



# SPECIAL OLYMPICS PENNSYLVANIA

Return to Activities  
Updated: 11/23/20

NORTHAMPTON  
COUNTY

SPECIAL  
PENNSY

**Special  
Olympics**  
Pennsylvania



## Special Olympics Pennsylvania Return to Activities Plan

**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.

The plan aligns with guidance set forth by the State of Pennsylvania, the Centers for Disease Control and Prevention (CDC), and Special Olympics International (SOI). It seeks to maintain a sense of normalcy and continuity by not changing sports seasons, decreasing disruptions to training cycles if the level of mitigation changes, and allowing for culminating competitions in each phase.

**Throughout this document “participants” are defined as all athletes, Unified partners, coaches, volunteers, family members, caregivers, staff or others in attendance of an activity.**

### **GUIDING PRINCIPLES**

- The health and safety of all members of the Special Olympics movement is paramount.
- Beyond a sports organization, Special Olympics is a movement for and by people with intellectual disabilities (ID), and its guidance must be inclusive and directed at the unique needs and abilities of people with ID.
- Relevant State of Pennsylvania, Centers for Disease Control and Prevention (CDC), and Special Olympics International (SOI) guidelines serve as minimum standards. In addition, consideration should be given to local and community authorities in that if there are more conservative/restrictive guidelines, these should be followed.
- Guidance is based on current medical information available at the time of publication. As knowledge of COVID-19 is changing rapidly, guidance will continue to evolve.
- Guidance takes a phased approach that is dependent on local transmission rates as well as testing/monitoring/contact tracing/health system capacity.

## SUMMARY

- The plan follows all guidelines developed by the State of Pennsylvania's Guidance on [sports](#), the Centers for Disease Control and Prevention (CDC), and Special Olympics International (SOI).
  - SOPA is categorized by the State of Pennsylvania as a Recreational and Amateur Sports. Interscholastic Unified Sports and other in-school programs are categorized as Pre-K to 12 School Sports.
- **Effective 1 December, in-person activities may be conducted by SOPA Local Programs only in counties designated by the Pennsylvania Department of Health as having low or moderate levels of community transmission of COVID-19.**
  - Participants **will not be able to cross county lines** for in-person activities if their county of residence is designated by the Pennsylvania Department of Health as having a moderate level of community transmission of COVID-19.
- **In-person sport training, competition, meetings and social gatherings ARE NOT permitted in counties designated by the Pennsylvania Department of Health as having substantial levels of community transmission of COVID-19.**
  - No SOPA in-person activities are permitted to be conducted at a training or competition facility located in a county designated by the Pennsylvania Department of Health as having a substantial level of community transmission of COVID-19.
  - If a county is designated as having low or moderate levels of community transmission of COVID-19 and then reclassified as substantial, SOPA programs in that county must return to Phase A, at-home virtual training.
- All SOPA Local Programs inclusive of sport training, competition, meetings, social gatherings, as well as school-based programs, are required to follow all of the guidance and requirements in the SOPA Return to Activities plan.
- As per the State of Pennsylvania and SOI's requirement, SOPA **must** designate a COVID-19 Coordinator to keep current with phases and all compliance requirements, coordinate response, and monitor for COVID-19. This individual will be Chelsea Hammell ([chammell@specialolympicspa.org](mailto:chammell@specialolympicspa.org)).
- Each site must have a designated COVID-19 Coordinator. This individual will receive training resources from SOPA.

- SOPA athlete has until December 31, 2020 to renew their Application for Participation (also known as “medical”). With 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.
- If the athlete reports any of the above, they should have a full Application for Participation submitted prior to participation in sports.
- At-home virtual training permissible in Phase A, will also be an option available at all times throughout the year.
- Any participant who is considered as **high risk** is not permitted to return to Special Olympics in-person activities until Phase E (see Appendix).
- **Fundraising and School-Based Programs:**
  - **Fundraising:** All fundraising activities must be submitted, reviewed and approved by the SOPA State Office. These may be authorized depending on the nature of the activity, as long as State of Pennsylvania and Local guidelines around group gatherings are followed.
  - **SOPA School-Based Programs, 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) must follow the [PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools](#) and the [CDC Considerations for Youth Sports](#). Each individual school district makes the determination regarding if and how sports are offered in their schools.



Pennsylvania: Substantial Level of Community Transmission	Pennsylvania: Low or Moderate Level of Community Transmission				
<u>SOI: Phase 0</u> (Stay at Home)	<u>SOI: Phase 1</u> (≤ 10)	<u>SOI: Phase 2</u> (≤ 50)		<u>SOI: Phase 3</u> (No size restrictions)	
<b>SOPA: Phase A</b> (Stay at Home)	<b>SOPA: Phase B</b> (≤ 10)	<b>SOPA: Phase C</b> (≤ 25)	<b>SOPA: Phase D</b> (≤ 50)	<b>SOPA: Phase E</b> (≤150)	
High Risk Participants					
No events or activities of any sort to be held in person.	Must remain at home. <i>(see Appendix)</i>			Can resume public interactions. Should practice physical distancing, minimize exposure to social settings where distancing may not be practical, unless precautionary measures are observed. <i>(see Appendix)</i>	
Training					
No events or activities of any sort to be held in person.  At-home virtual training occurs.  Coaching occurs virtually.	May resume if they adhere to strict physical distancing and sanitation protocols. <b>No direct or indirect contact</b> (e.g. through a ball in the hand) should take place.	May resume if they adhere to strict physical distancing and sanitation protocols. <b>No direct or indirect contact</b> (e.g. through a ball in the hand) should take place.	May resume if they adhere to physical distancing and sanitation protocols. <b>Indirect contact</b> (e.g. through a ball in the hand) <b>may resume</b> . No direct contact should occur in sports.	May resume if they adhere to physical distancing and sanitation protocols.	

<b>Pennsylvania: Substantial Level of Community Transmission</b>	<b>Pennsylvania: Low or Moderate Level of Community Transmission</b>			
<u><b>SOI: Phase 0</b></u> (Stay at Home)	<u><b>SOI: Phase 1</b></u> (≤ 10)	<u><b>SOI: Phase 2</b></u> (≤ 50)		<u><b>SOI: Phase 3</b></u> (No size restrictions)
<b>SOPA: Phase A</b> (Stay at Home)	<b>SOPA: Phase B</b> (≤ 10)	<b>SOPA: Phase C</b> (≤ 25)	<b>SOPA: Phase D</b> (≤ 50)	<b>SOPA: Phase E</b> (≤150)
<b>Competition</b>				
<p>No events or activities of any sort to be held in person.</p> <p>At-home virtual training occurs.</p> <p>Coaching occurs virtually.</p>	<p>Only virtual competitions are offered.</p>		<p>In-person competitions can be conducted only within the Local Program (up to 50 at each facility). Virtual competitions also may be conducted.</p>	<p>In-person competitions are conducted (up to 150 at each facility). People can travel from multiple geographic areas if permitted by PA guidance. Virtual competitions also may be conducted.</p>
<b>Meetings and Social Gatherings (see Appendix 8)</b>				
<p>No events or activities of any sort to be held in person.</p>	<p>May resume if they adhere to strict physical distancing and sanitation protocols.</p>			
<b>Virtual Programming</b>				
<p>No in-person events or activities.</p> <p>At-home virtual training and coaching.</p>	<p>Virtual programming made available for those not permitted to attend in person.</p>			

