

Appendix 1

COVID-19 Coordinator Responsibilities



The COVID-19 Coordinator is the site's point of contact for all questions related to COVID-19, and all participants must be provided the persons contact information. The COVID-19 Coordinator responsibilities are outlined below.

- Must have access to home computer and Internet with a basic understanding of Google products (Forms & Sheets) to complete forms.
- Must check email on a regular basis for weekly email from a SOPA Field Director on COVID-19 community transmission rate (low, moderate or significant) of county as well as a summary of the Return to Activities plan which includes the mitigation protocols.
- Implement the required mitigation protocols weekly depending on the COVID-19 community transmission rate (low, moderate or significant).
- Educate participants on risks of participation, requirement that anyone with symptoms stay home, and requirements for in-person activities including Personal Protective Equipment (PPE), hygiene, and physical distancing prior to beginning. Access the **PPE Fact Sheet** here: <https://bit.ly/3r7C4wV>
- 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.
- Ensure that the venue is cleaned and disinfected, especially high touch surfaces such as tables, doorknobs, light switches, toilets, faucets, sinks, etc.
 - Wear disposable gloves to clean and disinfect.
 - Clean indoor surfaces using soap and water, then use an EPA registered household disinfectant, following instructions. Diluted household bleach solutions may also be used if appropriate for the surface and intended for disinfection. Leave solutions on for at least one minute.
 - Outdoor areas generally require normal routine cleaning, but do not require disinfection. High touch surfaces made of plastic or metal, such as grab bars and railings should be cleaned routinely. Cleaning and disinfection of wooden surfaces (benches, tables) is not recommended.
- See the CDC website for more information: <https://bit.ly/39Z6SHy>
- Have signage posted that reinforce hygiene practices and physical distancing.
- Submit the Site Registration Form to SOPA prior to the start of the activity. Access the form here: <https://forms.gle/Scy8qstZx1jfCEnd9>
- 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 at chammell@specialolympicspa.org.

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COVID-19 Coordinator Responsibilities

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Pennsylvania



- Collect **COMMUNICABLE DISEASES PARTICIPANT (ATHLETE AND VOL UNTEER) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER** from all participants prior to the start of the in-person activity. Access the form here: <https://bit.ly/31zr5S7>
- Set-up a space for screening that maintains physical distance (6ft) during screening.
- Ask required screening questions.
- Instruct parents/caregivers to remain on site in their vehicles until screening process is complete.
- Record all names, results and contact information on the **Screening and Tracking Form** and submit to SOPA within 48 hours of the end of the activity.



Subject to Change
Version: 6-28-2021

Who is at higher risk of COVID-19?

COVID-19 is a relatively new disease and information is changing on who is more likely to get COVID-19 and who is will have more complications.

Current clinical guidance and information from the U.S. Centers for Disease Control and Prevention (CDC) and Health Organization (WHO) lists those at high-risk for severe illness from COVID-19 as:

- Unvaccinated people 60 years and older. Risk increases with age.
- Unvaccinated people with disabilities (resulting from long-standing systemic health and social inequities)

Regardless of age, individuals who are **unvaccinated** and have underlying conditions, such as the following, are or may be at increased risk of severe illness from COVID-19:

- People with chronic lung disease, chronic obstructive pulmonary disease or moderate to severe asthma, interstitial lung disease, cystic fibrosis, and pulmonary hypertension
- People who have serious heart conditions (including heart failure, coronary artery disease, congenital heart disease, cardiomyopathy, hypertension)
- People who have HIV and/or are immunocompromised
- People with obesity or who are overweight (body mass index [BMI] of 25 or higher). To calculate BMI refer to: <https://bit.ly/2Zspqer>
- People with cancer
- People with diabetes (Type 1 and 2)
- People with chronic kidney disease
- People with liver disease
- People with dementia
- People with down syndrome
- People who are pregnant
- People who are smokers, current or former
- People with a substance abuse disorder
- People with sickle cell disease or thalassemia
- People who have had a stroke or cerebrovascular disease

The list may change as evidence is learned. Please review the latest list of conditions that put individuals at increased risk available at the [CDC website](https://bit.ly/2VEJcSK) (<https://bit.ly/2VEJcSK>)

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

If you have been diagnosed with COVID-19, you should consult with a healthcare professional for written medical clearance before returning to Special Olympics in person activities as serious cardiac, respiratory, and neurological issues may develop as a result of COVID-19.

