

# Flag Football

## Fall 2021

### Pre-season Webinar

***Special Olympics***  
*Pennsylvania*



# Today's Agenda



- Welcome
- Housekeeping
- 2021 Sport Season
  - 2021 Changes and Rule Updates
- Athlete Performance Training
- Return to Activities
- Questions

# Coaching Topics



- **Just a Reminder!**
  - **TEAM SPORTS:** there must be at least one (1) certified coach per team.
  - **INDIVIDUAL SPORTS:** there must be at least one (1) certified coach per 25 athletes at training and competition.

# Front Page of the Portal VS Reminder Email



**Email Reminder** – This is telling you that **within 30 days one or both of these Class A certifications will expire** and you will need to re take them to maintain your Class A certification.

**Front Page of the Portal** – This page tells you that you are complete because at this time **you have not expired, YET!**

**Believe the email** - Simply go to the ***Class A Required Trainings*** Tab and click on whichever course you need to complete. Upon completion your VSys record will automatically update and the front page of the portal will remain complete.

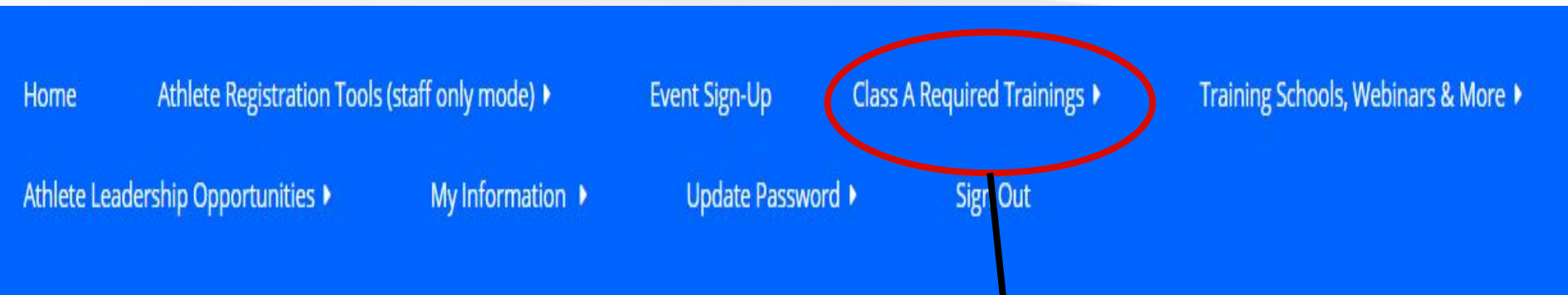
# VSys Portal - Front Page



## Class A Volunteer Requirements Checklist: *60% complete*

| Task                          | Status               |
|-------------------------------|----------------------|
| Background Check              | <u>Incomplete</u>    |
| PA Disclosure Statement       | <u>Please upload</u> |
| General Orientation Training  | Complete             |
| Protective Behaviors Training | Complete             |
| Concussion Awareness Training | Complete             |

# VSys - Menu Top of Page



## **Class A Required Trainings**

- **General Orientation**
- **Concussion Training**
- **Protective Behaviors**

# Background Checks Renewal Plan



1. **3 months + 1 week from their clearance expiration date**, the volunteers will receive an email from SOPA.
  - a. This email will give them the “heads up” on their expiration date and prompt them to submit a new PA disclosure form.
2. **1 week later, exactly 3 months** from their expiration date, they will receive an email invitation from Sterling Volunteers to start the recertification process.
3. **Two part clearance process:**
  - a. The state and national background checks on the Sterling Volunteers website,
  - b. The PA child abuse clearance (and use their assigned authorization code) on the PA state compass site.

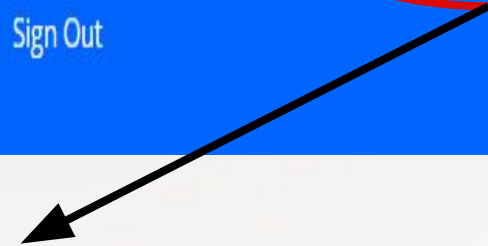
Questions? Contact **Beth Boardman**, Program Department Coordinator at [bboardman@specialolympicspa.org](mailto:bboardman@specialolympicspa.org).

# VSys - Menu Top of Page



Home   Athlete Registration Tools (staff only mode) ▶   Event Sign-Up   Class A Required Trainings ▶   **Training Schools, Webinars & More ▶**

Athlete Leadership Opportunities ▶   My Information ▶   Update Password ▶   Sign Out



## **Training Schools Webinars & More**

- **Sport Skills Trainings**
- **Sport Training Application Hours**
- **Sport Skills Interest (Track 1)**
- **Experienced Coach (Track 2)**



# Continuing Education on the website



**Special Olympics**  
Pennsylvania

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🛒 Gear Store



About Us Sports & Games More Than Sports Events Get Involved Support Volunteer Resources

Volunteer Resources

Volunteer Center

Volunteer Center

General Orientation

Protective Behaviors

Training Schools

Forms

**REQUIRED** once  
every 3 years to  
maintain  
certification.

**LOTS of options.**

Monthly Updates

Sports Offered

Reorganization Updates

Protective Behaviors, General Orientation & Concussion Training

Vsys Tips & Info

Request A Skills Training School

Resources

Coaches Training & Continuing Ed.

