

2020 Virtual Leadership Conference: Return to Activities

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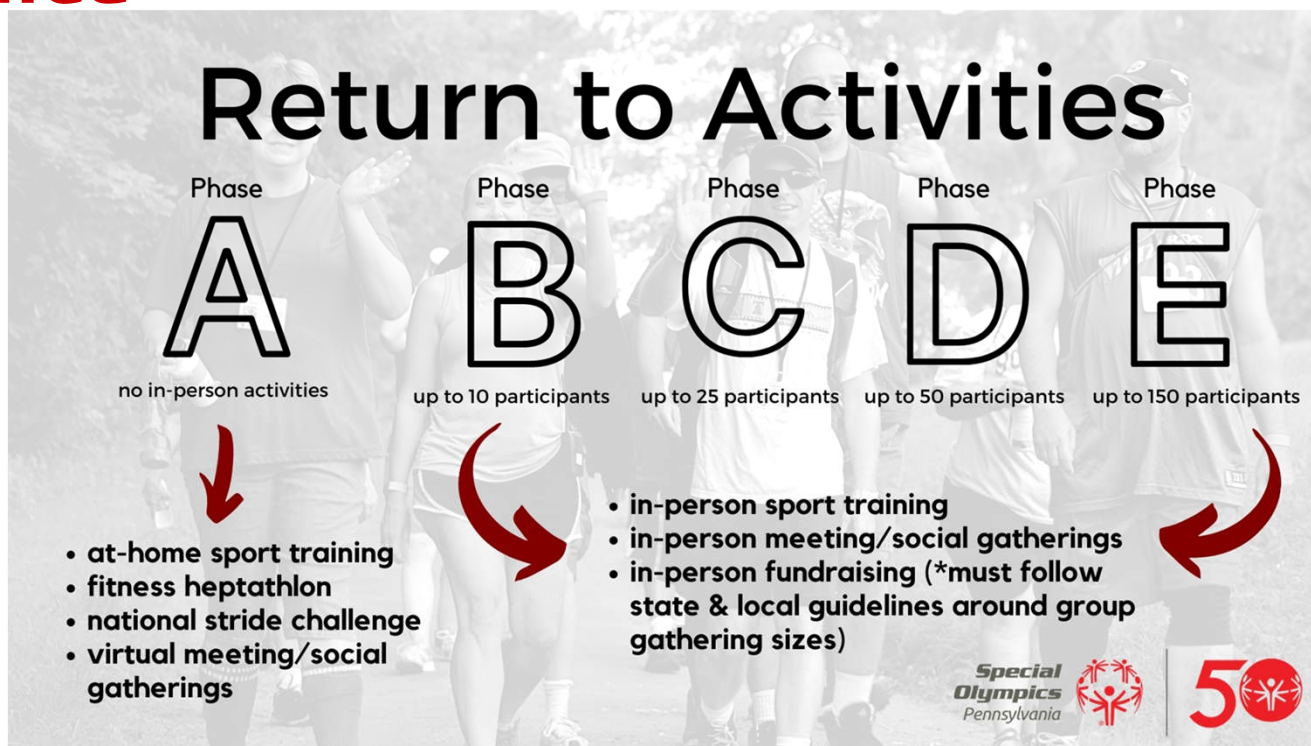
Special Olympics
Pennsylvania 
Return to Activities 

Overview

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.

All information regarding COVID-19 including Return to Activities can be found [here](#) on our Special Olympics Pennsylvania website.

Agenda



SONA conducted a COVID-19 Athlete Impact Survey

Athletes who access Special Olympics resources and stay in contact with Special Olympics, may be more likely to take preventive measures against COVID-19 and feel more confident in their ability to protect themselves.