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



Directions: The COMMUNICABLE DISEASES PARTICIPANT(ATHLETE AND VOLUNTEER) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER must be electronically signed and submitted via Google Forms: <https://bit.ly/31zr5S7> by every participant (Athletes, Unified partners, Coaches, Officials, Volunteers, HODs, SO Staff, and families/caregivers if they will not exclusively be in spectator only spaces) prior to the start of the in-person activity. This form has 3 sections (Risk Assessment, Code of Conduct and Waiver) and must be completed in one-sitting as you **cannot** return to the form. If a participant does not have access to submit electronically or ability to send a photo of the completed form to the site COVID-19 Coordinator, participant must schedule a call with the site COVID-19 Coordinator at least 24 hours prior to the first in-person activity to verbally provide their answers to the site COVID-19 Coordinator.

- Site COVID-19 Coordinator will enter form electronically based on information provided.
- Participant must bring a completed paper form to the first in-person activity and provide to the site COVID-19 Coordinator upon arrival at first in-person activity.

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

I understand I could get Coronavirus through in-person sports, training, competition and/or any group activity at Special Olympics Pennsylvania. I am choosing to participate in sports, training, competition and/or other Special Olympics Pennsylvania activities at my own risk.

1. Local Program? _____
2. First name of participant? _____
3. Last name of participant? _____
4. Participant type (Circle one)?
 - a. Athlete
 - b. Unified Partner
 - c. Coach/Volunteer/Caregiver
5. Are you vaccinated? Yes ☐ No ☐
 If yes, which vaccine have you received? Pfizer ☐ Moderna ☐ J&J ☐
 If yes, what dose number have you received? One ☐ Two ☐
6. Who is your site COVID-19 Coordinator (Type their name)?

7. Site Location of in-person activity? (ex: Smith Elementary, Everhart Park)?

8. Participant activity type?

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

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RISK ASSESSMENT

I will do a risk self-assessment before returning to in-person activities to determine if I should return at this time.

I understand that if I have an intellectual disability or if I have one or more of the conditions on the CDC's list of high-risk conditions, I am at increased risk of severe illness from COVID-19.

Yes ☐ No ☐

Special Olympics Pennsylvania gave me education on COVID-19 and who is at high-risk.

Yes ☐ No ☐

I understand that Special Olympics encourages everyone who has access to the COVID-19 vaccine, to get vaccinated. The vaccine will help protect me from getting COVID-19. If I still get infected after I get vaccinated, the vaccine works to prevent serious illness. By getting vaccinated, I also help protect people around me.

Yes ☐ No ☐

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. I will answer truthfully and participate fully.

Yes ☐ No ☐

If I have COVID-19 symptoms, I will stay at home, NOT go to any in-person activities and notify my site COVID-19 Coordinator. Seven days after symptoms resolve, I am to notify my site COVID-19 Coordinator.

Yes ☐ No ☐

As an athlete or Unified Partner, if I get or have had COVID-19, I will go to my doctor and get written clearance, provide the clearance to my site COVID-19 Coordinator before returning to any in-person activities.

Yes ☐ No ☐

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

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CODE OF CONDUCT

I agree to the following to help keep me and my fellow participants safe:

I will wear a mask as required by Special Olympics Pennsylvania's Return to Activities Plan. The specific requirements will be communicated to me by my COVID-19 Coordinator or I will ask.

Yes ☐ No ☐

I will wash my hands for 20 seconds or use hand sanitizer before and/or during any in-person activities.

Yes ☐ No ☐

I will wash my hands any time I sneeze, cough, go to the bathroom or get my hands dirty.

Yes ☐ No ☐

I will avoid touching my face. I will cover my mouth when I cough or sneeze and immediately wash my hands after.

Yes ☐ No ☐

I will not share drinking bottles or towels with other people.