<b>Pennsylvania: Yellow &amp; Red</b>	<b>Pennsylvania: Green</b>			
<b>SOI: Phase 0</b> (Stay at Home)	<b>SOI: Phase 1</b> (≤ 10)	<b>SOI: Phase 2</b> (≤ 50)		<b>SOI: Phase 3</b> (No size restrictions)
<b>SOPA: Phase A</b> (Stay at Home)	<b>SOPA: Phase B</b> (≤ 10)	<b>SOPA: Phase C</b> (≤ 25)	<b>SOPA: Phase D</b> (≤ 50)	<b>SOPA: Phase E</b> (≤150)
<b>Fundraising (see Appendix 9)</b>				
No events or activities of any sort to be held in person.	A county must be designated by Pennsylvania as being in the Green or Yellow phase in order for an in-person fundraising activity to be permitted. Activities must follow state and local guidelines around group gatherings. Guidelines for indoor and outdoor events differ.			
<b>School-Based Activities</b>				
No events or activities of any sort to be held in person.  At-home virtual training and coaching.	Activities led by schools and comply with guidance from schools/districts. <i>(State of Pennsylvania guidelines permits school-based activities if a county is designated in Yellow phase or Green phase)</i>			

## **SOPA RETURN TO ACTIVITIES PHASES**

### **Phase A**

- Any county that the Pennsylvania Department of Health has designated as having substantial levels of community transmission of COVID-19 must adhere to at-home virtual training.

### **Phase B**

- Any site in a county that the Pennsylvania Department of Health has designated as having low or moderate levels of community transmission of COVID-19 is eligible to conduct in-person activities with **up to 10 total participants**.
  - Participants **will not be able to cross county lines** for in-person activities if their county of residence is designated by the Pennsylvania Department of Health as having a moderate level of community transmission of COVID-19.
  - No SOPA in-person activities are permitted to be conducted at a training or competition facility located in a county designated by the Pennsylvania Department of Health as having a substantial level of community transmission of COVID-19.
- A site may transition to Phase C after three weeks. This time is to be used to evaluate the success of mitigation and infection control precautions.
- Competitions will be conducted using a virtual format.

### **Phase C**

- Any site in a county that the Pennsylvania Department of Health has designated as having low or moderate levels of community transmission of COVID-19 is eligible to conduct in-person activities with **up to 25 total participants**. A site may transition to Phase D after four weeks. This time is to be used to evaluate the success of mitigation and infection control precautions.
  - Participants **will not be able to cross county lines** for in-person activities if their county of residence is designated by the Pennsylvania Department of Health as having a moderate level of community transmission of COVID-19.
  - No SOPA in-person activities are permitted to be conducted at a training or competition facility located in a county designated by the Pennsylvania Department of Health as having a substantial level of community transmission of COVID-19.
- Competitions will be conducted using a virtual format.



## Phase D

- Any site in a county that the Pennsylvania Department of Health has designated as having low or moderate levels of community transmission of COVID-19 is eligible to conduct in-person activities with **up to 50 participants**. A site may transition to Phase E after four weeks. This time is to be used to evaluate the success of mitigation and infection control precautions.
  - Participants **will not be able to cross county lines** for in-person activities if their county of residence is designated by the Pennsylvania Department of Health as having a moderate level of community transmission of COVID-19.
  - No SOPA in-person activities are permitted to be conducted at a training or competition facility located in a county designated by the Pennsylvania Department of Health as having a substantial level of community transmission of COVID-19.
- In-person competitions can be conducted locally or regionally with **up to 50 total participants** in the same facility.
- Sectionals and State Games will be conducted using a virtual format.

## Phase E

- Any site in a county that the Pennsylvania Department of Health has designated as having low or moderate levels of community transmission of COVID-19 is eligible to conduct in-person activities with up to 150 total participants.
  - Participants **will not be able to cross county lines** for in-person activities if their county of residence is designated by the Pennsylvania Department of Health as having a moderate level of community transmission of COVID-19.
  - No SOPA in-person activities are permitted to be conducted at a training or competition facility located in a county designated by the Pennsylvania Department of Health as having a substantial level of community transmission of COVID-19.
- In-person competitions can be conducted with **up to 150 total participants** at any facility.
- *Note:* In this phase, the virus still exists and there is not a widely available vaccination.

## **REQUIREMENTS FOR ALL PHASES**

To conduct in-person activities SOPA Local Programs **must adhere to the following:**

- The 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).
- The State of Pennsylvania limits on [total occupancy](#).
- Participants are required to wear face masks when they are not engaged in a sporting activity, unless doing so jeopardizes their health. The site must have face masks/PPE available for those who are unable to bring.
- 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 participants.
- 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. Site should have adequate hand washing facilities. If not, hand sanitizer must be made available.
- 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 remain outside.

- **Transportation:**

- **Low Level:**

- Local Programs cannot travel in passenger vans or buses.
- Transportation is allowed outside county lines to train and compete.
- **SOI provides the following guidance:**
  - As much as possible, participants should travel with members of their families and/or individuals with whom they live with.
  - Additionally SOI highly recommends that participants should avoid the use of public transportation.
  - SOI continues to state if participants are carpooling with someone who does not live in their home, participants are to practice social distancing and wear a mask. Hand hygiene must also be followed and enforced. (This would limit 4 per car maximum and 6 per vehicle maximum provided there is three rows of seats.)
  - Additionally the **CDC recommends** no shaking hands or touching, and asking the driver of any carpool to put a window down if possible.
  - In addition, SOPA requires the COVID-19 Coordinator or a trained volunteer conduct the screening protocol and complete the Screening and Tracking Report Form for all participants (*see Appendix*) **before carpooling.**

- **Moderate Level:**

- Local Programs cannot travel in passenger vans or buses.
- Transportation is not allowed outside county lines to train and/or compete.
- **SOI provides the following guidance:**
  - As much as possible, participants should travel with members of their families and/or individuals with whom they live with.
  - Additionally SOI highly recommends that participants should avoid the use of public transportation.
  - SOI continues to state if participants are carpooling with someone who does not live in their home, participants are to practice social distancing and wear a mask. Hand hygiene must also be followed and enforced. (This would limit 4 per car maximum and 6 per vehicle maximum provided there is three rows of seats.)
  - Additionally the **CDC recommends** no shaking hands or touching, and asking the driver of any carpool to put a window down if possible.
  - In addition, SOPA requires the COVID-19 Coordinator or a trained volunteer conduct the screening protocol and complete the Screening and Tracking Report Form for all participants (*see Appendix*) **before carpooling.**