Return to Activities: Training and Competition



**Athletes
need us now
more than
ever!**

It's our MISSION

Strong relationships

Sense of normalcy

Social interaction

Missing their friends

Physical and Mental Health

**RETURN TO
ACTIVITIES**

FALL SEASON 

**IN-PERSON
TRAINING**
Aug. 1 - Nov. 8 

 **AT-HOME
TRAINING**
Aug. 1 - Nov. 8

**THE NATIONAL
STRIDE
CHALLENGE**
Oct. 1 - Dec. 15 

 **FITNESS
HEPTATHLON**
Nov. 15 - Feb. 12

Overview of sport opportunities available

Current Trainings

In-Person

Phase B: 12 sites

- Flag Football (NH)
- LDR/W (Chester, Delaware, Bucks - 2, Luzerne - 2, Lycoming)
- Powerlifting (NH)
- Roller Skating (Adams, Chester)
- Soccer(NH, Butler)

Phase C: 5 sites

- Bocce (Lawrence)
- LDR/W (Montco - 2 teams, Bradford/Sullivan)
- Volleyball (Adams)

[Site Registration and Advancement Form](#)

At-Home

East:

- Bucks 5 Sites: 2 LDR/W, 2 Bocce, Flag Football
- Delaware: 7 Sites: 2 Bocce, 2 Soccer, 3 Volleyball

[At-Home Training: Coach Roster \(Eastern\)](#)

Central:

- Cambria: 1 Site: LDR/W

[At-Home Training: Coach Roster \(Central\)](#)

West:

- Butler: 1 Site: LDR/W

[At-Home Training: Coach Roster \(Western\)](#)



Return to Activities



Engaging Athletes for At-Home Training

With access to technology

- Schedule out your meetings
- Establish team support
- Celebrate every little thing
- Focus on the Skills
- Set the example
- Be coachable

Without Computer/Internet

- Mail printed resources
- Make home/cell phone calls
- Use conference calls
- Social media
- Text messaging

Virtual Competition

All of our competition for the Fall Season will be done virtually, which means we will not be coming together in person at DeSales, Slippery Rock, Juniata or Villanova.

Fall Sectionals will be October 3rd/Fall Festival will be November 6-8

- All events will include: Opening Ceremonies, Competition Highlights, Awards Ceremonies, Healthy Athletes, Olympic Village activities and Victory Dance
- You can view the events on FaceBook or YouTube
- A schedule will be provided for each event, so you know when to tune in
- We need lots of content from you and the athletes to make these events successful, so please continue to send pictures and videos upon request

Divisioning and Awarding

Divisions

- Based on submitted qualifying scores
- East, Central, and West
- Ability, age, and gender
- Each individual skill will be its own division

Awards

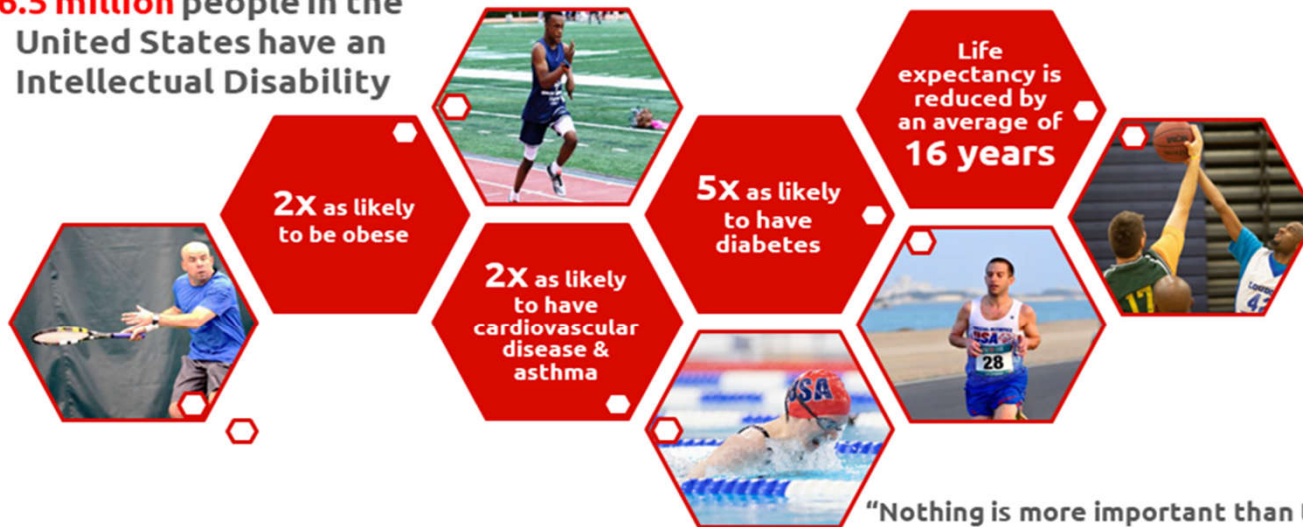
- Based on submitted final scores
- East, Central, and West
- Place of finish in division
- Each individual skill will be awarded