Current Volunteer Background Checks

Continuing Ed. Course Options

New Volunteer Registration

Leadership Conference

Continuing Ed. Course Options

Volunteer Portal

# Continuing Ed.



**Take the challenge and your name will be in the drawing for a prize! and you get continuing education credit!**

## **July 6 - August 6th**

- National Federation of High Schools – Heat Illness Prevention.
- Link - <https://nfhslearn.com/courses/heat-illness-prevention-2>

## **August 16 to September 10th**

- Submit your **current** First Aid/CPR/AED cards
- First Aid/CPR/AED cards can be used once every 5 years

# USA/World Games



## 2022 USA Games



SPECIAL OLYMPICS  
**USA GAMES**  
ORLANDO 2022

- June 5-11; Orlando, FL
- Allocations for 1 team (10 athletes)
- Teams will qualify based on results from 2018, 2019 and 2021
  - Each team will only go into the random drawing one time

## 2023 World Summer Games

- June 16-25; Berlin, Germany
- Allocations have not yet been assigned

SPECIAL OLYMPICS  
**WORLD GAMES**  
BERLIN 2023

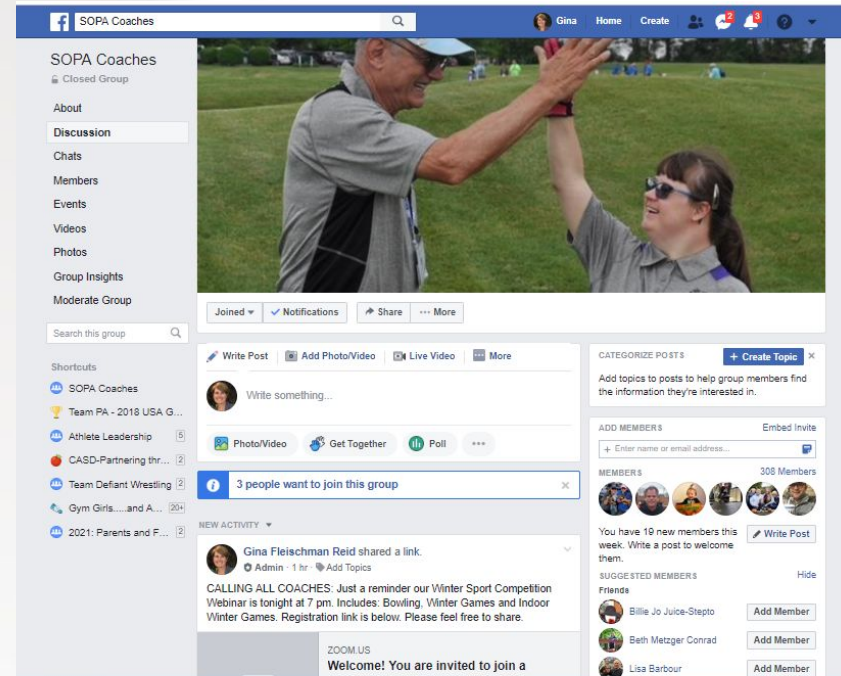


# Improving Communication:



## Closed Facebook Group for Coaches:

- 100% Optional
- Direct connection to coaches
- Share Competition Information/Reminders
- Share Training/Coaching Tips
- Encourage sharing of best practices between coaches
- Q&A
- [Coach Page](#)



➔ Which SOPA local program to you coach for?

➔ What sport/sports do you coach?

# 2021 Changes & Rule Updates

***Special Olympics***  
*Pennsylvania*



# Sport Director



**Kathy Reilly-Adkins**

Flag Football Sports Director

Kathy can be reached at: [kathy.r.adkins@gmail.com](mailto:kathy.r.adkins@gmail.com)

# 2021 Updated Rules



## The Game

- The team roster may contain a maximum of ten (10) players.
- The game may be continued with fewer than the minimum required players as long as the team has a chance to win at the discretion of game officials.



Special Olympics  
North America  
Official Flag  
Football Rules

Updated Spring 2021







# Coaches Expectations

- **Injured player:** An injured or apparently injured player who is discovered by an official while the ball is dead, and the clock is stopped shall be replaced for at least one (1) down unless half time or overtime intermission occurs. A player who is bleeding, has an open wound, or has any amount of blood on their uniform shall be considered an injured player.
- Any player who exhibits signs, symptoms, or behaviors consistent with a **concussion** (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.



# Unified Sports/Meaningful Involvement



Ensures that every player is given the opportunity to contribute to the success of their team through their unique skills and qualities.

This means every teammate will:

- Demonstrate sufficient sport-specific skills and game understanding.
- Play a valued role on the team that emphasizes their personal talents.
- Have the opportunity to play without a heightened risk of injury.



# Equipment & Uniforms

- Ball: Teams shall play with a pebble-grained leather or rubber covered ball in regular or intermediate/youth football sizes. It is recommended that Programs inform teams ahead of time of the ball they will be playing with.
- Flag Belt: Each offensive player shall wear a one-piece quick release belt, without any knots, at the waistline with three (3) flags permanently attached:
  - one(1) flag on each side and one(1) in the center of the back
  - The belt must have a spring-loaded clip (no detachable flags).
  - Flags will be checked after all scoring plays and point-after attempts by game officials.
- Defensive players are not required to wear a flag belt.



