 Coordinator must communicate potential cases to the local health authorities for testing and to SOPA (within privacy laws).
- Participants are required to wear face masks when they are not engaged in a sporting activity, unless doing so jeopardizes their health. The training site must have face masks/PPE available for those who are unable to bring. SOPA will supply these materials.
- All participants must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
- Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.
- Avoid shaking hands, fist bumps, or high fives before, during or after training and competition. Limit unnecessary physical contact with participants.
- Ensure that the venue is disinfected or sanitized, especially bathrooms. Training site should have adequate hand washing facilities. If not, hand sanitizer must be made available. SOPA will supply hand sanitizer to all training sites.
- Activities that increase the risk of exposure to saliva are not allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Participants must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, participants should not congregate.
- Limit entrance and exit traffic, designate specific entry to and exits from facilities. Ensure staggered pick up and drop off for training and competition; participants are not congregating while awaiting pick up; congregation or crowding does not occur on drop off. Pickups and drop offs should remain outside.
- COVID-19 Participant Code of Conduct and Risk Assessment Form: Prior to returning to any in-person SOPA activities in Phases B through E, all participants are required to complete and return a COVID-19 Participant Code of Conduct and Risk Assessment Form which provides information and guidance on assessing risk and acknowledges that participation could increase risk of contracting or spreading COVID-19.
  - If a participant travels out of the State of Pennsylvania or travels to a Yellow or Red Phase county within the State of Pennsylvania, they must refrain from attending SOPA activities for 14 days.
• SOPA and Local Programs ensure that all participants are educated about those that are at higher risk of complications from COVID-19 as well as all procedures and expectations for return to activities.
• SOPA and Local Programs must provide a safe participation option for those who are at high risk and thus not permitted to participate in person.
• Prior to moving on to the next phase, training sites must follow the minimum weeks (3-4) requirements in each phase to evaluate the success of the mitigation and infection control precautions.
• Regular education must be provided to all participants 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.
• Screening Protocol and Screening and Tracking Form: 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:
  o Must set-up a space for screening that maintains physical distance (6ft/2m) during screening.
  o Must ask the following questions (reinforced through visuals and verbally, such as a paper with icons):
    ▪ In the last 14 days, have you had contact with someone who has been sick with COVID-19?
    ▪ Have you had a fever in the last week (temperature of 100.4°F/37.8°C or higher)?
    ▪ Do you have a cough and/or difficulty breathing?
    ▪ 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)?
    ▪ If yes to any questions, 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.
  o Must conduct onsite measurement of temperature using a thermometer (provide by SOPA)
    ▪ If individuals participating in activities show symptoms, have a temperature of 100.4°F/37.8°C or higher, or are sick, they must be sent home.
    ▪ If high, may re-test after 5 minutes to ensure temperature is accurate.
Must record all names, results and contact information on the Screening and Tracking Form for contact tracing.

- 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 before returning to activity.

- No spectators are allowed to congregate on the sidelines of activities. Individuals providing transportation for participants are to remain in vehicles until sessions are over. If participants need assistance, caregivers may remain provided but will be considered participants and must abide by all outlined requirements for participation.

**Practice Plan Example**

- Prior to practice
  - Communicate with the other coach on who will be leading what.
    - Warm-ups
    - Stations
    - Cool-down
    - Arrive Early for practice
  - Complete your pre-screening so you can help the Covid-19 Coordinator check in athletes upon arrival.
  - Check the venue for safety.
  - Help set up stations for the training activities.

- Athlete arrival - Give continuous reminders to social distance (6 ft. apart)
  - There should be no hugs, high fives, fist bumps, etc.