Fitness Heptathlon & The National Stride Challenge



So what's the why?

6.5 million people in the United States have an Intellectual Disability



"Nothing is more important than the answer to this question: Are our athletes getting healthier and fitter with a chance to get better and win?"

-Tim Shriver
Chairman

Special Olympics International

Special Olympics
Pennsylvania

Return to Activities



The why continued...

	Globally	North America	Pennsylvania
Overweight	28%	27%	23%
Obese	35%	48%	55%
Flexibility Issues	66%	77%	75%
Balance Issues	67%	73%	77%
Strength Problems	55%	54%	65%

Data from Healthy Athlete
screenings 2016-2019

Heptathlon Basics

- Season begins on November 15th
- Goal is to provide fitness activities to participate within in person trainings as well as those that are able
- Open to all athletes and UP's even if they are currently taking part in another sport
- Participants can compete as an individual, on a double/Unified doubles team or team/Unified team (4)
- Divisioning will be done based on age, gender and percentage of improvement

Heptathlon Event Menu

10 yard run/walk/roll	Seated Lateral Bends	5-10-5	Ball Taps	Power Punches
Wheelchair Extensions	Chair Push-Ups	Plank	Standing Long Jump	Line Jump Side to Side
Seated Jumping Jacks	Assisted Sit to Stand	Squat	Jumping Jacks	Burpees

Training Resources

- Training Guide for coaches developed by SOPA for weekly training
- Heptathlon Event Guide from SONA
 - Printable one-pager for events
- Videos demonstrating event procedures
- Coach Training Webinar offered by SOPA

Incentive of Participation

- Engage all athletes regardless of health status
- Increase health of participants
- Engage new partners/donors with Unified teams
- Medals awarded as in other sports
- Little to No equipment required
- Able to train in this and a sport specific













The National Stride Challenge: Walk/Run/Roll

- 8-10 week national challenge open to everyone through Strava
- Data will be collected via tracking device or via paper if someone doesn't have access
- National Leaderboard will be available online to track progress
- Ability to challenge other counties/states

