

SPECIAL OLYMPICS PENNSYLVANIA

# Spring Return to Activities

February 25, 2021



# Agenda

- Charting a Way Forward for Athlete and Volunteer Participation
- Return to Activities Plan and Appendix
  - “Participants” are defined as all athletes, Unified partners, coaches, volunteers, family members, caregivers, staff or others in attendance of an activity.
  - Refer to the COVID-19 page on our [website](#) regularly.
- Training
- Competition
  - In-Person
  - Fitness Heptathlon



# Charting our Way Forward



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# Charting a Way Forward for Athlete and Volunteer Participation

**Previous Protocol:** Athletes and volunteers who have one or more conditions identified by the CDC as putting them at high-risk of serious illness from COVID were not allowed to participate in in-person activities.

**New Protocol:** Moving forward, we will welcome any athletes or volunteers who wish to participate in SOPA activities in-person to do so (regardless of high-risk status and/or if they have been vaccinated), subject to our Return to Activities plan which outlines allowable group sizes, sport-specific guidance, and COVID mitigation protocols. We will encourage, but will not require, individuals to get the COVID vaccines. Everyone will be required to sign a new COVID waiver form that SOI will be providing.



# What changed that led to recommending a different approach?

- New information became available in the last week
- Multiple factors were considered prior to approving the new protocol:
  - New scientific study showing impacts of COVID on people with ID
  - COVID Vaccines (multiple considerations tied to availability, prioritization, hesitancy)
  - New SOI waiver required by GL Insurance
  - Balanced health risks from COVID with mental and physical health risks due to inactivity and isolation
  - Success with our R2A implementation last Fall

As always, ensuring the safety of our athletes and volunteers was our top priority.

# SOI's Chief Health Officer, Dr. Alicia Bazzano, recently met & advocated with CDC

- People with ID have a high burden of COVID disease, including more frequent transmission, hospitalization, comorbidities and support needs that make it difficult to prevent COVID. It is clear from available evidence that ID confers high risk of contracting and dying of COVID.
- **New data (not publicly released yet) shows that ID is 2nd only to age as an indicator of high risk of serious illness/death due to COVID-19.**
- Recommendation to CDC: Recognize this increased risk of severe COVID-19 illness by adding IDD to list of conditions that increase risk of severe illness from the virus that causes COVID-19.

# What Does this Mean?

- Does this new data mean people with ID are even more at risk than previously suspected?
  - No. According to Dr. Bazzano, this just “confirms what we already knew.”
  - This risk was already assumed and factored in when the original R2A plans were developed last summer.
- What will be the impact if CDC does add ID to list of high-risk conditions?
  - All individuals with ID in PA will move into Phase 1a of the state’s interim vaccination plan making them immediately eligible to receive the vaccine.



# Summary

Considering together all of the factors mentioned previously:

**We welcome any athletes or volunteers who wish to participate in SOPA activities in-person to do so, subject to our Return to Activities plan which outlines allowable group sizes, sport-specific guidance, and COVID mitigation protocols.**





# Areas still to be addressed...

1. Vaccine Education
2. Levels of Community Transmission
  - a. Crossing County Lines
3. Seasonal Returns
4. Extended Season
5. Culminating Events
6. Vaccine Tracking
7. Waiver Tracking

# Return to Activities



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# Summary

- SOPA is categorized by the State of Pennsylvania as a Recreational and Amateur Sports organization. Interscholastic Unified Sports and other in-school programs are categorized as Pre-K to 12 School Sports.
- 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.
- Required COVID-19 Coordinator
  - Chelsea Hammell is SOPA's designated COVID-19 Coordinator
  - Each site will be required to designate a COVID-19 Coordinator

# Community Transmission

- 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 as having a moderate level of community transmission of COVID-19.
- Wondering what level your county is? Google "[PA Level of Community Transmission](#)"

Google



www.education.pa.gov > COVID > GuidanceDocuments ▾ XLS

[Level of Community Transmission Table - PA.gov](#)

The table below is updated weekly on PDE's website ([education.pa.gov/COVID19](http://education.pa.gov/COVID19)) to reflect data for the week ending the previous Friday. 8, County, Week ending ...

You've visited this page many times. Last visit: 11/16/20



**Return to Activities**



# Community Transmission

- 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 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.
    - 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.