- **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.
  - The risk of infection (infection, not necessarily serious illness) with COVID-19 is higher for people who live or have recently been in an area with ongoing spread of COVID-19.
  - **Travel outside of the state:** If a participant traveled, or plans to travel, to a state other than Pennsylvania or a country with an ongoing spread of COVID-19, they must notify the site COVID-19 Coordinator. The site COVID-19 Coordinator will immediately refer to the Department of Health for Travelers [website](#). If the state or country is listed under “COVID-19 Information for Travelers” then the participant must quarantine for 14 days upon returning home.
  - **Travel within the state:** The same notification requirement applies if a participant traveled, or plans to travel, to a county with having a substantial level of community transmission of COVID-19 in Pennsylvania. The site COVID-19 Coordinator will immediately refer to the State of Pennsylvania [website](#). If the county is designated as substantial then the participant must quarantine for 14 days upon returning home.
  
- 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, sites must follow the minimum weeks (3-4) requirements in each phase to evaluate the success of the mitigation and infection control precautions.
  
- If a county is designated as having low or moderate levels of community transmission of COVID-19 and then reclassified as substantial, SOPA programs in that county must return to Phase A, at-home virtual training. When a county is designated as having substantial levels of community transmission of COVID-19, the Local Program must shut down in-person activities immediately. When a county is reclassified as a low or moderate level of community transmission of COVID-19, the Local Program may resume in-person activities in 14 days.
  - The SOPA Field Director will alert the Local Program Manager and site COVID-19 Coordinator(s) about shutting down and resuming in-person activities.

- 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). **Participants 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:
  - Must set-up a space for screening that maintains physical distance (6ft/2m) during screening.
  - 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.
  - Must conduct onsite measurement of temperature using a thermometer.
    - 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.

- First aid should absolutely be provided by coaches, volunteers, or staff if required during an activity, even if physical distancing is not feasible during the aid. If it is a medical emergency, call the local emergency medical services or 911. If it is a non-medical emergency, but basic first aid is needed, individuals providing care should follow proper hand hygiene and wash hands with soap and water or hand sanitizer and put on a surgical facemask and disposable gloves prior to administering first aid. If the athlete is breathing and conscious, they should also be wearing a face covering. Administer the first aid and then properly dispose of all supplies and gloves. After care is provided, ensure individuals follow proper hand hygiene and wash their hands with soap and water or hand sanitizer. All activities should have a basic first aid kit on site which should also include a surgical facemask, disposable gloves, and hand sanitizer/disinfectant. A face shield or protective eye wear may also be useful.

**If community mitigation standards change during the season, the SOPA Return to Activities plan allows for activity to continue under different guidelines without ceasing activity. There is fluency between each of the phases which allows for a smooth adjustment transition to transpire either up or down.**



## APPROVAL PROCESS

- In adherence with the State of Pennsylvania's requirements, each site must have a designated COVID-19 Coordinator.
- The COVID-19 Coordinator must submit the [Site Registration and Advancement Form](#), which is found on the SOPA website. The purpose of this form is to register a Local Program meeting/social gathering, new training site or request to advance a training site to the next phase. This form must be completed and submitted by the COVID-19 Coordinator **prior** to the start of the activity.
- SOPA will respond to registration requests within 48 hours. 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.
- After three (Phase B) or four weeks (Phase C and D) of activity are successfully completed in the current phase and all the other minimum requirements are met, the site is eligible to advance to the next phase. At that point, the COVID-19 Coordinator may apply to **advance** to the next phase outlined in the Return to Activities Plan by submitting the [Site Registration and Advancement Form](#) and making the request to advance.
- SOPA will respond to advancement requests within 48 hours. The COVID-19 Coordinator must receive approval from SOPA prior to advancing to the next phase.
- The SOPA Field Director will alert the Local Program Manager and site COVID-19 Coordinator(s) if their county has a moderate level of community transmission of COVID-19. Participants will not be able to cross county lines for in-person activities if their county of residence is designated by the Pennsylvania Department of Health as having a moderate level of community transmission of COVID-19.
- The SOPA Field Director will alert the Local Program Manager and site COVID-19 Coordinator(s) if their county has a substantial level of community transmission of COVID-19. The Local Program must shut down in-person activities immediately for at least 14 days.

- The SOPA Field Director will alert a Local Program Manager and site COVID-19 Coordinator(s) when in-person activities may resume. The site can resume in-person activities at the same phase in which they last were prior to the shutdown.
- It is the responsibility of the COVID-19 Coordinator to report any concerns about the safety of continuing activity, such as a spike in the number of newly reported cases in their county, to Chelsea Hammell ([chammell@specialolympicspa.org](mailto:chammell@specialolympicspa.org)). A decision will be made if the site must revert to a previous phase.
- Every participant (athletes, Unified partners, coaches, volunteers, family members, caregivers, staff or others in attendance of an activity) is required to complete the **COVID-19 Participant Code of Conduct and Risk Assessment Form** prior to the start of the activity.
  - The **COVID-19 Participant Code of Conduct and Risk Assessment Form** must be electronically signed and submitted via Google Forms.
  - SOPA will provide the COVID-19 Coordinator with a list of submitted forms prior to the start of the activity.
  - If a participant does not have access to submit electronically, they must bring a completed form to the first activity and provide to the COVID-19 Coordinator upon arrival, or they may not participate.
  - The COVID-19 Coordinator is responsible for ensuring that forms have been submitted to SOPA for all participants.
- The COVID-19 Coordinator is responsible for completing the **Screening and Tracking Report Form** at each site.
  - 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.

- If participants respond that they have one or more of the high risk conditions when they submit their [COVID-19 Participant Code of Conduct and Risk Assessment Form](#), the response will be documented on the **Screening and Tracking Report Form** and the SOPA Field Director will follow up with that participant to let them know that based on their high-risk status they will not be able to participate in in-person activities. The SOPA Field Director will copy the COVID-19 Coordinator for that site and the Program Manager on that correspondence to the participant.
- 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 to Chelsea Hammell ([chammell@specialolympicspa.org](mailto:chammell@specialolympicspa.org)). The site must shut down for at least 14 days to self-quarantine. The COVID-19 Coordinator must resubmit the [Site Registration and Advancement Form](#) to resume their activities again.
- SOPA Field Directors will serve as the primary points of contact for Local Programs and answer questions related to the process.