This Week's Leaderboard

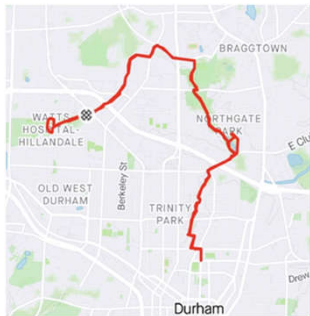
Last Week

This Week

Rank	Athlete	Distance ▾	Rides	Longest ▾	Avg. Speed ▾	Elev. Gain ▾
1	 LOUIS-PIERRE DUPUIS	631.6 km	5	202.5 km	27.8 km/h	5,344 m
2	 Bike Beast	495.4 km	3	168.3 km	32.8 km/h	1,274 m
3	 Allan Yeo	401.1 km	2	258.7 km	26.5 km/h	721 m
4	 Chris Lyman	391.1 km	3	165.0 km	29.3 km/h	--
5	 Ron Kennedy	306.8 km	3	117.9 km	25.2 km/h	4,351 m
6	 Ted King	303.0 km	3	112.9 km	33.0 km/h	1,767 m
7	 Steven Abraham	285.5 km	6	98.5 km	26.1 km/h	1,749 m
8	 Marty Kent	257.9 km	2	168.5 km	29.2 km/h	1,048 m
9	 Nicolas Raybaud / 尼克拉	239.5 km	9	85.7 km	24.0 km/h	3,389 m
10	 Anthony Zahra @MIA R...	226.1 km	4	62.5 km	27.1 km/h	266 m

Levels of the Challenge

1. 25 miles
2. 50 miles
3. 100 miles
4. 150+ miles



- ▶ **Light activity athletes should aim for 25-50 miles.**
Light activity- Exercise 1-2 times per week
- ▶ **Moderate activity athletes should aim for 100 miles.**
Moderate activity- Exercise 2-3 times per week
- ▶ **High activity athletes should aim for 150+ miles.**
High activity- Exercise 3-5 times per week

Return to Activity - Meeting/ Social Gathering



Meetings

- Can the objective or outcome of the meeting be managed virtually? **If yes, it should be virtual.**
- **Management Team Meetings**
 - Should be held virtually or via phone or email.
- **Global Messenger Speaking or Program Engagements**
 - Consider providing Zoom link or pre-recording video.



Required “Paperwork” for in-person Meetings & Social Gatherings:

- **Site Registration & Advancement Form**: Completed and submitted by Covid-19 Coordinator
- **COVID-19 Participant Code of Conduct & Risk Assessment Form**: Completed and submitted by ALL participants
- **Screening & Tracking Report Form**:
 - Form will be shared with COVID-19 Coordinator by SOPA after a site is approved.
 - Completed and submitted by COVID-19 Coordinator

Social Gatherings

Scenarios:

- Approved in-person LDR/W team lunch
- Approved in-person LDR/W backyard movie night
- Local Program Picnic
- Local Program Karaoke Night or Talent Show
- You are asked to participate in a check presentation for Special Olympics?
 - This would fall under the Fundraising guidelines - coming up next!
- [At home engagement ideas](#)



Meeting and Social Gatherings

Basic Safety Protocols

- If you feel sick, or show symptoms - stay home.
- Send any meeting materials electronically.
- Adhere to all SOPA protocols for transportation (must wear facemask if on public transportation or car pool)
- Only required participants should attend - no family members or anyone outside of the needed group.
- Make every attempt to meet in the safest venue possible.
- Refer to **SOPA Return to Activities Plan & Appendix** for complete outline of safety guidelines which can be found on the Return to Activities page of the [SOPA website](#).



Meeting and Social Gatherings

**FOR NOW, STAYING VIRTUAL IS SAFEST, EASIEST AND BEST FOR MOST
LOCAL PROGRAMS AND PARTICIPANTS!**



Return to Activity - Fundraising Guidelines



Fundraising Activities

What is a fundraising activity?

- A fundraising activity is any activity which financially supports a Local or Regional Program.

When should a Local Program submit a Fundraising Activity and Mitigation Form?

- Any time a fundraising activity is being hosted to directly support the Local Program.
- This includes 3rd party fundraising activities.
- Check Presentations / Follow-up events.

Submission: 4 weeks in advance of the activity.

Types of Fundraising Activities

Local Program Fundraising Activity:

- Fundraising activity managed by or receiving volunteer/staff support from a Local Program, Region or SOPA State Office.

3rd Party Fundraising Activity:

- Not managed or supported by the Local Program, Region or SOPA State Office.
- Liability is assumed by the Fundraising Activity Host.