Yes ☐ No ☐

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

Yes ☐ No ☐

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

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**WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNIFICATION
AGREEMENT FOR COMMUNICABLE DISEASES
("Agreement") for SPECIAL OLYMPICS**

In consideration of being allowed to participate in any way in Special Olympics sports training, competition or fundraising activities, the undersigned acknowledges, appreciates, and agrees that:

1. Participation includes possible exposure to and illness from infectious and/or communicable diseases including but not limited to MRSA, influenza, and COVID-19 ("Infectious Diseases"). While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Special Olympics, Inc, Special Olympics Pennsylvania their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL DAMAGES, ILLNESS, DISABILITY, DEATH, or other loss or damage to person or property (including loss of income and any expenses incurred) ARISING OUT OF OR RELATED TO MY EXPOSURE TO OR INFECTION WITH ANY INFECTIOUS AND/OR COMMUNICABLE DISEASES, WHETHER FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

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

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**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT,
FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL
RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY
INDUCEMENT.**

Full name of Participant: _____

Participant Signature: _____

Date signed: _____

Phone: _____

Email: _____

**FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION) OR
ADULT ATHLETES UNABLE TO CONSENT**

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Full name of Participant: _____

Full name of Parent/Guardian: _____

Parent/Guardian/Signature: _____

Date signed: _____

Phone: _____

Email: _____

Circle one: Parent Guardian

Appendix 4

Screening and Tracking Report Form

**Special
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REMINDERS:

- All participants to be reminded that they **MUST** stay home, if they are sick or showing signs and symptoms of COVID-19 or have been exposed to someone who has had COVID-19. They should be encouraged to contact their healthcare provider if they are feeling unwell. Before the start of any Special Olympics Pennsylvania in-person activity, a screening of all participants must be conducted to assess if anyone is showing signs or symptoms of COVID-19. All participants, must be documented in case someone in attendance is diagnosed with COVID-19 and contract tracing is needed.

SCREENING PROTOCOL:

1. Must set-up a space for screening that maintains physical distance (6ft/2m) during screening.
2. Must ask the following questions (reinforced through visuals and verbally, such as a poster/paper with icons):
 - a. In the last 5 days, have you had contact with someone who has been sick with COVID-19?
 - i. If yes, individual should be instructed to self-quarantine per local regulations.
 - b. Have you had a fever in the last week (temperature of 100.4°F/37.8°C or higher)?
 - c. Do you have a cough and/or difficulty breathing?
 - d. 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)?
3. Must record all names, results and contact information and keep in case needed for contact tracing or reporting.
 - a. If yes to any symptom 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.
 - b. Athletes or Unified Partners who test positive for/have COVID-19 must provide written medical clearance before returning to in-person activities.

Throughout the in-person activity remind participants of infection prevention protocols (e.g. facemasks, physical distancing, hygiene, and disinfection/sanitation).

Name of Event: _____ Date of Event/Practice: _____ Location: _____

Training Roster	Participant Type (Athlete, Unified Partner, Coach, Volunteer, Staff)	First Name	Last Name	Vaccinated? (Yes/No)	Signed Communicable Diseases Participant Risk Assessment, Code of Conduct & Waiver? (Yes/No)	Screened? (Yes/No)	Signs or Symptoms of COVID-19? (Yes/No)

If the COVID-19 Coordinator completes this paper version they MUST transfer that data to the electronic form within 48 hours of the end of the activity.

Programs will have the option to use this paper version for tracking onsite if they do not have digital access to the electronic version.



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 may 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.



SYMPTOMS

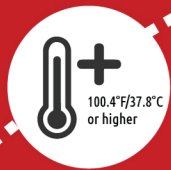


COUGH



SHORTNESS OF BREATH

OR AT LEAST TWO OF THE BELOW SYMPTOMS



FEVER



CHILLS



**REPEATED
SHAKING
WITH CHILLS**



**MUSCLE
PAIN**



HEADACHE



**SORE
THROAT**



**NEW LOSS
OF TASTE
OR SMELL**



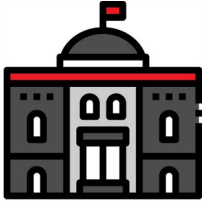
**IF YOU FEEL SICK, OR ARE SHOWING SYMPTOMS, STAY HOME
AND CALL YOUR HEALTHCARE PROVIDER FOR EVALUATION**

**FOR ADDITIONAL INFORMATION AND RESOURCES VISIT
WWW.SPECIALOLYMPICSPA.ORG**



COVID-19: What you need to know

Training in a safe environment



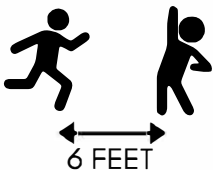
FOLLOW LOCAL GOVERNMENT GUIDANCE

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.