# Timing & Overtime

- Standard Timing
  - The game shall consist of two (2) 20-minute halves (running clock) until the last (1) minute of each half.
- During the last (1) minute of each half, the clock:
  - Stops for: incomplete passes, scoring plays, changes of possession, out of bounds, or first downs.
  - Restarts on the snap.
  - Does not start for extra point attempts (untimed down).
- Overtime
  - The team that started with the first overtime possession will possess the ball second in the next overtime



# Scoring & Screen Blocking

- Scoring
  - Extra Points after Scores:
    - One (1) point from the 6-yard line.
    - Penalty enforcement will change the spot of the attempt, not the point value of the extra point attempt
- Screen Blocking
  - When blocking, arms may be crossed over the chest with hands near the shoulders.
  - After assuming a legal screen blocking position, a player may move to maintain it, unless they move into an opponent and create contact

# Running the Ball, Passing & Receiving



- Running the Ball
  - Quarterback (first player gaining possession of the snap) cannot advance the ball across the line of scrimmage at any point during a down even if a legal handoff has occurred (illegal procedure).
  - Ball carriers **MUST** make an effort to avoid defenders with an established position.
  - No Run Zone: Any ball snapped from on or in these zones must be passed.
- Passing & Receiving
  - If a player steps out of bounds, they may not be the first player to touch the ball.

# Formations



- The ball may be snapped between the center's legs or to the side.
  - The snapper's feet must be behind the line of scrimmage.
  - The snapper shall pass the ball from its position on the ground in a continuous motion to the quarterback to legally start a play.
  - The snapper is the only player required on the line of scrimmage at the time of the snap.



# Penalties

- The yardage may be declined when accepting a penalty.
- Offensive pre-snap penalties are five(5) yards, replay the down.
- Offensive post-snap penalties are five(5) yards, loss of down.
- Defensive pre-snap penalties are five(5) yards, replay the down.
- Defensive post-snap penalties are five(5) yards, automatic first down.
- Unsporting conduct penalties are ten(10) yards, loss of down or automatic first down.

# Unsporting Conduct/Rough Play



- The Officials May Disqualify any individual(coach or player) who participates in an excessively rough or unsporting behavior, even if it is the individual's first unsporting conduct penalty.
- Tackling is a disqualification (tackles the runner by grasping or encircling with the hands or arms and taking the opponent towards the ground as in tackle football).
- Dead ball fouls (intentionally kicking the ball, spiking the ball, throwing the ball high into the air).



# Unsporting Conduct/Rough Play



- Prohibited acts (attempting to influence officials, disrespectfully addressing an official, indicating objections to an official's decision, being on the field illegally, intentionally contacting an official, leaving the sideline during a fight, refusal to comply or abide by the request or decision of an official, using words similar to the offensive audibles, leaving the field between downs to gain an advantage, participate while wearing illegal player equipment).
- Using profanity, taunting, insulting, or vulgar language or gestures.

# Unsporting Conduct/Rough Play



- No warning is required.
- Two(2) unsporting conduct penalties for an individual result in disqualification, four(4)unsporting conduct penalties on a team in a game results in a forfeit. Accumulation of numerous unsporting conduct fouls over multiple games by an individual or team may result in disqualification by the sports management.



# Deleted Items

- Running the Ball
  - The Ball carrier may not spin(it is now legal to spin).
- Screen Blocking
  - Two(2) lateral or backward step maximum for blockers after legal snap (no limit on number of steps, blocker must beat defender to spot).



# Individual Skills Competition

1. Catching: Run & Catch
2. Throwing for Accuracy
3. Throwing for Distance
4. Agility & Speed: Hand Off
5. Flag Pulling

**Instructions:** SOPA Website, Sports & Games, Sports Offered/Flag Football



# Reminders

- **Skin Protection**
  - sunscreen
  - sunglasses for practice
- **Hydration**
  - Stop Every 20 minutes for a drink
  - Do not gulp, slow sips
- **Thunder/Lightning**
  - Everytime you hear or see
    - stop practice /seek shelter for 30 minutes



# Your status for this year??

- Teams
  - Number of Teams
    - Unified
    - Traditional
- Individual Skills

If you havent already emailed me, please drop into the chat box - your name, email, county, and the info above.



# Events Fall 2021

## CONFIRMED:

- Eastern Fall Sectional
  - DeSales University, October 3rd
    - This will be a qualifier for USA Games - one traditional team
    - Traditional and Unified Team and Individual Skills will be offered.

