

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.

Pennsylvania: Substantial Level of Community Transmission	Pennsylvania: Low or Moderate Level of Community Transmission				
	SOPA: Phase 0 (Stay at Home)	SOPA: Phase 1 (≤ 10)	SOPA: Phase 2 (≤ 50)		
	SOPA: Phase 3 (No size restrictions)	SOPA: Phase A (Stay at Home)	SOPA: Phase B (≤ 10)	SOPA: Phase C (≤ 25)	SOPA: Phase D (≤ 50)

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. 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/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.
- 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.
 - Maintain physical distancing of at least 6 feet between all participants.
 - Place markers on the ground to indicate 6 feet.
 - Remind participants to maintain their distance.
 - Shared equipment is not allowed until Phase E.
 - Participants should not touch the outside of their mask.
 - Do no scratch or touch their face mask.
 - Masks do not need to be worn during active exercise.
 - If sneezing, coughing, or yawning without a face mask on, participants should cover their faces with a tissue or elbow (not their hands) and throw away any tissues and wash their hands immediately.
 - Use verbal and visual signs to remind participants about hygiene, standard infection prevention, physical distancing, and use of personal protective equipment (PPE).

Special Olympics Pennsylvania: Return to Activities (Phases)

Phase A: All virtual. No in-person activities				
	Phase B	Phase C	Phase D	Phase E
Participation	Maximum of 10 participants	Maximum of 25 participants	Maximum of 50 participants	Maximum of 150 participants
High Risk	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
Competition	No in-person competitions Virtual State & Sectional events Virtual Honor Code enforced	No in-person competitions Virtual State & Sectional events Virtual Honor Code enforced	Local in-person competitions allowed Virtual State & Sectional events 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
Fall Sports	Individual: Bocce (w/modifications), LDW/W, Powerlifting, Roller Skating		All Fall individual sports	All Fall individual sports
	Team (Only Level 1 & 2 Skills): Flag Football, Soccer, Volleyball		Team: 5v5 & 7v7 Soccer Level 1 & 2 Skills: Flag Football, Soccer, Volleyball	All Fall team sports and individual skills competitions
Winter Sports	Individual: Alpine Skiing, Bowling, Cross Country Skiing, Figure Skating, Snowboarding, Showshoeing, Speed Skating		All Winter individual sports	All Winter individual sports
	Team: (Only Level 1 & 2 Skills): Floor Hockey		Team: (Only Level 1 & 2 Skills): Floor Hockey	Team: Floor Hockey & individual skills
Spring Sports	Individual: Athletics, Equestrian, Golf, Gymnastics, Swimming, Tennis		All Spring individual sports	All Spring individual sports
	Team (Only Level 1 & 2 Skills): Basketball, Softball		Team: Softball Level 1 & 2 Skills: Basketball, Softball	All Spring team sports and individual skills competitions