**MITIGATION AND PRECAUTIONS BY PHASE**

<p><b>County is Designated as Having Substantial Level of Community Transmission</b></p>	
<p><b>Phase A : All Individuals Stay at Home</b>  <b>Size : Stay at home orders. No gatherings of any size, public facilities are closed</b></p>	
<p><b>Phase A : Comply</b></p>	<p>Follow local and federal restrictions regarding Stay at Home.</p>
<p><b>Phase A : Educate</b></p>	<p style="text-align: center;">Educate all participants on:</p> <ul style="list-style-type: none"> <li>● Benefits and risk of physical activity after COVID-19 infection.</li> <li>● PPE, hygiene, and physical distancing for safety.</li> </ul> <p style="text-align: center;">Continue at-home activities to maintain fitness levels.</p>
<p><b>Phase A : Prepare</b></p>	<p style="text-align: center;">Prepare appropriate resources for safe at-home activities.</p> <p style="text-align: center;">Prepare participants for participation in virtual training and virtual competitions.</p> <p style="text-align: center;">Know how to communicate potential cases to local health authorities for testing and to SOPA’s COVID-19 Coordinator, Chelsea Hammell (<a href="mailto:chammell@specialolympicspa.org">chammell@specialolympicspa.org</a>), while maintaining and respecting privacy laws.</p>
<p><b>Phase A : Activity</b></p>	<p style="text-align: center;">Share resources digitally and, when necessary, mailings to activate participants virtually</p> <p style="text-align: center;">Virtual participants with COVID-19 symptoms must refrain from participating in activities and consult with a healthcare professional for further evaluation.</p>

**Phase A : TRAINING & COMPETITION**

- Athletes train at home following one of SOPA’s fitness programs or doing sports-specific training and conditioning.
- Athletes work virtually with a coach, Unified partner, or family member.

**Phase B : SPORTS ALLOWED FOR TRAINING & COMPETITION**

<b>Phase B: Sports Allowed for Training &amp; Competition</b>		
<b>Individual Sports</b>	<b>Team Sports</b>	<b>Individual Sports</b>
Scores such as times, distances, weight lifted, etc. are submitted.	Level I and Level II Skills Competitions are conducted. Scores are submitted.	Level I and Level II Skills Competitions are conducted.
<b>FALL</b>		
<ul style="list-style-type: none"> <li>● Bocce (<i>singles &amp; doubles</i>)</li> <li>● Long Distance Running &amp; Walking</li> <li>● Powerlifting</li> <li>● Roller Skating Race Event</li> </ul>	<ul style="list-style-type: none"> <li>● Flag Football</li> <li>● Soccer</li> <li>● Volleyball</li> </ul>	<ul style="list-style-type: none"> <li>● Roller Skating Artistic Events</li> </ul>
<b>WINTER</b> ( <i>not to be conducted before December 1, and only if all requirements are met</i> )		
<ul style="list-style-type: none"> <li>● Alpine Skiing</li> <li>● Cross Country Skiing</li> <li>● Snowboarding</li> <li>● Snowshoeing</li> <li>● Speed Skating</li> </ul>	<ul style="list-style-type: none"> <li>● Floor Hockey</li> </ul>	<ul style="list-style-type: none"> <li>● Figure Skating</li> </ul>
<b>SPRING</b> ( <i>not to be conducted before March 15, and only if all requirements are met</i> )		
<ul style="list-style-type: none"> <li>● Athletics</li> <li>● Golf</li> <li>● Swimming</li> <li>● Tennis Skills (<i>Level I &amp; Level II</i>)</li> </ul>	<ul style="list-style-type: none"> <li>● Basketball</li> <li>● Softball</li> </ul>	<ul style="list-style-type: none"> <li>● Equestrian</li> <li>● Gymnastics</li> </ul>

<b>County is Designated as Having Low or Moderate Level of Community Transmission</b>	
<b>Phase B</b>  <b>Size : Local gatherings restricted to ≤10 people, individuals at high risk must remain safe at home</b>	
<b>Phase B : Comply</b>	<p>Ensure compliance with all state and national restrictions, including for participation of high-risk individuals.</p> <p style="text-align: center;">SOPA Board of Directors has approved the Return to Activities plan.</p>
<b>Phase B : Educate</b>	<p style="text-align: center;">Designate a COVID-19 Coordinator for the site. Prior to attendance, educate all participants on:</p> <ul style="list-style-type: none"> <li>● High-risk conditions.</li> <li>● Requirement that anyone who has symptoms must stay home and to contact their own health provider if they are sick for further evaluation.</li> <li>● Requirements for in-person gathering, including PPE, hygiene, and physical distancing.</li> </ul> <p>Confirm understanding of risks and participation procedures by having every participant sign the <a href="#">COVID-19 Participant Code of Conduct and Risk Assessment Form</a> (see Appendix).</p>
<b>Phase B : Prepare</b>	<p>Have COVID-19 screening protocol in place and COVID-19 Coordinator prepared to implement prior to or upon arrival.</p> <p style="text-align: center;">Ensure that the venue is disinfected or sanitized, especially bathrooms.</p> <p>Highly recommend use of outdoor, well-ventilated facilities. Where possible instruct participants to use a single entry point to allow for screening process and separate exit.</p> <p>No shared supplies such as towels and water/beverage bottles.</p>



**County is Designated as Having Low or Moderate Level of Community Transmission**

**Phase B**

**Size : Local gatherings restricted to ≤10 people, individuals at high risk must remain safe at home**

<p><b>Phase B : Prepare (continued)</b></p>	<p>Minimize shared equipment. Equipment should never be used by one participant and then another without disinfection between uses. If equipment is to be used by multiple people during the activity, COVID-19 Coordinator prepares a cleaning protocol and disinfects equipment between uses. Remind participants to bring PPE and, if used, their own water bottle, towel, and equipment. Have face masks/PPE available for those who are unable to bring. Have signage posted that reinforces appropriate use of PPE relevant to the activity, hygiene and physical distancing.</p> <p>Have hand sanitizer or handwashing facilities available at venue.</p> <p>Know how to communicate potential cases to the local health authorities for testing and to SOPA’s COVID-19 Coordinator, Chelsea Hammell (<a href="mailto:chammell@specialolympicspa.org">chammell@specialolympicspa.org</a>) within privacy laws.</p> <p><b>SOI provides the following guidance on transportation:</b></p> <ul style="list-style-type: none"> <li>• As much as possible, participants should travel with members of their families and/or individuals with whom they live with.</li> <li>• Additionally SOI highly recommends that participants should avoid the use of public transportation.</li> <li>• SOI continues to state if participants are carpooling with someone who does not live in their home, participants are to practice social distancing and wear a mask. Hand hygiene must also be followed and enforced. (This would limit 4 per car maximum and 6 per vehicle maximum provided there are three rows of seats.)</li> <li>• Additionally the <b>CDC recommends</b> no shaking hands or touching, and asking the driver of any carpool to put a window down.</li> <li>• In addition, SOPA requires the COVID-19 Coordinator or a trained volunteer conduct the screening protocol and complete the Screening and Tracking Report Form for all participants (<i>see Appendix</i>) <b>before carpooling</b>.</li> </ul>
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**County is Designated as Having Low or Moderate Level of Community Transmission**

