

Return to Activity

All Sports Offered

Details, safety precautions and protocol for return can be found in the **SOI Return Protocol** and **SONY Addendum** documents. In addition to our ongoing phase 0 (zero) program at home, Special Olympics New York (SONY) will begin phases of return where permitted. We have developed a seasonal sport specific overview for training club practice and local competition during these early phases of return.

ALL SPORTS:

- Individuals at a higher risk, as defined by the SOI Protocol, should continue to remain at home until Special Olympics New York Phase 3 is activated
- Outlined in the protocol: PPE masks, gloves, sanitizer and disinfectant would be in use
- When helping athletes with equipment is needed, please be sure to wear a mask and gloves
- Volunteers that are helping athletes and sanitizing equipment will wear and change gloves between athletes
- Bring your own equipment whenever possible (balls, golf clubs, bats, etc.)
- Always ensure that all facility guidelines are followed
- Sanitize all equipment before and after practice
- Maintain physical distancing at all times, arrival, during warm-ups and any training activity
- Utilize Sport Specific Virtual Training Resources - <https://www.youtube.com/user/polarsony>
- In phase 1, all activity should take place outside or in well-ventilated areas. Indoor activity is discouraged
- In phase 2, activities in outdoor or well-ventilated areas are encouraged. Indoor activities may be considered, consult with your regional program leader

Program Activity:

Fitness, Health, and Wellness

- Outdoor venue only (Phase 1)
- Coaches, Volunteers, and/or Support Staff will wear medical gloves
- All shared equipment needs to be sanitized in between each athlete
- Consider staggering lesson or training times
- [Fitness Health & Wellness Webpage](#)
- [Fitness Health & Wellness Resources](#)

Young Athletes

- Phase 1 activities, coaches and Programs must have sufficient Young Athletes equipment to provide each child with their own station or set of equipment
- All equipment needs to be sanitized before and after each session. Select equipment that can be easily wiped down. For example, a rubber or flyweight ball will be easier to clean than cloth beanbags or balls
- Increase the size of the field, court, or space being used for Young Athletes activities to ensure children can always remain 6 feet apart
- When possible, use outdoor facilities to increase space and limit opportunity for transmission

- Alternatively, in Phase 1, coaches can focus on Young Athletes activities that can be done with no equipment (click link for activities) https://media.specialolympics.org/resources/covid-19/Young-Athletes-Return-to-Activities-Addendum.pdf?_ga=2.210043221.1944423600.1598891768-470270565.1568643164
- Young Athletes Resources:
https://www.youtube.com/playlist?list=PL8YCO_QcdVISN7vyhNoOlawO15Sn7fUAV

Developmental Sports

- Age-appropriate introduction to sports for children with and without intellectual disabilities, ages 6-12 years old (15 – badminton)
- Phase 1 activities, coaches and Programs must have sufficient equipment to provide each child with their own station or set of equipment
- All equipment needs to be sanitized before and after each session.
- Increase the size of the field, court, or space being used for activities to ensure children can always remain 6 feet apart
- When possible, use outdoor facilities to increase space and limit opportunity for transmission
- Developmental Sports Resources: <https://resources.specialolympics.org/sports-essentials/developmental-sports>

MATP:

- Outdoor venue only (Phase 1)
- Coaches, Volunteers, and/or Support Staff will wear medical gloves
- All shared equipment needs to be sanitized in between each athlete
- Consider staggering lesson or training times
- MATP Resources:
http://digitalguides.specialolympics.org/matp/?&_ga=2.78348305.464579031.1598901537-1078356308.1588254922

Winter Sports:

Alpine Skiing & Snowboarding

- 1 athlete per chair on the lift (Phase 1 & 2) *(if needed, a volunteer may accompany and safeguard athletes while using the lift)
- Stagger start times to ensure physical distance requirements are met
- Skiing Resource: <https://usskiandsnowboard.org/>

Cross Country Skiing

- Do not ski in a pack
- Stagger start times to ensure physical distance requirements are met
- Skiing Resource: <https://usskiandsnowboard.org/>

Floor Hockey

- Outdoor venue only (Phase 1) – consult with your regional program leader
- Skills only (Phase 1 & 2)
- Defense (maintain 6ft physical distance), Passing, Stick Handling, Shoot for Accuracy, Shoot Around the Goal

- Coaches, Volunteers, and/or Support Staff will wear medical gloves
- Athletes should gather their own puck
- If hockey pucks are handled by multiple athletes, they must be sanitized before each exchange; eg: **aerosol spray can be used**
- Floor Hockey Resources: <https://www.usahockey.com/playersafety/> / <https://www.dropbox.com/sh/afbhypy9mubfvx/AAD8UGthVrYs-YUH24XzfXkna?dl=0>