# 6-Month Medical Extension

SOPA will offer a 6-month extension if an Application for Participation ("medical") expired provided 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.



# High Risk

- Everyone is at risk for getting COVID-19 if they are exposed to the virus.
- Some people are more likely than others to become severely ill.
- More is learned about COVID-19 every day, and the latest information is available here: [“CDC: People Who Are at Increased Risk for Severe Illness.”](#)

# Phases

|   |   |  |  |   |
|---|---|--|--|---|
| <p><b>Pennsylvania:<br/>Substantial<br/>Level of<br/>Community<br/>Transmission</b></p> | <p><b>Pennsylvania: Low or Moderate<br/>Level of Community Transmission</b></p> |  |  |   |
| <p><u>SOI: Phase 0</u><br/>(Stay at Home)</p>   | <p><u>SOI: Phase 1</u><br/>(≤ 10)</p>   | <p><u>SOI: Phase 2</u><br/>(≤ 50)</p>  |  | <p><u>SOI: Phase 3</u><br/>(No size restrictions)</p> |
| <p><b>SOPA: Phase A</b><br/>(Stay at Home)</p>  | <p><b>SOPA: Phase B</b><br/>(≤ 10)</p>  | <p><b>SOPA: Phase C</b><br/>(≤ 25)</p> | <p><b>SOPA: Phase D</b><br/>(≤ 50)</p> | <p><b>SOPA: Phase E</b><br/>(≤150)</p>                |





# Requirements for all Phases

- Participants must wear masks while actively engaged in workouts and competition as well as when on the sidelines, in the dugout etc. unless they fall under an exception listed in Section 3 of the [Secretary of Health's Universal Face Covering Order](#).
- 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.
- Equipment and other personal items should be separated and not shared.
  - If equipment must be shared, all equipment should be properly disinfected between participants.



# Requirements for all Phases

- 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.
- Avoid shaking hands, fist bumps, or high fives before, during or after training and competition. Limit unnecessary physical contact with participants.
- 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.

- **Moderate Level:**

- Local Programs cannot travel in passenger vans or buses.
- Transportation is **not** allowed outside county lines to train and/or compete.



# Transportation Continued...

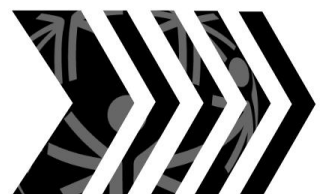
- **SOI provides the following guidance:**

- 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 **before carpooling.**



# Travel

- **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 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.




# COVID-19 Coordinator Responsibilities

- Complete [overview of responsibilities](#) can be found on COVID-19 resource page
- Must have access to home computer and internet with a basic understanding of Google products (Forms & Sheets) to complete forms.
- Educate participants
- Submit the [Site Registration and Advancement Form](#) to SOPA prior to the start of the activity
  - When the minimum requirements are met to move to the next phase, submit the Site Registration and Advancement Form for approval.
- Collect [COVID-19 Participant Code of Conduct and Risk Assessment Form](#) from all participants prior to the start of activity
- Set-up a safe training space
- Record all names, results and contact information on the Screening and Tracking Form and submit to SOPA within 48 hours of the end.

# Approval Process

- Field Director will **confirm site request is complete** and will follow up as needed.
- Field Director will **confirm county transmission rate** status:
  - Low/Moderate = eligible for in person
  - Substantial = virtual programming only
- Field Director will **confirm site request and identified COVID-19 Coordinator with manager**
- With Manager approval Field Director will send COVID-19 Coordinator email to include:
  - Approval notification
  - Start date eligibility based on request and county eligibility status
  - Link to Screening & Tracking Form
  - Link for COVID-19 Coordinator to send to participants for Code of Conduct & Risk Assessment