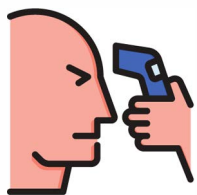
MAKE HAND WASHING FACILITIES AVAILABLE

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.



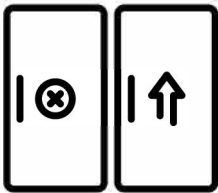
COVID-19: What you need to know

Training in a safe environment



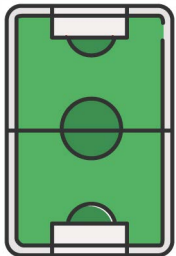
KEEP IT CLEAN

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.



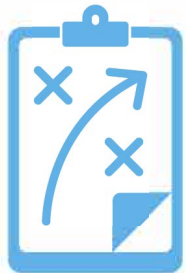
ENTRANCE AND EXITS FROM FACILITY

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.



Because fundraising activities are focused around engagement with the general public, **fundraising activity guidelines are different than those outlined in the Special Olympics Pennsylvania (SOPA) Return to Activities plan.** The below guidelines are aligned with the guidelines of the Centers for Disease Control and Prevention (CDC), State of Pennsylvania and Local Governments and Special Olympics International (SOI). All SOPA Local Program and Region fundraising activities must comply.

It is the responsibility of the fundraising activity lead to ensure these guidelines are followed. Additionally there must be an understanding that guidelines can change, possibly impacting the ability to move forward with a fundraising event.

Please refer to the [State of Pennsylvania](#) and [CDC](#) guidelines for the most up-to-date information.

Guidelines for Fundraising Activity

- All fundraising activity must follow the State of Pennsylvania and Local guidelines around group gatherings. Guidelines for indoor and outdoor events differ. The total occupancy number must include participants, volunteers, venue staff and SOPA staff.
- Individuals interested in hosting an event must submit an intent to host a fundraising activity form to SOPA's State Office via the Fundraising Activity and Mitigation Form. Access the form here: <https://bit.ly/3BpLA3h>
- Fundraising Activity and Mitigation Forms are reviewed every Wednesday by SOPA's State Office. Forms must be submitted by COB Tuesdays to ensure they are reviewed the following day. A decision will be emailed by the close of business Wednesday to the individual submitting the Fundraising Activity and Mitigation Form.
- If a SOPA representative (athletes, athlete leaders, program volunteers, management team, LETR, SOPA staff) wishes to participate in a fundraising activity as a paying entrant/registrant, like any other supporter, they are welcome to do so; however, they will assume all liability for their own health and safety, just as all other event participants/members of the general public.
- For SOPA representatives who are playing a specific role in the fundraising activity, the following requirements must be met:
 - SOPA representatives may not be pressured to feel they have to participate on behalf of the Local Program, Region or State;
 - Each SOPA representative (or their legal guardian) must sign the **COMMUNICABLE DISEASES PARTICIPANT (ATHLETE AND VOLUNTEER) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER**. Access the form here: <https://bit.ly/31zr5S7>
 - Upon arrival, each SOPA representative on-site must be screened for symptoms and exposure by the COVID-19 Coordinator at the fundraising activity;
 - Upon arrival, each SOPA representative will receive education about the expected health and safety behaviors they will need to demonstrate. Additionally, they will be held accountable for adhering to them.



All SOPA Local Programs inclusive of sport training, competition, meetings, social gatherings and Young Athletes are required to follow all of the guidance and requirements in the SOPA Return to Activities plan.