**Phase B**

**Size : Local gatherings restricted to ≤10 people, individuals at high risk must remain safe at home**

<p><b>Phase B : Activity</b></p>	<p>COVID-19 Coordinator conducts screening protocol and completes the Screening and Tracking Report Form for all participants (<i>see Appendix</i>). All participants with symptoms, a history of recent (last 14 days) COVID-19 exposure, or temperature &gt;100.4F/37.8C must not proceed to the activity.</p> <p>Continue to provide a safe participation option for those who are at high risk and thus unable to participate in person.</p> <p>Activities must comply with distancing guidelines at all times. No activities that involve direct or indirect contact (e.g., through a ball in the hand) can occur. Consider spacing for drills, etc. using visual guides such as tape, chalk, cones, etc. Maintain physical distancing and avoid close contact (e.g. high fives, hugs, huddles) during and after activity. Wear face masks throughout the activity, except during exercise, including upon arrival and departure.</p> <p>Coaches and volunteers should minimize changes in personnel. Groups should stay together and not change.</p> <p>COVID-19 Coordinator must provide reminders to participants on standard infection prevention measures (e.g. frequent handwashing, avoid touching face, cover mouth when sneezing/coughing, etc.) at the start and throughout training.</p> <p>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 they also maintain distancing, hygiene and use PPE, including face masks. Caregivers are considered participants and must follow all applicable requirements.</p> <p>The COVID-19 Coordinator must complete the Screening and Tracking Report Form to include contact details of all participants. This will allow for contact tracing should a participant be later diagnosed as having COVID-19 during the activity.</p>
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## Phase B : TRAINING

- Any training site located in a county that the Pennsylvania Department of Health has designated as having low or moderate levels of community transmission of COVID-19 is eligible to conduct in-person activities with **up to 10 total participants**.
- All training sites must comply with the SOPA Return to Activities requirements and processes.
- High risk participants should remain safe at home and are not permitted to attend in-person practices.

## Phase B : COMPETITION

- All local, Sectional, and State competitions are virtual. There are no in-person competitions.
- Virtual competitions will include individual sports with quantifiable measurements (i.e. time, distance, weight lifted) and team sports will consist of various levels of individual sport skills competitions with quantifiable scoring.
- Athletes will have their scores recorded at their local training site while following the required health guidelines and protocols.
- An Honor Code for virtual competitions will be provided to all athletes and coaches to ensure compliance with rules, submission of proper scores, and fairness.
- “Maximum Effort Rule” (i.e. Honest Effort Rule) will not be in effect for virtual competitions.
- If stricter community mitigation standards are applied partially through the season and a county is redesignated as substantial, SOPA programs in that county must return to Phase A, at-home virtual training. When a county is designated as having substantial levels of community transmission of COVID-19, the Local Program must shut down in-person activities immediately for at least 14 days.
  - **Divisioning**
    - The program sport and competition coordinator submits scores via Google Doc three weeks prior to the date of each competition to be used for divisioning.
    - The standard Special Olympics divisioning process continues to be used: ability, age and gender.

## Phase B : COMPETITION (continued)

- For sports where the differing physical characteristics of a competition venue impacts performance scores (i.e. long distance running course, alpine skiing race course, or golf course), the same competition venue must be used for divisioning and in all competitions.
- **Competition Management**
  - Athletes compete within their assigned virtual divisions at competitions. Coaches are required to submit competition scores online obtained at practices in adherence to the following timelines:
    - **Local Competitions/Invitationals:** Scores will be submitted by the Monday prior to the date of any local or invitational competition.
    - **Sectionals:** Scores will be submitted by the Monday prior to the date of any Sectional competition.
    - **State Events:** Scores will be submitted by the Monday prior to the date of the state competition.
  - The competition manager inputs the scores for each athlete entry into the competition management system (GMS or another tool if it's a local event). As would transpire for an in-person event, places of finish are determined by athlete performance in each competition division.
  - The final results are posted online the day of the scheduled virtual competition so athletes can see their place of finish.
- **Awards**
  - Official Special Olympics Awards will be given for Sectionals and State events.
- **Competition Event Schedule**
  - Virtual local competitions and virtual invitationals between training sites can be conducted throughout the season.
  - Sectionals will be scheduled on the same day.
    - Collaboration among all three Sectional committees will create a virtual athlete experience.
  - State Games will be virtual.

## Phase B : INTERSCHOLASTIC UNIFIED SPORTS

- Follow all policies instituted by each school district **and** the Pennsylvania Interscholastic Athletic Association as per the State of Pennsylvania Guidance for Sports.
- If schools are in session but not permitted to travel, rules have been created for teams to compete virtually in IUS Bocce and IUS Track and Field.
- If schools are closed and distance learning is instituted, there is an alternative approach which allows individuals to train and participate at home or in a park. Individual performances are submitted and used in a virtual competition format.

**Phase C & Phase D : SPORTS ALLOWED FOR TRAINING & COMPETITION**

<b>Individual Sports</b>	<b>Team Sports</b>	<b>Individual Sports</b>
Virtual competitions conducted for <b>Phase C</b> ; In-person competitions conducted for <b>Phase D</b> .	Virtual competitions conducted for <b>Phase C</b> ; In-person competitions conducted for <b>Phase D</b> .	Virtual competitions conducted for <b>Phase C</b> ; In-person competitions conducted for <b>Phase D</b> . For virtual competitions, Level I and Level II Skills Competitions are conducted.
<b>FALL</b>		
<ul style="list-style-type: none"> <li>● Bocce (<i>Singles &amp; Doubles</i>)</li> <li>● Long Distance Running &amp; Walking</li> <li>● Powerlifting</li> <li>● Roller Skating Race Events</li> </ul>	<ul style="list-style-type: none"> <li>● Flag Football Individual Skills (<i>Level I &amp; Level II</i>)</li> <li>● Soccer Individual Skills (<i>Level I &amp; Level II</i>)</li> <li>● Volleyball Individual Skills (<i>Level I &amp; Level II</i>)</li> <li>● Soccer: 5 v 5 and 7 v 7*</li> </ul> <p style="text-align: center;"><i>*Only allowed in Phase D</i></p>	<ul style="list-style-type: none"> <li>● Roller Skating Artistic Events</li> </ul>
<b>WINTER</b> ( <i>not to be conducted before December 1, and only if all requirements are met</i> )		
<ul style="list-style-type: none"> <li>● Alpine Skiing</li> <li>●</li> <li>● Cross Country Skiing</li> <li>● Snowboarding</li> <li>● Snowshoeing</li> <li>● Speed Skating</li> </ul>	<ul style="list-style-type: none"> <li>● Floor Hockey Individual Skills (<i>Level I &amp; Level II</i>)</li> </ul>	<ul style="list-style-type: none"> <li>● Figure Skating</li> </ul>
<b>SPRING</b> ( <i>not to be conducted before March 15, and only if all requirements are met</i> )		
<ul style="list-style-type: none"> <li>● Athletics</li> <li>● Golf</li> <li>● Swimming</li> <li>● Tennis Skills (<i>Level I &amp; Level II Skills</i>)</li> <li>● Tennis (<i>singles &amp; doubles</i>)*</li> </ul> <p><i>*Only allowed in Phase D</i></p>	<ul style="list-style-type: none"> <li>● Basketball Individual Skills (<i>Level I &amp; Level II</i>)</li> <li>● Softball Individual Skills (<i>Level I &amp; Level II</i>)</li> <li>● Softball*</li> </ul> <p style="text-align: center;"><i>*Only allowed in Phase D</i></p>	<ul style="list-style-type: none"> <li>● Equestrian</li> <li>● Gymnastics</li> </ul> <p><i>Apparatus events are permissible. All floor events which require the use of a mat are prohibited. This includes Rhythmic Gymnastics.</i></p>