## PENDING:

- Univ. of Penn: typically mid-October
- Eagles: typically mid-late November, would be outdoor event this year



# Local Program Invitation

## Are you having an Invitational?

Please Contact Mike Ermer @  
[mermer@specialolympicspa.org](mailto:mermer@specialolympicspa.org)

with the following information

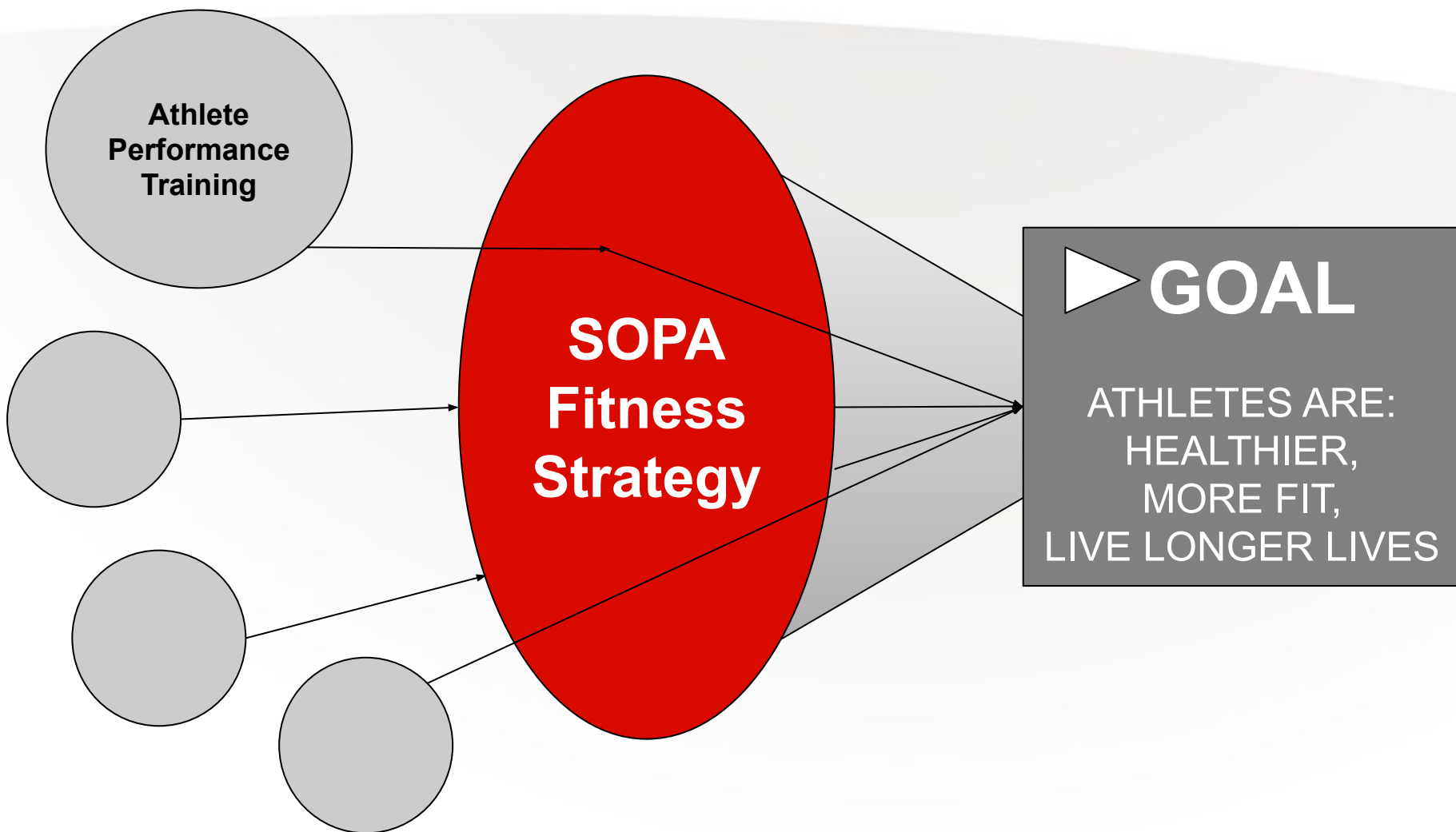
- Date
- Time
- Location
- Sports Offered



# Athlete Performance Training

***Special Olympics***  
*Pennsylvania*





# Why is it important?



**6.5 million** people in the United States have an Intellectual Disability

**2X** as likely to be obese

**2X** as likely to have cardiovascular disease & asthma

**5X** as likely to have diabetes

Life expectancy is reduced by an average of **20 years**



**"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

# Overview



- **GOAL:** help ensure athletes become healthier, more fit and live longer lives.
- **IMPLEMENTATION:**
  - Coaches at practice,
  - Athletes and their families/caregivers at home
- **PROCESS:** Education, Exertion, Evaluation

# Education



- Coach led instruction during every practice
- Coach encouragement for athletes to follow program and track progress during the week at-home
- **RESOURCES:**
  - Coach
    - Hard copy of Coaching guide (educational component)
  - Athletes
    - Hard copy of Athlete guide; includes education, tracker and at-home exercises

# Coaching Guide



## Athlete Performance Training



**A guide for  
Special  
Olympics  
Pennsylvania  
coaches.**

### Table of Contents



#### What is Athlete Performance Training

Total Pages 2 – 11

Week 1 (Pages 2 – 11)

#### Exercise

Total Pages 12 – 25

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Week 3 (Pages 16 – 25)

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Week 5 (Pages 32 – 35)

Week 6 (Pages 36 – 41)

#### Hydration

Total Pages 42 – 49

Week 7 (Pages 42 – 45)

Week 8 (Pages 46 – 49)