SOPA Representative

SOPA Representatives playing a specific role must follow specific guidelines:

- Those who meet SOPA's high risk criteria per the CDC may not participate in any capacity.
- No pressure!
- Play essential roles
- Sign COVID-19 Participant Code of Conduct and Risk Assessment Form
- Be screened on-site by the COVID-19 Coordinator
- Receive education on health and safety behaviors by the COVID-19 Coordinator

The Process

- Identify your COVID-19 Coordinator.
- Fundraising Activity Form is submitted and requests reviewed every Wednesday.
- One of three outcomes: 1) Approved, 2) Additional details required OR 3) Denied.
- Email sent to Local Program Manager Field Director and individual submitting form.
- Approved events are required to submit the COVID-19 Participant Code and Conduct and Risk Assessment Form for all SOPA Representatives.
- Event Waiver.
- Post Event - Feedback Form.

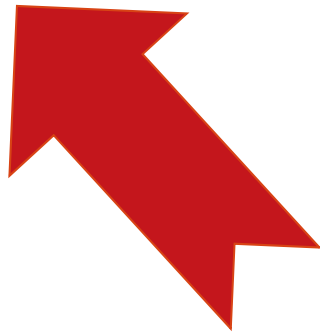
SpecialOlympicsPA.org/covid-19-protocols

RESOURCES FOR MANAGERS, ASST. MANAGERS, SPORT & COMPETITION, TRAINING, FUNDRAISING, AND COVID-19 COORDINATORS:

Video Resources



Important Documents



- Document called “Fundraising Guidelines”

Email address *

Your email

! This is a required question

Full Name of Individual Submitting Request *

Your answer

Local Program or Region *

Your answer

Role with Local Program *

Your answer

Cell Phone Number *

Your answer

Are you the event lead? *

☐ Yes

☐ No

Next

I am the COVID Coordinator for this event *

If yes, please skip to 3rd Party Events question.

☒ Yes

☐ No

If no, please identify the COVID Coordinator

Your answer

COVID Coordinator Email

Your answer

COVID Coordinator Phone Number

Your answer

3rd Party Events, do you agree to the below guidelines: *

If the event is hosted by a third party and Special Olympics athletes or participants are being invited to attend, the third party host organization should assume all responsibility. While a Program would defer to the rules and regulations of the third-party host, it is recommended Programs understand the safety and health measures the host will be implementing in order to help participants determine if they would feel safe attending. If Special Olympics is responsible for organizing aspects of participation (e.g., travel, accommodation, etc.), it is recommended that you follow the protocols for those aspects at a minimum. The possibility of high-risk conditions in populations within the Special Olympics movement should be conveyed to leaders/authorities. Participants, parents, guardians, and caregivers should be provided with education on Special Olympics guidelines and relevant acknowledgments or expectations (conduct expectations, waivers, etc.) of participants by the hosting party.

☐ Yes

☐ No. This is not a 3rd Party Event.

Back

Next

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General Sanitizing: Please outline your plan for sanitizing event space, including how often surfaces will be cleaned.

Your answer

Event Vendors: What precautions, if any, will event vendors be taken when interacting with staff, volunteers, and guests?

Your answer

Social Distancing: Please provide a detailed overview of event set-up, with a focus on how social distancing will be accomplished

Your answer

Face Coverings: Please provide a detailed overview of if/when participants will be required to wear face coverings.

Your answer

Food Service: If food is being provided, please provide a detailed overview of how food will be served and steps being taken to minimize the spread of COVID. Please note: Food must be served by a catering company or restaurant. Homemade food is not allowed

Your answer

Hand Sanitation: Please outline the areas in which hand sanitizing stations will be available

Your answer



Return to Activities



Food and Beverage

No

- When possible, bring your own food
- No sharing!
- No self-service buffets, salad bars or beverage stations

Yes

- Prepackaged “grab and go” meals
- Disposable items (napkin, utensils, hand wipe)
- Individually packaged condiments
- Hand washing stations
- Spacing between each person



Meetings

- Virtual Meetings are encouraged and preferred.
- If meetings are unable to take place virtually, all social distancing guidelines must be followed.

Question & Answer



THANK YOU!

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