<b>County is Designated as Having Low or Moderate Level of Community Transmission</b>	
<b>Phase C &amp; Phase D</b>  <b>Size (Phase C) :</b> Local gatherings <b>restricted to ≤25 people</b> , individuals at high risk must remain safe at home <b>Size (Phase D) :</b> Local gatherings <b>restricted to ≤50 people</b> , individuals at high risk must remain safe at home	
<b>Phase C &amp; Phase D : Comply</b>	<p style="text-align: center;">Ensure compliance with all state and national restrictions, including for participation of high-risk individuals.</p> <p style="text-align: center;">SOPA Board of Directors has approved the Return to Activities plan.</p>
<b>Phase C &amp; Phase D : Educate</b>	<p style="text-align: center;">Designate a COVID-19 Coordinator for the site. Prior to attendance, educate all participants on:</p> <ul style="list-style-type: none"> <li>• High-risk conditions.</li> <li>• Requirement that anyone who has symptoms must stay home and to contact their own health provider if they are sick for further evaluation.</li> <li>• Requirements for in-person gathering, including PPE, hygiene, and physical distancing.</li> </ul> <p style="text-align: center;">Confirm understanding of risks and participation procedures by having every participant sign the <a href="#">COVID-19 Participant Code of Conduct and Risk Assessment Form</a> (see Appendix).</p>
<b>Phase C &amp; Phase D : Prepare</b>	<p style="text-align: center;">Have COVID-19 screening protocol in place and COVID-19 Coordinator prepared to implement prior to or upon arrival.</p> <p style="text-align: center;">Ensure that the venue is disinfected or sanitized, especially bathrooms.</p> <p style="text-align: center;">Highly recommend use of outdoor, well-ventilated facilities. Where possible instruct participants to use a single entry point to allow for screening process and separate exit.</p> <p style="text-align: center;">No shared supplies such as towels and water/beverage bottles.</p>

**County is Designated as Having Low or Moderate Level of Community Transmission**

**Phase C & Phase D**

**Size (Phase C)** : Local gatherings **restricted to ≤25 people**, individuals at high risk must remain safe at home  
**Size (Phase D)** : Local gatherings **restricted to ≤50 people**, individuals at high risk must remain safe at home

**Phase C & Phase D : Prepare (continued)**

Minimize shared equipment. Equipment should never be used by one participant and then another without disinfection between uses. If equipment is to be used by multiple people during the activity, COVID-19 Coordinator prepares a cleaning protocol and disinfects equipment between uses.

Remind participants to bring PPE and, if used, their own water bottle, towel, and equipment. Have face masks/PPE available for those who are unable to bring.

Have signage posted that reinforces appropriate use of PPE relevant to the activity, hygiene and physical distancing. Have hand sanitizer or handwashing facilities available at venue.

Know how to communicate potential cases to the local health authorities for testing and to SOPA’s COVID-19 Coordinator, Chelsea Hammell ([chammell@specialolympicspa.org](mailto:chammell@specialolympicspa.org)) within privacy laws.

**SOI provides the following guidance on transportation:**

- As much as possible, participants should travel with members of their families and/or individuals with whom they live with.
- Additionally SOI highly recommends that participants should avoid the use of public transportation.
- SOI continues to state if participants are carpooling with someone who does not live in their home, participants are to practice social distancing and wear a mask. Hand hygiene must also be followed and enforced. (This would limit 4 per car maximum and 6 per vehicle maximum provided there is three rows of seats.)
- Additionally the **CDC recommends** no shaking hands or touching, and asking the driver of any carpool to put a window down if possible.
- In addition, SOPA requires the COVID-19 Coordinator or a trained volunteer conduct the screening protocol and complete the Screening and Tracking Report Form for all participants (see *Appendix*) **before carpooling**.

**County is Designated as Having Low or Moderate Level of Community Transmission**

**Phase C & Phase D**

**Size (Phase C) :** Local gatherings **restricted to ≤25 people**, individuals at high risk must remain safe at home

**Size (Phase D) :** Local gatherings **restricted to ≤50 people**, individuals at high risk must remain safe at home

**Phase C & Phase D : Activity**

COVID-19 Coordinator conducts screening protocol and completes the Screening and Tracking Report Form for all participants (see Appendix). All participants with symptoms, a history of recent (last 14 days) COVID-19 exposure, or temperature >100.4F/37.8C must not proceed to the activity.

Activities must comply with distancing guidelines at all times.

- Maintain physical distancing and avoid close contact (e.g. high fives, hugs, huddles).
- Wear face masks throughout the activity, except during exercise, including upon arrival and departure.
- **Phase C :**
  - No activities that involve direct or indirect contact (e.g., through a ball in the hand) can occur. Consider spacing for drills, etc. using visual guides such as tape, chalk, cones, etc.
  - 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 they also maintain distancing, hygiene and use PPE, including face masks. Caregivers are considered participants and must follow all applicable requirements.

**County is Designated as Having Low or Moderate Level of Community Transmission**

**Phase C & Phase D**

**Size (Phase C) :** Local gatherings **restricted to ≤25 people**, individuals at high risk must remain safe at home

**Size (Phase D) :** Local gatherings **restricted to ≤50 people**, individuals at high risk must remain safe at home

**Phase C & Phase D : Activity (continued)**

- **Phase D :**
  - Indirect contact (e.g., through a ball in the hand) MAY resume. Direct contact may NOT resume yet. Participants may share equipment when circumstances require it (i.e. soccer ball on the field). If shared equipment must be used, prepare a cleaning protocol and supplies to disinfect shared equipment between uses.
  - Spectators must remain in a designated area located a sufficient distance away from the participants. The total number of spectators must be included as part of the 50 maximum participants. Spectators are considered participants and must follow all applicable requirements.

Continue to provide a safe participation option for those who are at high risk and thus unable to participate in person.

Coaches and volunteers should minimize changes in personnel. Groups should stay together and not change.