|  <b>Level of Community Transmission Table</b>                                      |                     |                     |                    |                     |
|--|---------------------|---------------------|--------------------|---------------------|
| <b>Recommendations for Pre-K to 12 Schools in Determining Instructional Models:</b>  |                     |                     |                    |                     |
| <b>Low:</b> Full in-person model or; blended learning model  |                     |                     |                    |                     |
| <b>Moderate:</b> Blended learning model or; full remote learning model   |                     |                     |                    |                     |
| <b>Substantial:</b> full remote learning model   |                     |                     |                    |                     |
| <a href="https://education.pa.gov/COVID19">More information on recommended instructional models and levels of community transmission: education.pa.gov/COVID19</a> |                     |                     |                    |                     |
| <i>The table below is updated weekly on PDE's website (education.pa.gov/COVID19) to reflect data for the week ending the previous Friday.</i>                      |                     |                     |                    |                     |
| County   | Week ending 2/19/21 | Week ending 2/12/21 | Week ending 2/5/21 | Week ending 1/29/21 |
| ELK  | Moderate            | Moderate            | Moderate           | Substantial         |
| ERIE   | Substantial         | Substantial         | Substantial        | Substantial         |
| FAYETTE  | Moderate            | Moderate            | Substantial        | Substantial         |
| FOREST   | Substantial         | Substantial         | Substantial        | Substantial         |
| FRANKLIN   | Substantial         | Substantial         | Substantial        | Substantial         |
| FULTON   | Low                 | Substantial         | Substantial        | Substantial         |
| GREENE   | Substantial         | Substantial         | Substantial        | Substantial         |

# March 2021

| Wk | Sun | Mon | Tue | Wed                                    | Thu | Fri | Sat |
|----|-----|-----|-----|--|-----|-----|-----|
| 9  |     | 1   | 2   | 3                                      | 4   | 5   | 6   |
| 10 | 7   | 8   | 9   | 10                                     | 11  | 12  | 13  |
| 11 | 14  | 15  | 16  | 17<br><small>St. Patrick's Day</small> | 18  | 19  | 20  |
| 12 | 21  | 22  | 23  | 24                                     | 25  | 26  | 27  |
| 13 | 28  | 29  | 30  | 31                                     |     |     |     |

## Low or Moderate = In Person

- Spring Season scheduled to start **3/15**
- County must be in phase **14 days** to transition out of Phase A (Virtual)
- If rates go back to **substantial**, program goes back to Phase A and clock restarts
- Field Director will monitor transmission weekly & notify Mgr & COVID-19 Coordinator of eligible start date

## Examples:

- **ELK:** Moderate on 2/5/21 if no change, eligible to start 2/22/21. **Could start on 3/15.**
- **FAYETTE:** Moderate on 2/12/21 if no change, eligible to start 3/1/21. **Could start on 3/15.**
- **FULTON:** Low on 2/19/21 if no change, eligible to start on 3/8/21. **Could Start on 3/15.**
- **If a program moved to low/mod on 3/8/21 they would be eligible to start on 3/22 - NOT 3/15**



**Return to Activities**





# Screening & Tracking Report Form

- 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.



# Screening & Tracking Phase B

## New Site

Snowshoeing - YMCA ☆ ☰ ☰  
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|    | A                      | B   | C                 | D                | E  | F                                      | G                         | H  | I            |
|----|------------------------|---|-------------------|------------------|--|--|---------------------------|--|--------------|
| 1  | Local Program          | Lycoming County   |                   |                  |  |  |                           |  |              |
| 2  | Training Site          | YMCA  |                   |                  |  |  |                           |  |              |
| 3  | Sport                  | Snowshoeing   |                   |                  |  |  |                           |  |              |
| 4  |                        | Name (First and Last)   |                   |                  | E-mail   |  | Cell Phone                |  |              |
| 5  | COVID-19 Coordinator   | Lester Loner  |                   |                  | lesloner3@gmail.com  |  | 570-433-1765              |  |              |
| 6  |                        |   |                   |                  |  |  |                           |  |              |
| 7  | Training Date          |   |                   |                  |  |  |                           |  |              |
| 8  | <b>Training Roster</b> | <b>Participant Type (Athlete, Unified Partner, Coach, Volunteer, Staff)</b> | <b>First Name</b> | <b>Last Name</b> | <b>High Risk for COVID-19 Self-Identification (Yes/No)</b> | <b>Code of Conduct Signed (Yes/No)</b> | <b>Screened? (Yes/No)</b> | <b>Signs or Symptoms of COVID-19? (Yes/No)</b> | <b>Notes</b> |
| 9  | Person 1               | Athlete   | Maria             | Marinucci        | No   | Yes                                    |                           |  |              |
| 10 | Person 2               |   |                   |                  |  |  |                           |  |              |
| 11 | Person 3               |   |                   |                  |  |  |                           |  |              |
| 12 | Person 4               |   |                   |                  |  |  |                           |  |              |
| 13 | Person 5               |   |                   |                  |  |  |                           |  |              |
| 14 | Person 6               |   |                   |                  |  |  |                           |  |              |
| 15 | Person 7               |   |                   |                  |  |  |                           |  |              |
| 16 | Person 8               |   |                   |                  |  |  |                           |  |              |
| 17 | Person 9               |   |                   |                  |  |  |                           |  |              |
| 18 | Person 10              |   |                   |                  |  |  |                           |  |              |
| 19 | Approved Phase C       |   |                   |                  |  |  |                           |  |              |
| 20 | Person 11              |   |                   |                  |  |  |                           |  |              |
| 21 | Person 12              |   |                   |                  |  |  |                           |  |              |
| 22 | Person 13              |   |                   |                  |  |  |                           |  |              |
| 23 | Person 14              |   |                   |                  |  |  |                           |  |              |
| 24 | Person 15              |   |                   |                  |  |  |                           |  |              |
| 25 | Person 16              |   |                   |                  |  |  |                           |  |              |