#### Resources

Page 50

*Coaches, you are expected to follow the schedule above.*

### Healthy Foods



### Healthy Foods



You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. **Here is a list of all the food groups and some great choices in each group:**

#### Grains:

- Brown or wild, or Unpolished Rice
- Oatmeal
- Whole Grain Bread
- Whole Grain Pasta
- Whole Grain Crackers
- Tortilla
- Flatbread and Roti

#### Meats and Beans:

- Lean Meats
- Eggs
- Fish (Frozen, fresh or canned)
- ToFu
- Nuts
- Nut Butters
- Beans, Legumes and Pulses

#### Dairy:

- Low-fat or Skim Milk
- Low-fat Cheese
- Low-fat, Unsweetened Yogurt
- Cottage Cheese



# Athlete Guide

## Athlete Performance Training

A guide for Special Olympics Pennsylvania athletes.

### Endurance

**Endurance is the ability of your body to keep moving for long periods of time.** Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

**Try your favorite endurance exercise for 30 minutes, 5 days each week.**



## Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: \_\_\_\_\_

|  | SUNDAY                   | MONDAY                   | TUESDAY                  | WEDNESDAY                | THURSDAY                 | FRIDAY                   | SATURDAY                 |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>Exercise</b><br>Check box if you exercised today!<br>Write in the number of minutes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Minutes  | Minutes                  | Minutes                  | Minutes                  | Minutes                  | Minutes                  | Minutes                  | Minutes                  |
| <b>Nutrition</b><br>How many total fruits and vegetables?                              | ○○○○○                    | ○○○○○                    | ○○○○○                    | ○○○○○                    | ○○○○○                    | ○○○○○                    | ○○○○○                    |
| <b>Water</b><br>How many bottles (16oz) of water did you drink?                        | ○○○○○                    | ○○○○○                    | ○○○○○                    | ○○○○○                    | ○○○○○                    | ○○○○○                    | ○○○○○                    |

Fill in the star if you reached your Fit 5 goal this week:

Exercise ★      Nutrition ★      Water ★

## Healthy Foods

You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. **Here is a list of all the food groups and some great choices in each group:**



# Exertion



- Active Practices
- Push athletes to their limits, it will be hard and uncomfortable
- **RESOURCES:**
  - Coach - Sport-specific training/practice activities
  - Athletes
    - At-home exercises included in Athlete Guide
    - Coach can also provide specific walking/running regime to help athletes improve their time for their events



# Coach - Active practice



## PRACTICE ELEMENTS

This section contains activities that can be conducted during practice to keep athletes active and engaged. They are broken down into the following:

- Warm-up
- Individual Skills
- Conditioning
- Team Skills
- Game simulation
- Cool down

## INDIVIDUAL SKILLS

### SERVING

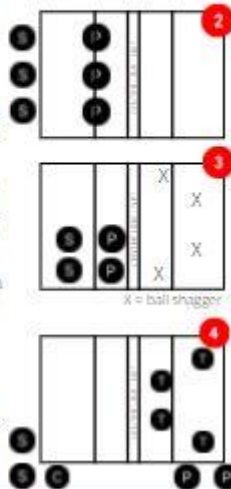
#### MATERIALS

Before you start, make sure you have:

- Volleyball Court
- Painter's tape to mark targets on wall or floor
- 15 volleyball

Individual skill work during practice is ideal for station work. Setup 2-4 stations depending on space and number of coaches available. Some stations will require a coach to assist with the station and help with proper technique.

1. Serve to target line on the wall, at least height of the net. Modify as needed for skill level of athletes.
2. 2-6 athletes: Server (S) on end line, partner (P) on attack line. Serve to partner, after a few good serves partner move to center line and then attack line on opposite side of net. Switch positions.
3. 2-4 athletes: Servers hit 5 balls over the net, partner feed balls, ball shaggers collect and return to partners. Start servers close to net to work on form, gradually move back when performing successful serves.
4. 2-4 athletes: Coach (C) starts with 10 balls, call out target (deep right, short left). Server (S) serve ball to that target. Target (T) can be anything that can be seen from serve position (chair, towel, etc.). After serving the ball athlete will assume defensive position on the court (mimic game conditions). If 2 servers switch out quickly in between serves, coach set the pace. Partners (P) will retrieve balls and return them to coach. After one round servers and partners switch, run 2-3 rounds.



## AGILITY & SPEED

### BOX ACILITY TEST

#### MATERIALS

Before you start, make sure you have:

- Four cones
- Measuring tape
- Stopwatch



#### PROCEDURE

**PREPARATION:** Set up four cones in a square ten yards (9.144 meters) apart.

#### EXERCISE:

1. Participant starts by getting in a ready stance next to cone #1.
2. On the command of Ready...Go, participant sprints to cone #2.
3. Once they reach cone #2, they side shuffle to cone #3.
4. Once they reach cone #3, they backpedal to cone #4.
5. Once at cone #4, participant sprints to the start/finish line at cone #1.

#### MODIFICATIONS

Participants with lower body mobility issues can perform this test in a wheelchair. Participants will start at cone #1 and move quickly around the cones, turning slightly near the cones. Participants performing this test in a wheelchair will move in a forward direction for the entire test.