- Monitor or lead Warm-ups
  - Jog 2 laps around the gym or playing field – remember to send the fastest athletes first and remind them to not run together.
  - Have athletes spread out on the end line – 6 ft. apart.
  - Perform the following warm ups:
    - Hip Circles - 25
    - Arm circles – 25 front, 25 backwards
    - Jumping Jacks – 25
    - High Knees - Travel forward for 25 feet lifting your knees as high as possible. Turn and jog to the starting line.
    - Butt Kicks – Start by jogging forward and try to hit your butt with the heels of your sneakers. Once you travel 25 feet, turn and return and jog to the starting line.
    - Moving lunges - Start with your hands on your hips, step with your left foot forward, lean your body forward as you bend your left knee. Return to standing position by extending your left knee and...
bring your right foot to your left foot. Repeat this process until you have traveled 25 feet. Turn and jog to the starting line.

- Have the athletes perform 2 or 3 more warm-ups that will help them get their heart pumping.
- Every 20 minutes – Stop and allow the athletes a water break.

  - Everyone needs to bring their own water bottle, there must not be shared water stations.
  - In team sports where balls are used, each athlete should be given ONE ball that they use the entire practice. If balls are cross contaminated they must be disinfected immediately.
  - Separate into Stations **Coaches Note – You may need to break the skills down into smaller steps. See each specific sport for details
    - Each coach should be working with a maximum of 4 athletes. For team sports you can break out by skill:
      - Coach 1 – works with the athletes on Level 1 skills 1
      - Coach 2 – works with the athletes on Level 1 skills 2
    - After athletes have had the opportunity to try the skill multiple times – have the athletes switch stations.
    - After athletes have had the opportunity to try the skill multiple times – provide athletes with a water break.
    - Reset for the next skills
      - Coach 1 – works with the athletes on Level 1 skill 3
      - Coach 2 – works with the athletes on Level 1 skill 3
    - Choose 1 of the 3 Level 1 Skills and run it as a competition.
      - Modify it for time restraints - instead of 5 tries give 3
      - Record scores and declare a winner for today’s game.

- Following stations and a water break, get ready for cool downs
  - Walk 2 laps around the gym or playing field – remember to send the fastest athletes first and remind them to not walk together.
  - Have circle up on the floor – 6 ft. apart
  - Reach for the sky
    - Have the athletes reach for the sky and hold – count to 5
    - Have the athletes reach for the ground (legs straight) – count to 5
    - Repeat 5 times.
  - Side stretches
  - V – sits
    - Reach to the left leg toes and hold for 5 seconds
    - Reach to the right leg toes and hold for 5 seconds
    - Reach to the center and hold for 5 seconds
    - Repeat 5 times
  - Modified Hurdlers
    - Extend your right leg
    - Bend your left leg until your foot is bent to your left knee
    - Lean forwards and hold for 5 seconds
• Repeat 5 times
• Switch legs
• Repeat 5 times
  o Have the athletes perform 2 or 3 more cool-ups that will help them slow their heart rate.

• Required Spotters
  o Bench Press – must have 2 weight spotters and a bar hander
  o Deadlift – 1 spotter
  o Squat – 2 weight spotters and a bar spotter

Powerlifting Training and Competition

Description
Athletes will train under the guidelines of SOPA’s Return to Activities Policy. For powerlifting the events remain the same, competition lifts will be conducted at your practice site and then compared to others across the state for divisioning and awards. Equipment should not be shared when possible. Once an athlete completes their lifts the equipment must be disinfected, following proper protocols, and then passed onto the next participant. Equipment that is cross contaminated must be disinfected immediately. Following practice all equipment MUST be disinfected before put away.

Training Recommendations
• Athletes should remain on a single apparatus until their training sets in a particular discipline are complete. Do not rotate sets between exercises.
• Sanitizing all equipment between athletes, bench, bar, plate, and rack.
• Bench length towels for each individual athlete for the bench press, placed on the bench to minimize contact with a shared surface.
• Hand sanitizer or portable hand washing stations will be provided. One of these sanitizing strategies must be used by the athlete prior to each attempt. Chalk may be applied after hand sanitizing.