Screening Protocol Form Instructions Session 1 Session 2 Session 3 Session 4 Session 5 Session 6

[New Site](#)

Special Olympics Pennsylvania  
**Return to Activities**



# Proper Completion of Screening & Tracking Phase B

| Training Roster  | Participant Type<br>(Athlete, Unified Partner, Coach, Volunteer, Staff) | First Name | Last Name   | High Risk for COVID-19<br>Self-Identification<br>(Yes/No) | Code of Conduct<br>Signed (Yes/No) | Screened?<br>(Yes/No) | Signs or<br>Symptoms of<br>COVID-19?<br>(Yes/No) | Notes  |
|------------------|---|------------|-------------|---|------------------------------------|-----------------------|--|--------|
| Person 1         | Coach   | Tom        | Delaney     | No  | Yes                                | Yes                   | No   | 96.7   |
| Person 2         | Coach   | Lisa       | Rigefsky    | No  | Yes                                | Yes                   | No   | 97.2   |
| Person 3         | Athlete   | William    | Rigefsky    | No  | Yes                                | Yes                   | No   | 96.7   |
| Person 4         | Coach   | Jeremy     | Rigefsky    | No  | Yes                                | Yes                   | No   | 96.5   |
| Person 5         | Athlete   | Karl       | Dickersbach | No  | Yes                                | Yes                   | No   | 97.1   |
| Person 6         | Athlete   | Matthew    | Schoell     | No  | Yes                                | Yes                   | No   | 96.2   |
| Person 7         | Athlete   | Thomas     | Harley      | No  | Yes                                | Yes                   | No   | 96.2   |
| Person 8         | Partner   | Abigail    | Harley      | No  | Yes                                | Yes                   | No   | 96.5   |
| Person 9         | Athlete   | Harrison   | Bell        | No  | Yes                                | No                    |  | absent |
| Person 10        | Athlete   | Tiffany    | Belinski    | No  | Yes                                | Yes                   | No   | 96.8   |
| Approved Phase C |   |            |             |   |                                    |                       |  |        |
| Person 11        |   |            |             |   |                                    |                       |  |        |
| Person 12        |   |            |             |   |                                    |                       |  |        |
| Person 13        |   |            |             |   |                                    |                       |  |        |
| Person 14        |   |            |             |   |                                    |                       |  |        |
| Person 15        |   |            |             |   |                                    |                       |  |        |
| Person 16        |   |            |             |   |                                    |                       |  |        |