Young Athletes Recommendations

Physical Distancing

- Increase the size of the field, court or space being used for Young Athletes activities to ensure children can always remain 6 feet apart.
- When possible, use outdoor facilities to increase space and limit opportunity for transmission.
- Use tape, chalk, floor markers, hula hoops, cones or other Young Athletes equipment to help create a physical space for each individual child.
 - Floor markers are regularly used in Young Athletes to help show children where they should stand. Using them to promote physical distancing will be familiar to many children.
 - Make sure the space is big enough to allow children to move around during activities while still maintaining physical distance from others.
- Encourage children to wave, smile or use sign language to say hello instead of using hugs or high-fives to greet each other during Young Athletes activities.
- Use different Young Athletes games and activities to help children understand physical distancing and redirect children when they get too close to one another.
- Within each child's designated space, place a hoop or bucket approximately 6 feet away from the child and have them practice their underhand and overhand throwing with a ball or beanbag.
 - Use the game "Red Light, Green Light" to stop children when they are getting too close to someone else.
 - Red Light, Green Light is typically played with children lined up at one end of a field or court. When the coach says, "green light," children can start walking or running towards the other end of the field. When the coach says, "red light," the children must stop quickly. The coach alternates between "green light" and "red light" until all children are at the other end, changing up speed, duration and type of movement.
 - Yelling "stop" can be scary or upsetting to children, which can cause unnecessary fear or stimulate an emergency. Using "red light" instead can keep things fun, while redirecting children away from others.
 - It is important to practice this activity often, so children know how to respond when they hear "red light."
 - For community-based Young Athletes activities, have parents or caregivers serve as Young Athletes volunteers, instead of external individuals. Many children require direct or hand-over-hand support to ensure safety while participating in Young Athletes activities. Having parent or caregiver volunteers can support children with safely following the coach's instruction from a distance, while reducing exposure to additional individuals.
 - They can also help to keep their child physically distant from others.
 - Given what we know about transmission of COVID-19, effort should be made to ensure all adults present maintain 6 feet from others not in their household.



Face Masks

- Children over 2 years old must wear a cloth face mask when participating in Young Athletes activities. There are some situations, outlined below, where children may be unable to wear a mask. In these situations, families should delay participation in in-person Young Athletes activities.
 - Wearing a face mask will cause the child to touch their face more than without a mask.
 - The child has trouble breathing.
 - The child is unable to remove their mask without assistance.
- Participants are required to wear face masks unless they are outdoors and can consistently maintain social distancing of at least 6 feet.
- The site must have face masks/PPE available for those who are unable to bring.
 - When feasible, consider having coaches and/or parents wear face masks with a transparent central area. Seeing, and reacting to, facial emotions is a critical part of early development for children and can help support children in developing their own emotional competencies.
- Talk to parents and caregivers in advance of Young Athletes activities about helping children develop a sensitivity and tolerance to wearing a cloth face mask. In most cases, resistance to wearing a mask is based on fear or discomfort. Consider sharing the suggestions below:
 - Put a cloth face mask on your child's favorite stuffed animal or show your child pictures of other children wearing face masks.
 - Find or make a mask that features your child's favorite color, sports team or character. Or decorate your child's face mask so it is more personalized and fun.
 - Encourage your child to pretend they are a doctor, nurse or superhero when wearing their mask. Make believe makes wearing a mask fun!
 - For children with touch sensitivities, add buttons to a hat or headband and secure the face mask around the buttons, instead of on the ears.
 - Practice wearing the face mask at home to help your child get used to wearing it.
- Give your child a clear way to ask for breaks from wearing their face masks. Consider using a hand signal, a new button on their communication device or creating a "break" card to indicate when they need to take the mask off.
- All adults present at Young Athletes activities (coaches, parents, caregivers, etc.) must wear a face mask from arrival through departure.
- When feasible, consider having coaches and/or parents wear face masks with a transparent central area. Seeing, and reacting to, facial emotions is a critical part of early development for children and can help support children in developing their own emotional competencies.