# Sport Specific Resources



**INDIVIDUAL SKILLS**
**SERVING**

### MATERIALS

Before you start, make sure you have:

- Volleyball Court
- Painter's tape to mark targets on wall or floor
- 15 volleyballs

Individual skill work during practice is ideal for station work. Set-up 2-4 stations depending on space and number of coaches available. Some stations will require a coach to assist with the station and help with proper technique.

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X = ball shagger

**CONDITIONING**
**ENDURANCE ACTIVITY**

### MATERIALS

Before you start, make sure you have:

- Volleyball Court

## CONDITIONING DRILLS

**Box Drill:** Choose 4 exercises (one per side of court)

- 100s for warm ups • Sprint, side shuffle, jog, backman's jog, frog jumps, high knees, butt kicks, seagull jumps, etc.
- Be sure they are all high intensity cardiovascular exercises!
- Perform 3 rounds with no rest.
- Rest 1 minute and repeat
- They should be tired but still feeling happy when done.

**Line jumping exercises:**

- Ideas for exercises - front to back jumps (feet together, focus on getting vertical height), side to side jumps (feet together), side to side bounding jumps and switch (feet apart straddling line), straddle jump (one foot straddle line jump out), jump squat, hopsquat, single leg hops, etc.
- Choose 4 exercises
- Spread out on volleyball court, with all athletes positioned on a line
- Perform each exercise for 20 seconds, 10 second rest in between
- Rest for one minute, then repeat

**WATCH EXAMPLE HERE**

Search YouTube for additional ideas

Share your favorite sport-specific drills, games, activities - send to Michelle Boone, [mboone@specialolympicspa.org](mailto:mboone@specialolympicspa.org)

# Athlete Guide - At-Home Training



## Reach Your Exercise Goal!



It's easy to do 5 days of exercise  
in one week.

| Day of the week | Activity   | Time Spent    |
|-----------------|--|---------------|
| 1               | Special Olympics practice: performed Flexibility, Endurance, Strength and Agility activities during practice. Pushed myself the entire time. | 60-90 Minutes |
| 2               | Endurance (walk/run/bike with a friend or family member), Balance and Flexibility exercises.   | 45-60 Minutes |
| 3               | Endurance, Strength and Flexibility exercises OR try a group exercise class.   | 45-60 Minutes |
| 4               | OFF  | OFF           |
| 5               | Endurance, Strength and Flexibility exercises OR try a group exercise class.   | 45-60 Minutes |
| 6               | Endurance, Strength and Flexibility exercises.   | 45-60 Minutes |
| 7               | Take the day off OR keep it light with some Balance, Strength, and Flexibility exercises.  | 30 Minutes    |

## Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: \_\_\_\_\_

|  | SUNDAY                              | MONDAY                              | TUESDAY                             | WEDNESDAY                           | THURSDAY                            | FRIDAY                              | SATURDAY                            |
|--|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| <b>Exercise</b><br>Check box if you exercised today!<br>Write in the number of minutes | <input type="checkbox"/><br>Minutes | <input type="checkbox"/><br>Minutes | <input type="checkbox"/><br>Minutes | <input type="checkbox"/><br>Minutes | <input type="checkbox"/><br>Minutes | <input type="checkbox"/><br>Minutes | <input type="checkbox"/><br>Minutes |
| <b>Nutrition</b><br>How many total fruits and vegetables?                              | ○○○○○                               | ○○○○○                               | ○○○○○                               | ○○○○○                               | ○○○○○                               | ○○○○○                               | ○○○○○                               |
| <b>Water</b><br>How many bottles (16oz) of water did you drink?                        | ○○○○○                               | ○○○○○                               | ○○○○○                               | ○○○○○                               | ○○○○○                               | ○○○○○                               | ○○○○○                               |

## Strength at Home



### Curl Ups

1. Lie on your back on the floor. Bend your hips and knees so your feet are flat on the floor. Reach your arms toward your knees.
2. Lift your head, and then slowly lift your upper back until your hands reach your knees. Try to get your shoulder blades completely off the ground.
3. Pause and then slowly lower all the way back down, including your head.



your Fit 5 goal this week:



Water





# Evaluation

Collection of Health and Fitness Metrics to track the well being of our athletes.

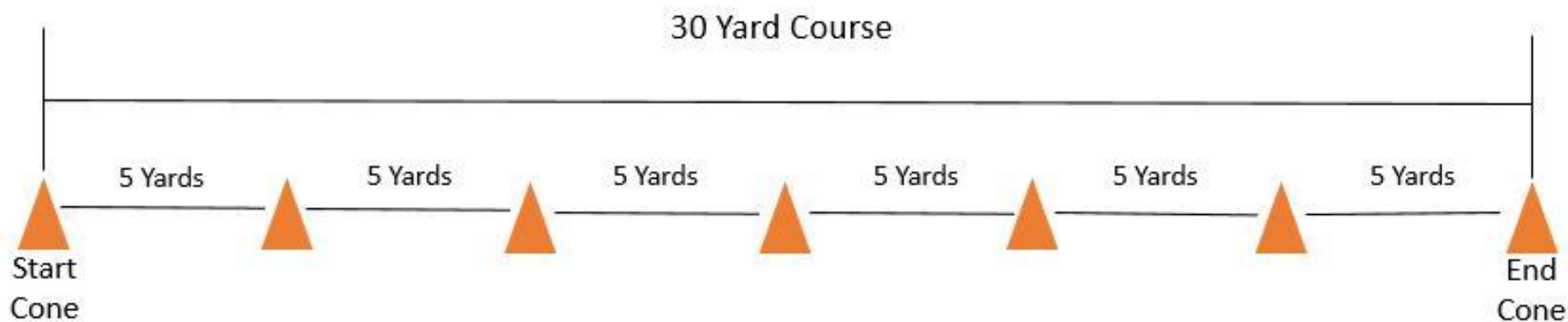
- Metrics will be collected at the beginning and end of each training season
- Health Metrics
  - Height
  - Weight
    - Height and weight equate to Body Mass Index (BMI)
  - Blood Pressure (working on developing means to do so)
- Fitness Metric - A Modified Cooper Test