Proper Tracking

Special Olympics Pennsylvania  
**Return to Activities**



# Proper Completion of Screening & Tracking Phase C

Montgomery Running ☆ 📄 ☁

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|    | A                | B  | C          | D            | E   | F                               | G                  | H                                       | I              |
|----|------------------|--|------------|--------------|---|---------------------------------|--------------------|---|----------------|
| 8  | Training Roster  | Participant Type (Athlete, Unified Partner, Coach, Volunteer, Staff) | First Name | Last Name    | High Risk for COVID-19 Medical/Self-Identification (Yes/No) | Code of Conduct Signed (Yes/No) | Screened? (Yes/No) | Signs or Symptoms of COVID-19? (Yes/No) | Notes          |
| 9  | Person 1         | Volunteer  | Kate       | Boczar       | No  | Yes                             |                    |   | did not attend |
| 10 | Person 2         | Athlete  | Celine     | Heffron Pero | No  | Yes                             | Yes                | No                                      |                |
| 11 | Person 3         | Athlete  | Colin      | Stupak       | No  | Yes                             | Yes                | No                                      |                |
| 12 | Person 4         | Athlete  | Elizabeth  | Haydt        | No  | Yes                             | Yes                | No                                      |                |
| 13 | Person 5         | Athlete  | Eileen     | Donohue      | No  | Yes                             | Yes                | No                                      |                |
| 14 | Person 6         | Athlete  | Elizabeth  | Malcolm      | No  | Yes                             | Yes                | No                                      |                |
| 15 | Person 7         | Athlete  | Jared      | Lieberman    | No  | Yes                             | Yes                | No                                      |                |
| 16 | Person 8         | Athlete  | Jason      | Fuhrmeister  | No  | Yes                             | Yes                | No                                      |                |
| 17 | Person 9         | Athlete  | Luca       | Sgarra       | No  | Yes                             | Yes                | No                                      |                |
| 18 | Person 10        | Athlete  | Mark       | Heath        | No  | Yes                             |                    |   | did not attend |
| 19 | Approved Phase C |  |            |              |   |                                 |                    |   |                |
| 20 | Person 11        | Athlete  | Michael    | Serocki      | No  | Yes                             | Yes                | No                                      |                |
| 21 | Person 12        | Athlete  | Steven     | Fecht        | No  | Yes                             | Yes                | No                                      |                |
| 22 | Person 13        | Athlete  | Thomas     | BRUNELLI     | No  | Yes                             |                    |   | did not attend |
| 23 | Person 14        | Athlete  | Trevor     | Ciampoli     | No  | Yes                             | Yes                | No                                      |                |
| 24 | Person 15        | Volunteer  | Dawn       | Pratt        | No  | Yes                             |                    |   | Did not attend |
| 25 | Person 16        | Coach  | Gerry      | Fuhrmeister  | No  | Yes                             | Yes                | No                                      |                |
| 26 | Person 17        | Coach  | James      | Malcolm      | No  | Yes                             | Yes                | No                                      |                |
| 27 | Person 18        | Coach  | Katie      | Malcolm      | No  | Yes                             | Yes                | No                                      |                |
| 28 | Person 19        | Athlete  | Connor     | Kulathum     | No  | Yes                             | Yes                | No                                      |                |
| 29 | Person 20        | Volunteer  | Peter      | Stupak       | No  | Yes                             | Yes                | No                                      |                |
| 30 | Person 21        | Volunteer  | Tara       | Smith        | No  | Yes                             |                    |   | did not attend |
| 31 | Person 22        | Coach  | Beth       | Sgarra       | No  | Yes                             |                    |   | did not attend |
| 32 | Person 23        | Coach  | Ashley     | Herr         | No  | Yes                             |                    |   | did not attend |
| 33 | Person 24        | Athlete  | Warren     | Sharpe       |   | Yes                             |                    |   | did not attend |
| 34 | Person 25        | Coach  | Wendy      | Hug          |   | Yes                             | Yes                | No                                      |                |

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Phase C

# Commit to Fit



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# Spring Season Begins March 15th

**RETURN TO  
ACTIVITIES**  
 **SPRING SEASON**

**IN-PERSON  
TRAINING**   
Mar. 15- June 12

 **FITNESS  
HEPTATHLON**  
Mar. 15 - May 27

**SONA MOVE  
CHALLENGE**   
Mar. 15 - May 9

for more  
information visit:  
[SPECIALOLYMPICSPA.ORG](http://SPECIALOLYMPICSPA.ORG)



In-Person training

Fitness Heptathlon

SONA Move Challenge

  
**Return to Activities**



# In-Person Training

- Must be in Low or Moderate level of community transmission to return to in-person training.
- Visit the [In-Person Training](#) webpage for sports specific guidance and more information.

