

Return to Activities

For Athletes and Families

Special Olympics
New York





Overview

- Understand how Special Olympics New York will safely return to in-person activities.
- Learn about the COVID-19 Code of Conduct and Risk Assessment Form
- Learn about the SONY return to activities phases.
- Understand how to prepare for your return to activities.
- Understand the onsite screening process that will take place when arriving at SONY activities.
- Understand safe behaviors, equipment use and social distancing guidelines that are required during activities.
- Understand “indirect” and “direct” contact.
- Understand proper face mask usage.



Please keep in mind...

- Activities will start at a different times based on factors like coach, volunteer and facility availability.
- Not all Special Olympics New York activities will be offered.
- Athlete and Volunteer Safety is the #1 priority!

COVID-19 Code of Conduct and Risk Assessment Form



All Special Olympics New York Participants will be required to sign the COVID-19 Code of Conduct and Risk Assessment Form before returning to activity.

COVID-19 Participant Code of Conduct and Risk Assessment Form *Special Olympics*

I understand I could get Coronavirus through sports, training, competition and/or any group activity at Special Olympics. I am choosing to participate in sports, competition and/or other Special Olympics activities at my own risk.

During the time these precautions are needed, I agree to the following to help keep me and my fellow participants safe:

<input type="checkbox"/> If I have COVID-19 symptoms, I will stay at home and NOT go to any activities until 7 days after all of my symptoms are over. If I am exposed to COVID-19 and have no symptoms, I can return 14 days after exposure.
<input type="checkbox"/> Special Olympics gave me education on Special Olympics rules for COVID-19 and who is at high-risk.
<input type="checkbox"/> I know that if I have a high-risk condition, I have more risk that I could get sick or die from COVID-19. If I have a high-risk condition, I should not go to Special Olympics events in person, until there is little or no Coronavirus in my community.
<input type="checkbox"/> I know that before or when I get to a Special Olympics activity, they will ask me some questions about symptoms and exposure to COVID-19. They may also take my temperature. I will answer truthfully and participate fully.
<input type="checkbox"/> I will keep at least 6 ft/2m from all participants at all times.
<input type="checkbox"/> I will wear a mask at all times while at Special Olympics activities. I may not have to wear it during active exercise.
<input type="checkbox"/> I will wash my hands for 20 seconds or use hand sanitizer before any activities. I will wash my hands any time I sneeze, cough, go to the bathroom or get my hands dirty.
<input type="checkbox"/> I will avoid touching my face. I will cover my mouth when I cough or sneeze and immediately wash my hands after.
<input type="checkbox"/> I will not share drinking bottles or towels with other people.
<input type="checkbox"/> I will only share equipment when instructed to. If equipment must be shared, I will only touch the equipment if it is disinfected first.
<input type="checkbox"/> If I get or have had COVID, I will not go to any in-person Special Olympics events until 7 days after my symptoms end. I will go to my doctor and get written clearance before returning to any sport or fitness activities.
<input type="checkbox"/> I understand that if I do not follow all of these rules, I may not be allowed to participate in Special Olympics activities during this time.

Fact Sheet on Who is at Higher Risk from COVID-19 *Special Olympics*

Subject to Change
Version: 7-2-2020

Who is at higher risk of COVID-19?
COVID-19 is a new disease and information is changing on who is more likely to get COVID-19 and who is will have more complications. Based on currently available information and clinical expertise, people with intellectual and developmental disabilities may be at higher risk of severe illness resulting in death from COVID-19.

Current clinical guidance and information from the U.S. Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) lists those at high-risk for severe illness from COVID-19 as:

- People 65 years and older. Risk increases with age.
- People who live in a nursing home or licensed long-term care facilities

Regardless of age, individuals with underlying conditions, such as the following, are or maybe at increased risk of severe illness from COVID-19:

- People with chronic lung disease, chronic obstructive pulmonary disease or moderate to severe asthma
- People who have serious heart conditions (including heart failure, coronary artery disease, congenital heart disease, cardiomyopathy, hypertension)
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune-weakening medications.
- People with obesity (body mass index [BMI] of 30 or higher). To calculate BMI, refer to: https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi_calculator.html
- People with diabetes (Type 1 and 2)
- People with chronic kidney disease
- People with liver disease
- People with dementia

The list may change as evidence is learned. Please review the latest list of conditions that put individuals at increased risk available at the [CDC website \(https://bit.ly/3VJLd25\)](https://bit.ly/3VJLd25)

If you are at a high risk, you may be putting yourself at risk when you return to activities with Special Olympics. But, you may also put your family and your teammates at risk. If you have these conditions, you should not return to Special Olympics in person activities until Phase 3.