# Cooper Test

The Cooper Test is over 50 years old and is a time tested means to measure fitness levels.

- A “shuttle” run/walk over a 30 yard course
- Measure the total distance covered in 6 minutes





# Collection



- Google Sheet to collect the metrics: Height, Weight, BP, and Cooper Distance
- On subsequent sheets, the athletes BMI Level, BP Range, and Cooper Rating will be calculated to give a snapshot of the athlete's health and fitness levels.

# Get started today!



- **ACTIVATION GOAL:** at least one training site in all local programs this fall
- **REGISTER:** on the Site Registration Form, click yes!
  - If you already completed the form, the COVID-19 Coordinator or person who completed the form will get an email.

**To learn more...join us on Tuesday, August 10th at 7:00 pm.  
for an Athlete Performance Training webinar!**

You may register [HERE](#).

# Return to Activities

***Special Olympics***  
*Pennsylvania*





# Community-19 Community Transmission Rate



Special Olympics Pennsylvania is monitoring COVID-19 new cases daily per 100,000 people through the [Pennsylvania Department of Health](#).

## **Low Transmission Rate**

- 10 or less new cases daily per 100, 000 people

## **Moderate Transmission Rate**

- 11-15 new cases daily per 100,000 people

## **Significant Transmission Rate**

- More than 15 new daily cases per 100,000 people
- <than 80% of participants fully vaccinated

A SOPA Field Director will communicate the COVID-19 community transmission rate (low, moderate or significant) with the Local Program Manager and site COVID-19 Coordinator via email on a weekly basis. Each site is required to follow all mitigation protocol requirements.

# Event Size and Type



|                                  |   |
|----------------------------------|---|
| <b>Event Size and Venue Type</b> | <b>Low &amp; Moderate</b> <ul style="list-style-type: none"><li>➤ Per State of Pennsylvania and local authorities.</li></ul> <b>Significant</b> <ul style="list-style-type: none"><li>➤ Entirely outdoors (except restrooms):<ul style="list-style-type: none"><li>○ Per State of PA and local authorities.</li></ul></li><li>➤ Indoors or mixed: &lt; 50 participants</li></ul>              |
| <b>Type of sport/activity</b>    | <b>Low &amp; Moderate</b> <ul style="list-style-type: none"><li>➤ All sports training, competition, meetings, and social gatherings in accordance with the State of PA and local authority regulations.</li></ul> <b>Significant</b> <ul style="list-style-type: none"><li>➤ Individual sports and indirect sports only.</li><li>➤ Contact sports- No competitive play - drill only</li></ul> |

# Communicable Diseases Participant (Athlete and Volunteer) Risk Assessment, Code of Conduct, and Waiver



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

Every participant (Athletes, Unified partners, Coaches, Officials, Volunteers, HODs, SO Staff, and families/caregivers if they will not exclusively be in spectator only spaces) is required to complete the [COMMUNICABLE DISEASES PARTICIPANT \(ATHLETE AND VOLUNTEER\) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER](#) prior to the start of the in-person activity.

# COVID-19 Coordinator



## COVID-19 Coordinator

- The site must designate a primary point of contact for all questions related to COVID-19, and all participants must be provided the person's contact information.
- The COVID-19 Coordinator must submit the Site Registration Form.
- The COVID-19 Coordinator must communicate potential cases to the local health authorities for testing and to SOPA (within privacy laws).
- The COVID-19 Coordinator must conduct the screening protocol and complete the Screening and Tracking Report Form for all participants.

# Site Registration Form



## Site Registration Form

- The COVID-19 Coordinator must submit the [Site Registration Form](#), which is found on the [SOPA website](#).
- The purpose of this form is to register a Local Program in-person activity.
- This form must be completed and submitted by the COVID-19 Coordinator prior to the start of the activity.