Athletics

Basketball Skills Only

Equestrian

Golf

Kayak - Singles

Gymnastics - Rhythmic Only

Softball Skills (Phase B, C, & D)

Team (Phase D Only)

Swimming

Tennis skills and singles



***Return to Activities***



# Sport Specific Guidance

In-Person Sport Specific Guidance

[Athletics](#)

[Basketball Skills Only](#)

[Equestrian](#)

[Golf](#)

[Gymnastics - Rhythmic Only](#)

[Softball Skills Phase B & C, Team Phase D](#)

[Swimming](#)

[Tennis Skills & Singles](#)



***Return to Activities***





# Fitness Heptathlon

- The Fitness Heptathlon spring season will begin **Monday, March 15th**.
- Local Programs and coaches should begin reaching out now to recruit athletes and coaches for participation.
- Visit the [Fitness Heptathlon](#) webpage for more information.
- Participants train and compete in an event comprised of 7 different fitness exercises (chosen from a full menu of 26 options). There are a wide range of offerings suited to meet the needs and interests of each individual.
- Participants compete as a single, doubles or in teams of 4 to 10.
- For competition, participants earn points based upon their performance improvement level in each exercise.
- Download our Spring Fitness Heptathlon **General** and **Athlete** Fact Sheets. #FitHepPA



# Fitness Heptathlon

- New
  - Removed the 55 second time threshold on exercise
  - Removed metronome timing for curl-ups
  - Increased team from 4 to now include 4 to 10 participants
- Important Dates:
  - Monday, March 15th by 11:59 pm - VSys Roster Due
  - Thursday, March 25th by 11:59 pm - Baseline Google Scoresheet Due
  - Thursday, April 22nd by 11:59 pm - Mid-Season Google Scoresheet Due
  - Thursday, May 27th by 11:59 pm - Final Google Scoresheet Due



# Fitness Heptathlon

- Coaches training Thursday, March 4, 7:00 pm
  - Learn how to organize a training session
  - Hear from other coaches
  - Tips and best practices
  - [Register Here](#)
- Counts towards Coaches Progressions Plan.
  - Bronze Level - Participating in Fit 5 goal setting/tracking
  - Silver Level - Training twice a week for a minimum of 8-10 weeks
  - Gold Level - One of the year round training activities



# Fitness Heptathlon Survey

Deadline Monday, March 1st

[Coach Evaluation](#)

[Athlete Evaluation](#)



# SONA Move Challenge

**WHAT:** Special Olympics North America presents the [SONA Move Challenge](#), an 8-week movement challenge to see how many minutes of exercise participants can complete each week.

**WHO:** Participants will have the choice of competing in **one challenge only**. Choices are:

- Individual (Special Olympics athletes only),
- Doubles (traditional or Unified),
- Team (traditional or Unified, 3-10 people total).
  - Unified teams must be at least 25% athletes and 25% Unified partners (ex – 4 person Unified Team is 1 athlete and 3 Unified partners or 3 athletes and 1 Unified partner).

# SONA Move Challenge

**WHERE:** <https://tinyurl.com/SONAMove>

**WHEN:** Participant registration opens February 15 and closes March 14.

- March 14th - No athletes or partners can be added to this Challenge after this date.

**HOW:** After registering, participants keep track of how many minutes they exercise (Monday-Sunday).

- Every Monday, participants **will self-report** their minutes via a SmartSheet survey,
- Region-wide leaderboards for the different participant groups (Athlete leaderboard, Doubles leaderboard, Teams leaderboard).

# Competition



# Competition - Phase A, B, C & D

- We will continue to offer Virtual competition in Phase A, B, C & D
- Phase A competition in all spring sports will be the Fitness Heptathlon
- Some Sport Specifics in Phase D:
  - Athletics, Golf, Rhythmic Gymnastics, and Swimming
  - Basketball will consist of individual skills only
  - Softball
    - in Phase B & C will consist of individual skills only
    - Team softball and skills will be offered in Phase D
  - Tennis will consist of individual skills as well as singles





# In-Person Competition - 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**.
- 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 Competition - Phase D

- In-person competitions can be conducted locally or regionally pending facility/venue availability with **up to 50 total participants** in the same facility.
- Sectionals and State Games may be conducted using an in-person, virtual, or hybrid (combination of in-person and virtual) format.



# QUESTIONS?



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