COVID-19 Coordinator must provide reminders to participants on standard infection prevention measures (e.g. frequent handwashing, avoid touching face, cover mouth when sneezing/coughing, etc.) at the start and throughout.

The COVID-19 Coordinator must complete the Screening and Tracking Report Form to include contact details of all participants. This will allow for contact tracing should a participant be later diagnosed as having COVID-19 during the activity.

## Phase C : TRAINING

- All training sites must comply with the SOPA Return to Activities requirements and processes.
- High risk participants should remain safe at home and are not permitted to attend in-person practices.
- Any training site located in a county that the Pennsylvania Department of Health has designated as having low or moderate levels of community transmission of COVID-19 is eligible to conduct in-person activities with **up to 25 total participants**.

## Phase D : TRAINING

- All training sites must comply with the SOPA Return to Activities requirements and processes.
- High risk participants should remain safe at home and are not permitted to attend in-person practices.
- Any training site located in a county that the Pennsylvania Department of Health has designated as having low or moderate levels of community transmission of COVID-19 is eligible to conduct in-person activities with **up to 50 total participants**.

## Phase C : COMPETITION

- Virtual competitions only. Follow the same procedures outlined in Phase B.

## Phase D : COMPETITION

- In-person local or regional competitions are permissible in the allowed sports only. There must be adherence to SOPA's maximum number of up to **50 participants** at each facility (i.e. playing field, course, etc.). Sufficient space for adequate physical distancing needs to exist.
  - Spectators must remain in a designated area located a sufficient distance away from the participants. The total number of spectators must be included as part of the 50 maximum participants. Spectators are considered participants and must follow all applicable requirements.
  - Team sports that are permitted in this phase can play games within a staggered schedule format at different competition facilities. This approach is to ensure the number of total participants present is **no more than 50 maximum**.

- Individual sports and team skills competitions that are permitted in this phase can be conducted within a staggered schedule format at different competition facilities. This approach is to ensure the number of total participants present is **no more than 50 maximum**.
- There will only be one day competitions with no overnight stays allowed.
- Training sites also have the option to offer virtual competitions.
- No SOPA in-person activities are permitted to be conducted at a training or competition facility located in a county designated by the Pennsylvania Department of Health as having a substantial level of community transmission of COVID-19. Sectionals and State Games will be conducted using a virtual competition format. Entry scores must be submitted the Monday prior to competition.
- If stricter community mitigation standards are applied partially through the season, all individual sports will transition and use the process for virtual competitions delineated in Phase B. Team sports will shift to virtual competition in the skills development events.
- **Divisioning and Competition Management**
  - **Individual Sports and Team Skills**
    - For in-person competition, the standard Special Olympics divisioning process continues to be used: ability, age, and gender.
  - **Team Sports**
    - Teams will be divisioned based on the submission of detailed team assessment scores outlined in the Special Olympics Official Rules.
    - Round robin tournaments will be held, divisioned by the assessments as necessary, to determine results.
- **Virtual Competition**
  - Follow the same process utilized in Phase B.
  - The program sport and competition coordinator submits scores via Google Doc three weeks prior to the date of each competition to be used for divisioning.
  - The standard Special Olympics divisioning process continues to be used: ability, age, and gender.
  - For sports where the differing physical characteristics of a competition venue impacts performance scores (i.e. long distance running course, alpine skiing race course, or golf course), the same competition venue must be used for divisioning and in all competitions.

- Athletes compete within their assigned virtual divisions at competitions. Coaches are required to submit competition scores online obtained at practices in adherence to the following timelines:
    - **Sectionals:** Scores will be submitted by the Monday prior to the date of any state Sectional competition.
    - **State Events:** Scores will be submitted by the Monday prior to the date of the state competition.
  - The competition manager inputs the scores for each athlete entry into the competition management system (GMS or another tool if it's a local event). As would transpire for an in-person event, places of finish are determined by athlete performance in each competition division.
  - The final results are posted online the day of the scheduled virtual competition so athletes can see their place of finish.
- **Awards**
    - Official Special Olympics Awards will be given for local competitions/invitationals, Sectionals and State events.

## Phase C & Phase D : INTERSCHOLASTIC UNIFIED SPORTS

- Follow all policies instituted by each school district **and** the Pennsylvania Interscholastic Athletic Association as per the State of Pennsylvania Guidance for Sports.
- If schools are in session but not permitted to travel, rules have been created for teams to compete virtually in IUS Bocce and IUS Track and Field.
- If schools are closed and distance learning is instituted, there is an alternative approach which allows individuals to train and participate at home or in a park. Individual performances are submitted and used in a virtual competition format.

**Phase E : SPORTS ALLOWED FOR TRAINING AND COMPETITION**

Individual Sports	Team Sports
<b>FALL</b>	
<ul style="list-style-type: none"> <li>● Bocce (<i>Singles &amp; Doubles</i>)</li> <li>● Long Distance Running &amp; Walking</li> <li>● Powerlifting</li> <li>● Roller Skating (<i>Race &amp; Artistic Events</i>)</li> </ul>	<ul style="list-style-type: none"> <li>● Flag Football</li> <li>● Soccer: 5 v 5 and 7 v 7</li> <li>● Soccer Individual Skills (<i>Level I &amp; Level II</i>)</li> <li>● Volleyball</li> <li>● Volleyball Individual Skills (<i>Level I &amp; Level II</i>)</li> </ul>
<b>WINTER</b> ( <i>not to be conducted before December 1, and only if all requirements are met</i> )	
<ul style="list-style-type: none"> <li>● Alpine Skiing</li> <li>● Cross Country Skiing</li> <li>● Figure Skating</li> <li>● Snowboarding</li> <li>● Snowshoeing</li> <li>● Speed Skating</li> </ul>	<ul style="list-style-type: none"> <li>● Floor Hockey</li> <li>● Floor Hockey Individual Skills (<i>Level I &amp; Level II</i>)</li> </ul>
<b>SPRING</b> ( <i>not to be conducted before March 15, and only if all requirements are met</i> )	
<ul style="list-style-type: none"> <li>● Athletics</li> <li>● Equestrian</li> <li>● Golf</li> <li>● Gymnastics</li> <li>● Swimming</li> <li>● Tennis (<i>singles &amp; doubles</i>)</li> <li>● Tennis Skills (<i>Level I &amp; Level II</i>)</li> </ul>	<ul style="list-style-type: none"> <li>● Basketball</li> <li>● Basketball Individual Skills (<i>Level I &amp; Level II</i>)</li> <li>● Softball</li> <li>● Softball Individual Skills (<i>Level I &amp; Level II</i>)</li> </ul>