If you have been diagnosed with COVID-19, you should consult with a healthcare professional for written medical clearance before returning to Special Olympics in person activities as serious cardiac, respiratory, and neurological issues may develop as a result of COVID-19.

COVID-19 Participant Code of Conduct and Risk Assessment Form *Special Olympics*

I HAVE READ ALL OF THIS AGREEMENT OR HAVE HAD IT READ TO ME AND AGREE TO FOLLOW THESE ACTIONS.

REGION: _____

TEAM NAME: _____

PARTICIPANT FULL NAME: _____

Phone: _____ **Email:** _____

Select one: Athlete Unified Partner Coach/Volunteer Family/Caregiver Staff

PARTICIPANT SIGNATURE (required for adult (age 18+) participants, including adult athlete with capacity to sign documents)

By signing this, I acknowledge that I have completely read and fully understand the information in this form.

Signature: _____ **Date:** _____

PARENT/GUARDIAN SIGNATURE (required for participant who is a minor (younger than age 18) or lacks capacity to sign documents)

I am a parent or guardian of the athlete/participant named above. I have read and understand this form and have explained the contents to the participant as appropriate. By signing, I agree to this form on my own behalf and on behalf of the participant.

Parent/Guardian Signature: _____ **Date:** _____

Printed Name: _____

Relationship: _____

High Risk Participants



Current guidance and information from the CDC lists those at high risk for more severe illness from COVID-19 as:

People 65 years and older

People who live in a nursing home or long-term care facility.

People of all ages with underlying medical conditions including:

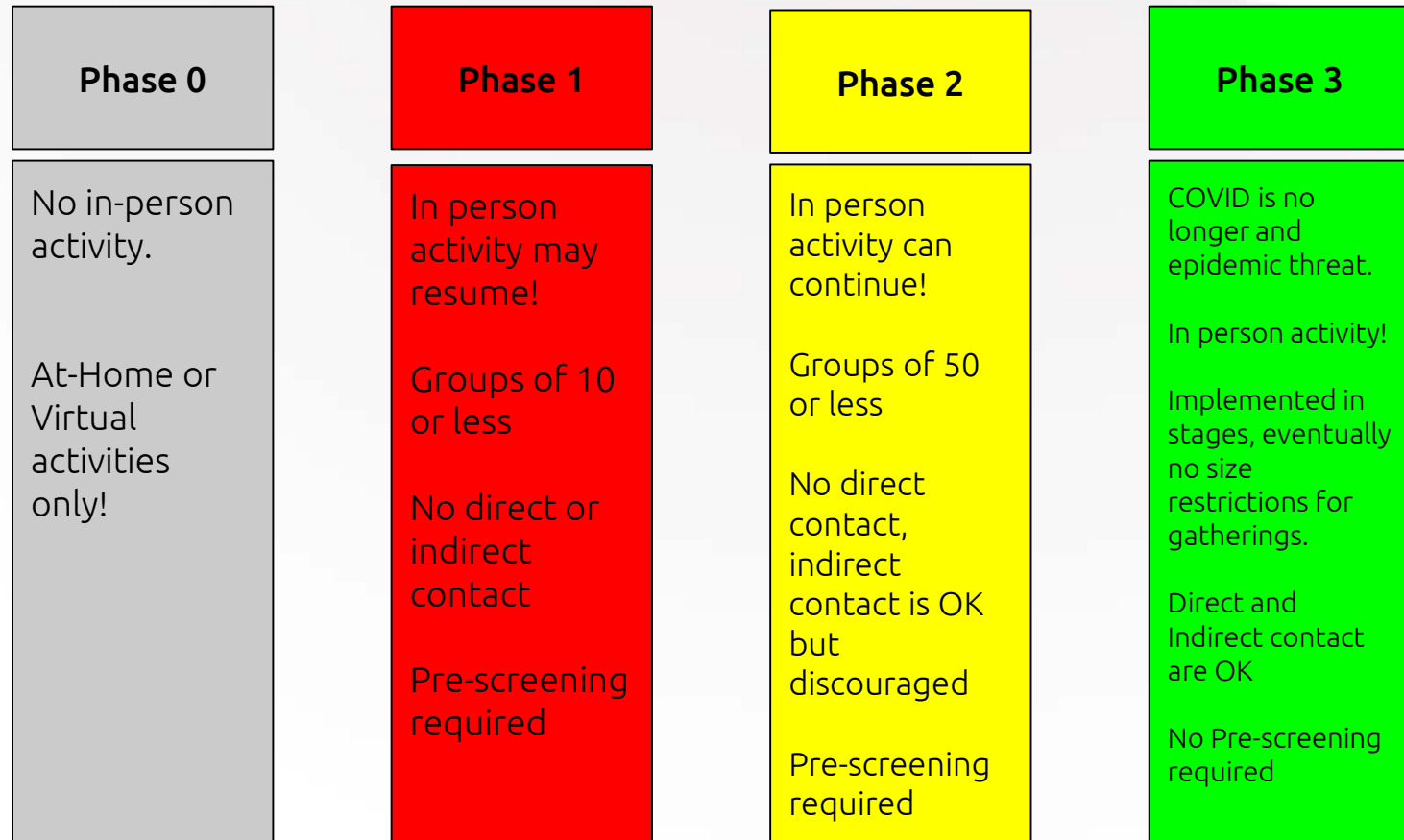
- Chronic lung disease or moderate to severe asthma
- Serious heart conditions (including heart failure, coronary artery disease, congenital heart disease, cardiomyopathy)
- People who are immunocompromised
 - cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (BMI of 40+)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease
- People with brain and spinal cord disorders (like cerebral palsy, epilepsy, stroke)