Recommended equipment
• All necessary Powerlifting equipment
• Scale to record body weight
• Spray disinfectant, non-allergenic and hand sanitizer (SOPA will provide)
• Paper towel roll
• One body length towel per athlete

Virtual Competition Entry Information
• Athletes and Unified Partners are allowed to enter in up to three individual events as well as the appropriate combination events for a competition.
• Qualifying scores will be due three (3) weeks prior to State level competitions, the coach will record a qualifying score for each athlete in their chosen event(s). These scores will be used for divisioning and must follow the SOPA Honor Code.
• Coaches will record and submit the athlete’s body weight and best lift in the
chosen event(s)
  o Female Bench Press
  o Female Deadlift
  o Female Squat
  o Female Combination - Bench Press and Deadlift
  o Female Combination - All Lifts
  o Male Bench Press
  o Male Deadlift
  o Male Squat
  o Male Combination - Bench Press and Deadlift
  o Male Combination - All Lifts

- There is a data collection form at the end of this guide that will help to compile the information during your practice.
- The Qualifying Score will be submitted to the Sport and Competition Coordinator/Regional Sport Director for submission.

Phase B and C Competition
- Athletes will be divisioned according to their entry scores.
- Deadline for final scores will be the Monday prior to the event, final scores should be sent to your Sport and Competition Coordinator/Regional Sport Director. These will then be submitted to the appropriate SSOA Competition Director to produce the final results for each event.
- The same equipment must be used for divisioning and competition.
- One week prior to the competition date, the coach will designate a training session to record their final body weight and best lift for each event.
  o Female Bench Press
  o Female Deadlift
  o Female Squat
  o Female Combination - Bench Press and Deadlift
  o Female Combination - All Lifts
  o Male Bench Press
  o Male Deadlift
  o Male Squat
  o Male Combination - Bench Press and Deadlift
  o Male Combination - All Lifts
# Practice data collection form

**POWERLIFTING - VIRTUAL COMPETITION**

<table>
<thead>
<tr>
<th>DATE:</th>
<th>COACH:</th>
</tr>
</thead>
<tbody>
<tr>
<td>AREA/COUNTY:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Athlete's Current Weight</th>
<th>Lift Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Event</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name</th>
</tr>
</thead>
</table>
SOPA purchased Personal Protective Equipment (PPE) in bulk and has made it available for Fall training sites:

**Infrared No Touch Thermometer**
- This will provide a quick and accurate temperature measurement from a distance.
- Takes accurate reading within seconds when held about 2 inches from the forehead. Forehead area must be clear of hair.
- Use to take temperature of all participants at training site upon arrival and record their temperatures.
- Do not use thermometers that are inserted in the ear or mouth, only use no touch.
- FDA/CE Approved

**Disposable 3 Ply Face Masks**
- Will be provided a limited number of face masks (we'll expect participants have their own, but will have a limited quantity on hand in case someone forgets theirs, a strap breaks during training, etc.).
- Participants are required to wear face masks when they are not engaged in a sporting activity, unless doing so jeopardizes their health.
- Masks should cover the face from the bridge of the nose to under the chin. It should be loose fitting but still secure enough to stay in place.
- FDA/CE Approved

**Hand Sanitizer**
- Participants should use this product when arriving at training site, when sneezing/coughing, any time they change activity and before departing the training site.
- CDC Approved

**Spray Disinfectant**
- COVID-19 Coordinator to use at the end of practice to disinfect all equipment or in the case that equipment needs to be shared it should be cleaned in between uses.
- Simply spray on and allow to air dry for **5 MINUTES** to remove all germs and risk of contamination.
- Does not require wipe off allow to air dry.
- FDA/CE Approved
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 they are able and practice accommodations are made to allow them to do so.

SET ASIDE SPACE TO SCREEN PARTICIPANTS
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.