County is Designated as Having Low or Moderate Level of Community	
<b>Phase E</b>	
<b>Size : Local gatherings restricted to ≤150 people. Public facilities are open.</b>	
<b>Phase E : Comply</b>	<p>Ensure compliance with all state and national restrictions, including for participation of high-risk individuals. Ensure that local and state restrictions allow holding of mass activities.</p> <p>If participants are traveling from different geographic areas, ensure all communities meet the Pennsylvania Department of Health’s designation of having low or moderate levels of community transmission. If not, provide virtual training and competition for those communities/individuals to join.</p>
<b>Phase E : Educate</b>	<p>Designate a COVID-19 Coordinator for the site.</p> <p>Prior to attendance, educate all participants on:</p> <ul style="list-style-type: none"> <li>● High-risk conditions.</li> <li>● Requirement that anyone who has symptoms must stay home and to contact their own health provider if they are sick for further evaluation.</li> <li>● Requirements for in-person gathering, including PPE, hygiene, and physical distancing.</li> </ul> <p>Confirm understanding of risks and participation procedures by having every participant sign the <a href="#">COVID-19 Participant Code of Conduct and Risk Assessment Form</a> (See Appendix).</p>
<b>Phase E : Prepare</b>	<p>Have COVID-19 screening protocol in place and COVID-19 Coordinator prepared to implement prior to or upon arrival.</p> <p>Ensure that the venue is disinfected or sanitized, especially bathrooms.</p> <p>Where possible instruct participants to use a single entry point and separate exit.</p> <p>No shared supplies such as towels and water/beverage bottles.</p> <p>Remind participants to bring PPE and, if used, their own water bottle, towel, and equipment. Have face masks/PPE available for those who are unable to bring.</p>

County is Designated as Having Low or Moderate Level of Community	
<b>Phase E</b>	
<b>Size : Local gatherings restricted to ≤150 people. Public facilities are open.</b>	
<b>Phase E : Prepare (continued)</b>	<p>Have signage posted that reinforces appropriate use of PPE relevant to the activity, hygiene and physical distancing.</p> <p>Have hand sanitizer or handwashing facilities available at venue.</p> <p>Know how to communicate potential cases to the local health authorities for testing and to SOPA’s COVID-19 Coordinator, Chelsea Hammell (<a href="mailto:hammell@specialolympicspa.org">c hammell@specialolympicspa.org</a>) within privacy laws.</p> <p><b>SOI provides the following guidance on transportation:</b></p> <ul style="list-style-type: none"> <li>• As much as possible, participants should travel with members of their families and/or individuals with whom they live with.</li> <li>• Additionally SOI highly recommends that participants should avoid the use of public transportation.</li> <li>• SOI continues to state if participants are carpooling with someone who does not live in their home, participants are to practice social distancing and wear a mask. Hand hygiene must also be followed and enforced. (This would limit 4 per car maximum and 6 per vehicle maximum provided there is three rows of seats.)</li> <li>• Additionally the <b>CDC recommends</b> no shaking hands or touching, and asking the driver of any carpool to put a window down if possible.</li> <li>• In addition, SOPA requires the COVID-19 Coordinator or a trained volunteer conduct the screening protocol and complete the Screening and Tracking Report Form for all participants (see Appendix) <b>before carpooling.</b></li> </ul>
<b>Phase E : Activity</b>	<p>COVID-19 Coordinator conducts screening protocol and completes the Screening and Tracking Report Form for all participants (see Appendix). All participants with symptoms, a history of recent (last 14 days) COVID-19 exposure, or temperature &gt;100.4F/37.8C must not proceed to the activity.</p> <p>Continue to provide a safe participation option for those who are unable to participate in person.</p>

## Phase E : TRAINING

- Any training site located in a county that the Pennsylvania Department of Health has designated as having low or moderate levels of community transmission of COVID-19 is eligible to conduct in-person activities with **up to 150 total participants**.
- All training sites must comply with the SOPA Return to Activities requirements and processes.
- High risk participants should take all necessary precautions.

## Phase E : COMPETITION

- 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**
    - Will need to be a combination of limited in-person competitions and virtual events to maximize athlete participation.
    - Each sport venue has its own Opening Ceremonies, lunch distribution area, awards, and Olympic Village to adhere to maximum size limits.
    - Larger venues will follow a strict schedule of games to maintain the occupancy regulation.
    - Whenever possible, events such as Opening Ceremonies, awards ceremonies, and the Olympic Village should be held outdoors to mitigate risks. Attendees must wear face masks and be physically distanced. Ceremonies will be broadcast live online for those not in attendance to watch and enjoy.
    - There will only be one day competitions with no overnight stays allowed.
    - With restrictions on travel and lodging, there will be different regional locations for state level competitions.
- High risk participants should take all necessary precautions when attending in-person competitions.

- **Divisioning and Competition Management**
  - **Individual Sports and Team Skills**
    - For in-person competition, the standard Special Olympics divisioning process continues to be used: ability, age, and gender.
  - **Team Sports**
    - Teams will be divisioned based on the submission of detailed team assessment scores outlined in the Special Olympics Official Rules.
    - Round robin tournaments will be held, divisioned by the assessments as necessary, to determine results.
  
- If stricter community mitigation standards are applied during the season, Local Programs will continue under Phase D, C, or B guidelines, depending on the level of outbreak of the virus. This means training and competitions are adjusted to local competition formats (Phase D) or virtual competition formats (Phases B and C).
  
- No SOPA in-person activities are permitted to be conducted at a training or competition facility located in a county designated by the Pennsylvania Department of Health as having a substantial level of community transmission of COVID-19.
  
- **Virtual competition**
  - Phase E follows the same process utilized in Phase B.
  - The program sport and competition coordinator submits scores via Google Doc three weeks prior to the date of each competition to be used for divisioning.
  - The standard Special Olympics divisioning process continues to be used: ability, age, and gender.
  - For sports where the differing physical characteristics of a competition venue impacts performance scores (i.e. long distance running course, alpine skiing race course, or golf course), the same competition venue must be used for divisioning and in all competitions.
  - Athletes compete within their assigned virtual divisions at competitions. Coaches are required to submit competition scores online obtained at practices in adherence to the following timelines:
    - **Sectionals:** Scores will be submitted by the Monday prior to the date of any state sectional competition.
    - **State Events:** Scores will be submitted by the Monday prior to the date of state competition.

- The competition manager inputs the scores for each athlete entry into the competition management system (GMS or another tool if it's a local event). As would transpire for an in-person event, places of finish are determined by athlete performance in each competition division.
- The final results are posted online the day of the scheduled virtual competition so athletes can see their place of finish.
- **Awards**
  - Official Special Olympics Awards will be presented for local competitions/invitationals, State Sectionals and State events.

### **Phase E : INTERSCHOLASTIC UNIFIED SPORTS**

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

## **APPENDIX**

1. Return to Activities Timeline
2. COVID-19 Coordinator Responsibilities
3. Fact Sheet on High Risk Participants
4. COVID-19 Participant Code of Conduct and Risk Assessment Form
5. Screening and Tracking Report Form
6. Signage and Educational Posters on Precautions & COVID-19 Symptoms
7. Honor Code
8. Meeting and Social Gathering Guidelines
9. Fundraising Activities