Young Athletes Activities

Young Athletes Equipment

- When feasible, coaches and Programs should have sufficient Young Athletes equipment to provide each child with their own station or set of equipment, to avoid sharing equipment.
- All equipment should be sanitized before and after each session. Select equipment that can be easily wiped down. For example, a rubber or flyweight ball will be easier to clean than cloth beanbags or balls.
- If there is not enough equipment to provide each child with their own set, consider asking families to make their own equipment out of household materials and bringing the equipment with them to the Young Athletes activities. Or spend the first part of your session making equipment with children and families.



- Empty soda bottles filled with water or beans can become cones, while newspaper rolled and wrapped with tape can become a bat or a ball.
- More suggestions for building your own equipment kit can be found in the [“Build Your Own YA Kit at Home”](#) video tutorial.
- Alternatively, coaches can focus on Young Athletes activities that can be done with no equipment (see table of activities below).
- If equipment is shared between children, sanitize equipment after each individual use.

Young Athletes Activities

- The activities below focus on individual skill development and can be completed individually or with support from a parent or guardian. Detailed descriptions of each activity can be found in the [Young Athletes Activity Guide](#) (page numbers listed below) or the [Young Athletes Family Flash Cards](#).

No Equipment Activities		Limited Equipment (Support Needed)			
Activity	Page #	Activity	Page #	Activity	Page #
Children's Songs	14	Musical Markers	16	Scarf Games	14
I Spy	15	Walk Tall	22	Rolling and Trapping	34
Animal Games	17	Run and Carry	23	Goalie Drill	34
Follow the Leader	22	Balance Beam	28	Big Ball Catch	35
Side Stepping	22	Step, Jump and Grab	29	Low Ball Catch	36
Sticky Arms	24	Jumping High	31	High Ball Catch	36
Heavy Feet, Light Feet	24	Bowling	40	Bounce Catch	37
Leaping Lizards	31	Target Practice	43	Two-Handed Underhand Toss	41
Gallop	58	Handball	46	One-Handed Underhand Toss	41
Skipping	58	Beginning Floorball	47	Two-Handed Overhand Throw	42
		Stationary Ball Kick	52	One-Handed Overhand Throw	42
		Penalty Kick	52	Ball Tap	46
		Three-Pin Bowling	54	Stand, Roll and Trap	59
		Cone Dribble	55	One-on-One	59
		Punting	58		
		Dribble	60		
		Dribble and Shoot	60		

- It is important to assess each child's skill level upon returning to Young Athletes activities and adjust accordingly. Given the extended time at home and away from school, therapies and peers, some children may have gone backwards in their skill development or behaviors. Regression is a very common reaction to stress and should not cause alarm to coaches or parents.
- Use a similar structure to your Young Athletes activities before COVID-19 to support children with familiarity and repetition: Warm up (10 minutes), Individual skill development (20 minutes), Cool down and closing song (10 minutes). This same structure can also be done virtually if liaison does not feel comfortable hosting in-person or facilities that allow appropriate social distancing aren't available.
- Stretching, songs and warm-up activities can all be done as a group while maintaining physical distance. Focus on activities that allow for social interaction without direct contact.



- For example, have children take turns being the leader in Follow the Leader. Focus on stationary activities and stretches that keep children in their own space, but allow them to interact with others.
- Instead of group games, focus on individual skills. To decrease the amount of equipment needed for each session, consider focusing on one skill area during each Young Athletes session.
 - For example, focus your Young Athletes session on kicking skills and spend 5 minutes each on four activities: stationary ball kick, penalty kick, cone dribble and one-one-one. Activities can progress in difficulty to continue development.
- Coaches should station themselves in a location where all children can see as they demonstrate activities, for example, in the center.

