

## Special Olympics Pennsylvania: Return to Activities

**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.

Guidance is based on current medical information available at the time of publication. As knowledge of COVID-19 is changing rapidly, guidance will evolve. Guidance takes a phased approach that is dependent on local transmission rates as well as testing, monitoring, contact tracing and health system capacity.

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

Any participant [who is considered as high risk](#) is not permitted to return to SOPA in-person activities until Phase E.

|  |  |                                |                                |                                |
|--|--|--------------------------------|--------------------------------|--------------------------------|
| <b>Pennsylvania: Substantial Level of Community Transmission</b> | <b>Pennsylvania: Low or Moderate Level of Community Transmission</b> |                                |                                |                                |
| <b>SOPA: Phase A</b><br>(Stay at Home)                           | <b>SOPA: Phase B</b><br>(≤ 10)                                       | <b>SOPA: Phase C</b><br>(≤ 25) | <b>SOPA: Phase D</b><br>(≤ 50) | <b>SOPA: Phase E</b><br>(≤150) |

All participants must adhere to the following:

- Participants are required to wear face masks when they are not engaged in a sporting activity, unless doing so jeopardizes their health.
- Participants must bring their own water and drinks to activities.
- 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 handshakes, fist bumps, or high fives before, during or after training/competition. Limit unnecessary physical contact with participants.
- Activities that increase the risk of exposure to saliva are not allowed, e.g.: 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.
- Participants are not to congregate while awaiting pick up/drop off.
- Prior to returning to any in-person SOPA activities in Phases B through E, 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.
  - **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 [website](#). If the state or country is listed under “COVID-19 Information for Travelers” then the participant must quarantine for 14 days upon return.

- **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 PA. The site COVID-19 Coordinator will immediately refer to the Department of Health [website](#). If the county is substantial then the participant must quarantine for 14 days upon returning home.
- Participants must not participate in any activities if they are sick, for their own health and to reduce transmission of any infections to others.
  - 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 SOPA to return earlier.
  - Participants who test positive for/have COVID-19 must provide written medical clearance before returning to activity.
- Prior to entering an activity, practice, event, or gathering, participants must answer the following questions:
  - 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.
- Have onsite measurement of temperature taken.
  - 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.

**Special Olympics Pennsylvania: Return to Activities (Phases)**

| Phase A: All virtual. No in-person activities |   |  |  |   |
|---|---|--|--|---|
|   | Phase B   | Phase C  | Phase D  | Phase E   |
| <b>Participation</b>                          | Maximum of <b>10</b> participants   | Maximum of <b>25</b> participants  | Maximum of <b>50</b> participants  | Maximum of <b>150</b> participants  |
| <b>High Risk</b>                              | High Risk participants must stay home   | High Risk participants must stay home  | High Risk participants must stay home  | High Risk participants may attend, provided all necessary precautions are taken   |
| <b>Competition</b>                            | No in-person competitions<br>Virtual State & Sectional events<br>Virtual Honor Code enforced                              | No in-person competitions<br>Virtual State & Sectional events<br>Virtual Honor Code enforced | Local in-person competitions allowed<br>Virtual State & Sectional events<br>Virtual competition options available, Virtual Honor Code enforced | In-person competitions allowed with adjustments to accommodate a max of 150 people in attendance at any single facility. Virtual competition options are available, Virtual Honor Code enforced |
| <b>Fall Sports</b>                            | <b>Individual:</b> Bocce (w/modifications), LDW/W, Powerlifting, Roller Skating   |  | All Fall individual sports   | All Fall individual sports  |
|   | <b>Team</b> (Only Level 1 & 2 Skills): Flag Football, Soccer, Volleyball  |  | <b>Team:</b> 5v5 & 7v7 Soccer<br>Level 1 & 2 Skills: Flag Football, Soccer, Volleyball   | All Fall team sports and individual skills competitions   |
| <b>Winter Sports</b>                          | <b>Individual:</b> Alpine Skiing, Bowling, Cross Country Skiing, Figure Skating, Snowboarding, Showshoeing, Speed Skating |  | All Winter individual sports   | All Winter individual sports  |
|   | <b>Team:</b> (Only Level 1 & 2 Skills): Floor Hockey  |  | <b>Team:</b> (Only Level 1 & 2 Skills): Floor Hockey   | <b>Team:</b> Floor Hockey & individual skills   |
| <b>Spring Sports</b>                          | <b>Individual:</b> Athletics, Equestrian, Golf, Gymnastics, Swimming, Tennis  |  | All Spring individual sports   | All Spring individual sports  |
|   | <b>Team</b> (Only Level 1 & 2 Skills): Basketball, Softball   |  | <b>Team:</b> Softball<br>Level 1 & 2 Skills: Basketball, Softball  | All Spring team sports and individual skills competitions   |