# Onsite Screening and Positive Test



|  |  |
|--|--|
| <b>Onsite Screening</b>                                    | <ul style="list-style-type: none"><li>➤ The COVID-19 Coordinator must screen and monitor all participants for symptoms.</li><li>➤ Signage on preventive measures (handwashing, social distancing and masking) and education on symptoms and reminder to stay home if sick or any symptoms.</li></ul> |
| <b>Positive COVID-19 test or previous COVID-19 disease</b> | <ul style="list-style-type: none"><li>➤ No participation within 10 days of COVID-19 positive test and 7 days of any symptoms.</li><li>➤ Participants who test positive for/have COVID-19 must provide written medical clearance before returning to activity</li></ul>                               |

# Masking and Social Distancing



|                          |   |
|--------------------------|---|
| <b>Masking</b>           | <p><b>Low risk</b></p> <ul style="list-style-type: none"><li>➤ Unvaccinated participants are required to wear masks indoors and outdoors, except when actively engaged in sports training and competition.</li><li>➤ Masks are strongly recommended for vaccinated participants, especially when indoors, except when actively engaged in sports training and competition.</li></ul> <p><b>Moderate &amp; Significant risk</b></p> <ul style="list-style-type: none"><li>➤ Masks are required for ALL participants except when actively engaged in sports training and competition.</li></ul> |
| <b>Social Distancing</b> | <p><b>Low &amp; Moderate Risk</b></p> <ul style="list-style-type: none"><li>➤ Take active measures to ensure social distancing as much as possible when not actively engaged in sports training and competition, especially in indoor spaces.</li></ul> <p><b>Significant</b></p> <ul style="list-style-type: none"><li>➤ Social distancing required at all times.</li></ul>  |

# Travel



## Travel

### Low & Moderate

- Travel permitted with precautions

### Significant

- Not permitted outside of the Local Program.



# Transportation



## Public transportation/Personal Transportation

- When using public transportation, a rideshare service, taxis, or commercial air or train/rail for transportation, all individuals (or via their caregivers/families) should be educated about and willing to abide by any safety/masking requirements in place by the transportation operator.
- When securing your own transportation, SOPA recommends the following:
  - When traveling with family, caregivers, or individuals with whom they live, masks not required.
  - When carpooling with someone outside of the household, masks and social distancing are recommended.
- Hand hygiene/sanitization should be followed.

# Transportation



## SOPA Sponsored

- Masks and social distancing are required unless all riders are vaccinated.
- Every vehicle must have a designated individual to monitor for compliance at all times.
- Onsite screening of all participants must occur prior to boarding busses or vans.
- No shared food, use only individually packaged items.
- Hand hygiene/sanitization should be followed.
- Understand COVID-19 safety protocols of transportation company.

# Events



|  |   |
|--|---|
| <b>Competition OR<br/>Predominately Athlete<br/>Events</b>       | <b>Single day events</b> <ul style="list-style-type: none"><li>➤ Participants are not required to be vaccinated, unless required by venue.</li></ul> <b>Overnight events</b> <ul style="list-style-type: none"><li>➤ All delegation members, technical delegates (sport directors, etc), and any additional individual housed by SOPA are required to be vaccinated.</li><li>➤ SOPA Housing policy will be followed.</li></ul>                      |
| <b>Non-Competition OR<br/>Predominately Volunteer<br/>Events</b> | <b>Single day events</b> <ul style="list-style-type: none"><li>➤ Participants are not required to be vaccinated, unless required by venue.</li></ul> <b>Overnight events</b> <ul style="list-style-type: none"><li>➤ Participants are not required to be vaccinated unless required by venue.</li><li>➤ Unvaccinated participants from different households may not room together. If one individual is unvaccinated max of two per room.</li></ul> |

# Sanitation and Spectators



|                   |  |
|-------------------|--|
| <b>Sanitation</b> | <b>Low, Moderate, &amp; Significant</b> <ul style="list-style-type: none"><li>➤ Follow sanitization protocol for all communal shared areas (e.g., bathrooms, meal areas) and frequently touched surfaces and shared equipment between uses.</li></ul>  |
| <b>Spectators</b> | <b>Low &amp; Moderate</b> <ul style="list-style-type: none"><li>➤ Permitted per State of Pennsylvania and local authority regulations.</li><li>➤ Separation from participants as much as possible and not permitted in athlete areas.</li></ul> <b>Significant:</b> <ul style="list-style-type: none"><li>➤ Not permitted.</li></ul> |

# Meals



## Meals

### Low & Moderate

- No self-serve buffet meals.
- Stagger mealtimes and cohort groups as much as possible, especially when indoors.
- Participants bring their own water bottles.

### Significant

- Participants bring their own meals and water bottles and/or pick-up only.
- Stagger mealtimes and cohort groups.

# Medicals



- SOPA will continue to offer a one-time 6 month extension if an Application for Participation ("medical") has expired IF the athlete, family member or caregiver is able to answer "NO" to the 3 health status questions.
  - If the athlete answers "YES" to any of the health status questions, they are required to have a full Application for Participation ("medical") submitted prior to in-person activities.
- The SOPA Field Director will share a listing of athletes eligible for an extension with Local Program Managers.
- If an athlete were to travel to an invitational, regional, sectional or state competition, they will be required to have a new/current Application for Participation ("medical") to be completed and submitted in advance of travel. Extensions will not be accepted. Extensions will be accepted for local training and competition.



# Return to Activity Resources

- [Fall Return to Activities Webinar](#)
- Video trainings and resources [SOPA website](#)
- [Return to Activities Plan](#)
- [Return to Activities Plan Appendix](#)
- [Return to Activities Abbreviated Versions](#)

# Questions?

***Special Olympics***  
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