FOR ADDITIONAL INFORMATION AND RESOURCES VISIT WWW.SPECIALOLYMPICSPA.ORG
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 sports equipment, water bottles, towels and any other personal items. Have sanitizing supplies, if there is a situation where shared equipment might be used and sanitize in between uses.

FOR ADDITIONAL INFORMATION AND RESOURCES VISIT WWW.SPECIALOLYMPICSPA.ORG
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 an antibacterial cleaner.

FACE MASKS
Wear a face mask outside of your home, especially if you have a cough, runny nose, or are sneezing. At Special Olympics practice and events, you will be expected to wear a face mask, except during active physical activity.

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

For additional information and resources, visit www.specialolympicspa.org
IF YOU FEEL SICK, OR ARE SHOWING SYMPTOMS, STAY HOME AND CALL YOUR HEALTHCARE PROVIDER FOR EVALUATION

FOR ADDITIONAL INFORMATION AND RESOURCES VISIT WWW.SPECIALOLYMPICSPA.ORG
The purpose of this Honor Code is to communicate the meaning and importance of athletic integrity to all members of the Special Olympics Pennsylvania (SOPA) community and to articulate and support the interest of the athletes and coaches in maintaining the highest standards of conduct in virtual competition.

SOPA embodies a spirit of mutual trust and honesty. As a coach I promise to:

- 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 my 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 Special Olympics Pennsylvania.
- Meet all deadlines for submission of scores.
- Ensure the athletes I coach have the proper equipment and practice facilities which provide them with the best opportunities to succeed.

This Honor Code summarizes the expected standards of conduct in virtual athletic competitions. The Honor Code is an addendum to the existing SOPA Code of Conduct to ensure equality in competition during any time in person competitions cannot be offered.

The Honor Board is the organizational body charged with enforcement of the Honor Code. The Honor Board will consist of state level Competition Staff and select members of Local Programs, and will not tolerate any violation of the Honor Code.
COVID-19 Participant Code of Conduct and Risk Assessment Form

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:

More is learned about COVID-19 every day. The latest information is available on the CDC’s webpage for “People Who Are at Increased Risk for Severe Illness.” 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: 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.

I am a high risk participant as I have one or more of the conditions mentioned above.

☐ Yes
☐ No

☐ 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 cannot go to Special Olympics events in person, until there is little or no Coronavirus in my community.

☐ 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. If I am exposed to COVID-19 and have no symptoms, I can return 14 days after exposure.

☐ I know that before or when I get to a Special Olympics activity, they will 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.

☐ I will wear a mask at all times while at Special Olympics activities. 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.
COVID-19 Participant Code of Conduct and Risk Assessment Form

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

☐ I will report to the site COVID-19 Coordinator if I traveled or plan to travel to a state other than Pennsylvania, country or county outside of my residency within PA.

☐ 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. 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.

I HAVE READ THIS AGREEMENT/HAVE HAD IT READ TO ME AND AGREE TO FOLLOW THESE ACTIONS

PARTICIPANT FULL NAME: _____________________________________________________

Phone: __________________________ Email: ________________________________

Circle one: Athlete  Staff  Unified Partner  Coach/Volunteer Family/Caregiver

PARTICIPANT SIGNATURE (required for adult (age 18+) participants, including adult athlete with capacity to sign)

By signing this, I acknowledge that I have completely read and understand the information in this form.

Signature: __________________________ Date: __________

PARENT/GUARDIAN SIGNATURE (required for participant who is a minor (younger than 18) or lacks capacity to sign)

I am a parent or guardian of the athlete/participant named above. I have read and understand this form and have explained the contents to the participant as appropriate. By signing, I agree to this form on my own behalf and on behalf of the participant.

Parent/Guardian Signature: __________________________ Date: __________

Printed Name: __________________________

Relationship: __________________________


If a participant does not have access to submit electronically, they must bring a completed paper form to the first activity and provide to the COVID-19 Coordinator upon arrival.