High Risk Participants

- If you fall into one or more of the categories above, we strongly encourage participation in at-home activities until phase three.
- You should consult your family, caretakers, and doctor before returning to Special Olympics New York activities in person.
- If you are considered high risk, you may be putting yourself and others (family, friends and teammates) at risk by returning to in-person activities.

SONY Return to Activity Phases



Direct and Indirect Contact



Direct contact is when 2 or more people touch each other intentionally or unintentionally. **Do not touch other people!**

Common examples include: **contact during activity, high fives, hand shakes, fist bumps, chest bumps, hugs and huddles.**

You can still celebrate and cheer on teammates by:

- Dancing
- Verbal Encouragement
- Clapping
- Chants
- Songs

Direct and **Indirect** Contact



Indirect contact is when a person touches something (not another person) that hasn't been cleaned or disinfected after someone else has touched that same object. **Do not share equipment or personal items!**

Common examples include: passing drills, shared equipment (i.e. bats, clubs, balls, gloves, pens, water bottles and personal items).

Prior to Activity



Before leaving home, consider the following:

- If you would answer 'yes' to ANY of the onsite screening questions, stay home!
- If you don't feel well, stay home!
- Use the restroom and wash hands for at least 20 seconds at home (public facilities might be closed).
- Remember to bring your own food, water, equipment and personal items.
- **Wear a mask** if using public or shared transportation.
- Working out immediately prior to SONY activity could result in an elevated temperature check (100.4 or higher). Plan your work outs accordingly.

Onsite Screening and Tracking



Coach or Site Monitor will conduct a **temperature check** of every participant to confirm their temperature is 100.3 or below.

If your temperature is 100.4 or higher:

- A second check will be conducted after 5 minutes.
- If your temperature remains 100.4 or higher, you will be sent home.

*Thermometers provided by SONY.

Coach or Site Monitor will ask the following **screening questions**:

- Have you been exposed to someone with COVID-19 in the past 14 days?
- Have you had a fever in the past week?
- Do you have a cough?
- Do you have any other symptoms of COVID-19 like chills, fatigue, loss of taste or smell?

During Activities



- Always stay at least 6 ft. from all other participants!
- Wear a mask at all times when at SONY activities. If engaged in outdoor physical activity, masks may be removed.
- Wash hands for 20 seconds anytime you sneeze, cough, go to the bathroom or get hands dirty! Use hand sanitizer if soap and water is unavailable.
- Avoid touching your face!
- Don't share food, drinking bottles or towels with other people!
- Don't share equipment in SONY phase one. Only share equipment when instructed in SONY phase two.



Wearing a Mask

Masks should be worn during:

- Travel to and from activities.
- The onsite screening process.
- Activity, at all times unless told otherwise by Coach or Site Monitor.



Return to Activities

Quiz

Special Olympics
New York



Return to Activities Quiz



1. Should masks cover your nose?
2. Should you attend an activity if you answer “yes” to any of the onsite screening questions?
3. Athletes’ temperatures will be checked at the start of every activity.
4. Do I need to wear my mask during the onsite screening?
5. What is the maximum number of people allowed in a group during phase one?
6. Is direct contact allowed in phase one?
7. Should athletes bring their own water bottles?
8. Should athletes stay home if they aren’t feeling well before activity?
9. Are athletes able to pick up other individuals’ equipment and personal belongings?
10. How many feet apart must everyone stand during activity?

Answer Key: 1.Yes 2.No 3.Yes 4.Yes 5.Ten 6.No 7.No 8.Yes 9.No 10.Six



Thank you!

If you have additional questions please contact your coach.