Teaching Preventive Actions

- Before the session begins, remind parents about preventing the spread of COVID-19 in children:
 - Wash hands often using soap and water for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
 - Avoid people who are sick and keep a 6-foot distance between your child and people outside of your household.
 - Wear cloth face coverings when outside the home (*for all children above age 2 except in the specific situations outlined above when children may not be able to wear a mask*).
 - Clean and disinfect "high touch" surfaces daily.
 - Wash laundry/plush toys regularly on the warmest setting advised & dry them fully.
- Have handwashing facilities or hand sanitizer available at the venue.
 - Supervise children when using hand sanitizer to monitor effective use and avoid potential ingestion or contact with eyes, nose or mouth. Alcohol-based hand sanitizer is toxic if ingested. Keep hand sanitizers out of children's reach and have an adult pump the hand sanitizer directly into a child's hands.
 - Teach children to rub their hands together immediately until the hand sanitizer is dry. For some children, a parent or caregiver may need to help rub their hands together.
- Have families bring their own snacks and water to Young Athletes activities.
- Post signage around your venue that reinforces handwashing with soap and water for at least 20 seconds. Use materials that cater to children and feature limited words, visuals or cartoons.
 - The Center for Disease Control (CDC) offers a [variety of fun posters](#), in multiple languages, to highlight the importance of handwashing.
- Use different Young Athletes games and activities to help children understand preventative actions they can take to stay healthy, like washing their hands or coughing into their elbow.
 - Using games and activities to reinforce health messaging is an important tool to ensure the messages come across in a positive and fun light. Sometimes talking about COVID-19 can cause children to be afraid of the virus, going outside their home and more. Play can reinforce positive messages without instilling fear or worry.
- Use songs during warm up and cool down. For example, the song below, "Wash, Wash, Wash Your Hands," is sung to the tune of "Row, Row, Row Your Boat." Children can mimic the movements of washing their hands, eating, sleeping and playing. Wash, wash, wash your hands Wash the dirt away before you eat, before you sleep and after outdoor play.



- End the cool down with a story or book that helps children understand COVID-19. The examples below are online stories and can be printed to share with children or viewed through a tablet.
 - [#COVIBOOK](#) – an illustrated storybook (available in 25 languages)
 - [King COVID and the Kids Who Cared](#)
- Share videos and books with families that can be used at home to help children understand the virus and things they can do to keep themselves and their families safe and healthy.
 - From Sesame Street: [Learn to Belly Breathe with Rosita](#), [R is for Routine](#), [Elmo's Morning Routine](#), and [Wash Hands with Elmo](#)
 - From Daniel Tiger: [Germs, Germs Go Away](#) and [Handwashing](#) songs
 - Additional videos: [Time to Come In, Bear](#), a children's story about social distancing and [We Wear Masks](#), a social story about the coronavirus.

Additional Considerations for Schools

- Students should participate in Young Athletes with the same group of children that they are with throughout the day, to avoid increased interactions. If a school previously combined two classrooms to make Young Athletes activities inclusive, the classrooms should participate in Young Athletes separately and use technology to stay connected.
- Limit Young Athletes volunteers to teachers, assistants or aides that are already interacting with children throughout the day. Avoid introducing new adults during the Young Athletes activities.
- As students and staff return to school, many will return with high levels of stress, trauma or anxiety due to the COVID-19 pandemic and its effects. To ensure the best opportunity for success, it is important to prioritize the development of the whole child when schools return, with social and emotional development, as well as academic learning. The inclusion of social- emotional learning can help to create a supportive, safe and responsive learning environment that ensures students and adults can thrive when they return to school.
 - Trauma and stress for children may be coming from a lot of different places. They have been stuck at home and isolated from their friends. They may be afraid about getting sick. Their family may be experiencing financial hardship. Or they may know someone who has had or died from COVID-19. All of these fears and anxieties should be acknowledged and supported at home and as children return to school.
 - The [Young Athletes Educator Flash Cards](#) can support teachers in using Young Athletes skills as a base to develop social-emotional learning skills.



COMMUNICABLE DISEASES PARTICIPANT (ATHLETE AND VOLUNTEER) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER process for a Multi-Program Event:

- Step 1: The COVID-19 Coordinator must submit the Site Registration Form and gain approval.
- Step 2: 2 weeks prior to the event, Event Lead should contact Gina Reid (g Reid@specialolympicspa.org) and let her know which counties are attending the event.
- Step 3: The SOPA Field Director/Regional Sport Director will populate the Screening and Tracking Report Form with the names of the athletes from attending programs that participate in that sport.
- Step 4: Event Lead will review the Screening and Tracking Report Form and compare it to event registration.
- Step 5: If participants are missing, Event Lead will provide missing names to Gina Reid (g Reid@specialolympicspa.org).
- Step 6: The SOPA Field Director/Regional Sport Director will follow up with Local Program to request COMMUNICABLE DISEASES PARTICIPANT (ATHLETE AND VOLUNTEER) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER for missing participants.
 - All participants must have a COMMUNICABLE DISEASES PARTICIPANT (ATHLETE AND VOLUNTEER) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER. IF NOT submitted, they may not participate.
 - Class B volunteers must complete the COMMUNICABLE DISEASES PARTICIPANT (ATHLETE AND VOLUNTEER) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER in order to volunteer.
 - COMMUNICABLE DISEASES PARTICIPANT (ATHLETE AND VOLUNTEER) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER should be completed electronically.
- COMMUNICABLE DISEASES PARTICIPANT (ATHLETE AND VOLUNTEER) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER can be completed day of, but should be completed in advance whenever possible.



Class B, Day-of Volunteer, Vaccination Collection Process:

- For Events: Class B, day-of-volunteers, have the same requirements as participants.
 - If vaccinations are required for participants, then vaccinations will be required for day-of volunteers.
 - If vaccinations are not required for participants, then day-of volunteers will not be required to be vaccinated.
 - This situation will require the event organizer to track vaccination rates of day-of volunteers. This will be collected through the COMMUNICABLE DISEASES PARTICIPANT (ATHLETE AND VOLUNTEER) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER.
 - Depending on Community Transmission Rates, the Vaccination Rate percentage of participants combined with the Vaccination Rate percentage of day-of volunteers must remain at a level that allows the event to be held (you can reference this in the matrix).
 - If the event is approaching concerning levels of unvaccinated participants to still allow the event to be held, unvaccinated day-of volunteers may need to be reassigned to roles that will have no interaction with athletes OR removed from the volunteer list.
- For Training Sites: If you utilize Class B, day-of-volunteers, at your training site, they need to be included on your Screening and Tracking Form for that training session and will be treated as a participant.



Unvaccinated Participant Testing Process (for overnight events only):

- In the blue and yellow protocol, overnight events are allowed. Testing for unvaccinated participants is required pre-event and periodically during the event depending on the duration. Unvaccinated participants on the delegation report are required to submit a negative COVID-19 test result within 48 hours of the overnight event.
 - Step 1: Local Program identifies Local Program Management Team member to manage the COVID-19 test distribution and collection of results.
 - Step 2: Unvaccinated participant to take the at-home COVID-19 test no more than 48 hours prior to the event.
 - Step 3: Unvaccinated participant to share COVID-19 test result with the Local Program Management Team member. Unvaccinated participant can take a picture of the COVID-19 test result and share it via email or text.
 - If unvaccinated participant doesn't have access to email or phone, they must bring their COVID-19 test result to the event departure site. The Local Program Management Team member must verify the COVID-19 test result.
 - If unvaccinated participant is driving themselves, they must provide the COVID-19 test result to the HOD upon arrival.
 - HOD should establish a meeting site at the venue to verify the COVID-19 test result.
 - HOD will record the COVID-19 test result on the Screening and Tracking Form.
 - Step 4: Assigned Local Program Management Team member collects the COVID-19 test result for each unvaccinated participant attending the overnight event.
 - Step 5: Assigned Local Program Management Team member reviews and verifies the COVID-19 test results.
 - Step 6: Assigned Local Program Management Team member will record the COVID-19 test result on the Local Program Screening and Tracking Form. HOD will turn in the Screening and Tracking Form at delegation registration.
 - Participants who test positive for COVID-19 are ineligible to attend the event.
 - If a person is asymptomatic and tests positive, having had COVID-19 in the past 90 days, they can submit documented proof from a health care provider that they are recovered and safe to return to activity.
 - Depending on the duration of the overnight event, unvaccinated participants may need to be tested more than once. SOPA staff will work directly with HOD to test, review and verify results of unvaccinated participants.
 - Unvaccinated participants who test positive for COVID-19 during the overnight event are immediately required to isolate and are ineligible to participate in the remainder of event. A parent/guardian will be expected to pick the participant up from the overnight event.