Figure Skating

- Outdoor venue only (Phase 1) - consult with your regional program leader
- Figure Skating Resource: <https://www.usfigureskating.org/coronavirus>

Speed Skating

- Outdoor venue only (Phase 1) - consult with your regional program leader
- Stagger start times to ensure physical distance requirements are met
- Athletes may practice together but should wear a mask
- Speed Skating Resource: <https://www.teamusa.org/US-Speedskating>

Snowshoeing

- Individual events only (Phase 1)
- Consider staggering athlete start times during training sessions when possible
- Assign athletes to every other lane
- All relays excluded until further notice
- Snowshoeing Resource: <http://www.snowshoeracing.com/>

Summer Sports:

Bowling:

- Phase 2
- Athletes need to choose or use their own bowling ball
- Athletes should gather their own ball between frames
- Maintain physical distancing at all times – maximum 2 people per lane
- Bowling Resource: <https://www.bowl.com/USBCCOVID19Update/>

Swimming:

- Outdoor pools only (Phase 1)
- Maintain physical distancing at all times – maximum 2 people per lane
- All relays excluded until further notice
- Staggered use of locker rooms to maintain physical distance guidelines
- Swimming Resource: <https://www.usaswimming.org/home/covid-news>

Volleyball

- Outdoor venue only (Phase 1)
- Skills only (Phase 1 & 2)
- Serving, Bumping and Setting, Team Assessment Skills
- Coaches, Volunteers, and/or Support Staff will wear medical gloves
- Athletes should gather their own volleyball



- Volleyballs must be sanitized before each exchange
- Volleyball Resource: <https://www.teamusa.org/usa-volleyball/features/usa-volleyball-response-on-coronavirus>

Gymnastics

- Outdoor venue only (Phase 1)
- Coaches, Volunteers, and/or Support Staff will wear medical gloves
- All shared equipment needs to be sanitized in between each athlete
- Consider staggering lesson or training times
- Gymnastics Resource: <https://usagym.org/pages/aboutus/pages/coronavirus.html>

Powerlifting

- Outdoor venue only (Phase 1)
- Coaches, Volunteers, and/or Support Staff will wear medical gloves
- All shared equipment needs to be sanitized in between each athlete
- Consider staggering lesson or training times
- Powerlifting Resource: <https://www.usapowerlifting.com/covid-19-updates/>

Basketball

- Outdoor venue only (Phase 1)
- Skills only (Phase 1 & 2)
- Dribbling, Passing, Shooting Team Assessment Skills
- Coaches, Volunteers, and/or Support Staff will wear medical gloves
- Athletes should gather their own ball
- Basketballs must be sanitized before each exchange
- Basketball Resource: <http://www.fiba.basketball/news/fiba-publishes-guidelines-for-the-return-to-basketball>

Tennis

- Outdoor venue only (Phase 1)
- Skills only (Phases 1 & 2)
- Serving, Forehand Volley, Backhand Volley, Forehand Ground stroke, backhand ground stroke, serve deuce court, serve advantage court, alternating ground strokes with movement
- If tennis balls are handled by multiple athletes, they must be sanitized before each exchange; eg: **aerosol spray can be used**
- If multiple courts present, set-up courts 10 feet apart
- Tennis Resource: <https://www.usta.com/en/home/usta-covid-19-updates.html>

Athletics

- Outdoor venue only (Phase 1)
- Individual running events only (Phase 1)
- All relays excluded until further notice
- Consider staggering athlete start times during training sessions when possible
- Assign athletes to every other lane
- Coaches, Volunteers, and/or Support Staff will wear medical gloves
- Equipment must be sanitized before each exchange
- Athletics Resource: <https://www.usatf.org/covid19>



Fall Sports:

Bocce:

- Athletes should gather their own ball between sets
- If bocce balls are handled by multiple athletes, they must be sanitized before each exchange
- Sanitize the palina in between each set or exchanges
- If multiple courts present, set-up courts 10 feet apart
- Bocce Resource: <https://www.dropbox.com/sh/afbhby9mubfvx/AAD8UGthVrYs-YUH24XzfXkna?dl=0&preview=Sample+Template+Bocce.docx>
- **Modified Singles Considerations:**
 - Do not switch ends (stay on same side for entire practice)
 - Each player should use same color bocce balls throughout entire practice
- **Modified Doubles and Team Considerations:**
 - Do not switch ends (stay on same side for entire practice)
 - Utilize a mark (cone, etc.) to identify where players should return to after their turn
 - Each player should only touch their own bocce balls

Cross Country:

- Do not run in a pack
- Stagger start times to ensure physical distance requirements are met
- Cross Country Resource: <https://www.usatf.org/covid19>

Cycling:

- Stagger start times to ensure physical distance requirements are met
- Cycling Resource: <https://usacycling.org/event-organizer/covid-19-event-resources>

Equestrian:

- Coaches, Volunteers, and/or Support Staff will wear medical gloves
- All shared equipment needs to be sanitized in between each rider
- Consider staggering lesson or training times
- Equestrian Resource: <https://www.usef.org/forms-pubs/XhKGVYiivTA/usef-covid-19-action-plan-for-operating>

Golf:

- Walking is recommended, but if utilizing a cart, one person per cart
- Do not utilize rake in sand traps or remove pin and flag on putting green
- Alternate shot – only use your own ball – be prepared to sanitize for incidental exchange
- Golf Resource: <https://www.usga.org/course-care/covid-19-resource-center.html>

Soccer:

- Skills only (Phase 1 & 2)
- Dribbling, Shooting, Run & Kick, Team Assessment Skills
- Coaches, Volunteers, and/or Support Staff will wear medical gloves
- Athletes should gather their own ball in between sets
- Soccer balls must be sanitized before each exchange

- Social Distancing Drills: https://www.soccerindiana.org/assets/58/6/what_social_distancing_grids_can_look_like.pdf
- Soccer Resource: <https://www.fifa.com/what-we-do/covid-19/>

Softball:

- Skills only (Phase 1 & 2)
- Bat for Distance, Base Race, Fielding, Hitting, Throwing, Team Assessment Skills
- Coaches, Volunteers, and/or Support Staff will wear medical gloves
- Athletes should gather their own ball in between sets
- Softballs must be sanitized before each exchange
- Softball Resource: <https://www.teamusa.org/USA-Softball/covid-resources>

Additional Considerations:

Competition:

- During S.O. phase I & II, small group local competition is still possible. As SONY determines clubs and athletes that register to return, a local competition calendar will be developed
- Local culminating competition: SONY regions will support those clubs and athletes who have registered and are training with a culminating event
 - Either training club specific, or as a local regional event
 - Dependent upon the number of athletes and health considerations

Venue:

- Enough space at venue for extra spacing for all sport and non-sport elements of activity (coach meetings, hydration and resting areas, skills and drills stations)
- Will other entities / groups be using the venue at the same time Special Olympics is? Can we find out what safety measures are they taking? How can we inform them of our safety precautions and expectations if they are commingling with our participants?
- Consider staggered locker room use (if allowing use at all – may opt to make off limits) so as to not unintentionally create congestion area
- Provide handwashing and/or hand sanitizer stations

Event Signage and Notices:

- Use both picture/icon-based (as well as language-based notices) for those who experience difficulty reading
- Post signs in highly visible locations (e.g., at entrances and exits, and in restrooms) that promote protective measures and describe how to stop the spread of germs such as by properly washing hands and properly wearing a cloth face covering

Signage Examples:

- Do not enter if you are exhibiting any signs of illness such as sneezing, coughing, sniffles, have a fever, or don't feel well
- All athletes, staff, volunteers, and spectators will practice responsible physical distancing by remaining at least 6 ft apart
- All athletes, staff, volunteers, and spectators will wear PPE such as face masks

- Wash your hands and/or use hand sanitizer upon entrance, during the event, before and after you eat, and as you leave.

Transportation / Arrivals / Departures:

- Consider scheduled staggered participant pick up / drop off times
- Consider increasing the amount of time between practices and competitions to allow for one group to depart before another group enters the facility. This also allows for more time to clean the facility between uses
- Allow for time to conduct screening and collect names of participants in attendance
- Avoid entering venue (more applicable for indoor venues) at same time as athletes – attempt to reduce human “bottlenecks” / proximity in and out of venue.
- Athletes and Unified partners: arrive already dressed and sport-ready.
- Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19 and notify their family / caregiver

Volunteers/Coaches/Officials:

- Consider having volunteers/teams of volunteers whose sole purpose is to concentrate on sanitizing, cleaning, enforcing athlete physical distancing and safety behavior expectations compliance (at practices and events) so coaches can coach
- Consider having volunteers/teams of volunteers whose sole purpose is to concentrate protocol / behavior education and compliance for spectators, family members/caregivers, and venue staff
- Coaches, volunteers and officials must maintain physical distance at all times! Stay at least 6 feet apart

Equipment:

- Coach keeps all equipment / equipment bag in between practices and sanitizes at start and end of every practice
- Equipment/gear for each person (their own or provided): put athlete or partner’s name on it with tape or other means
- Be aware of any damaging effects frequent use of some sanitizing products may have on certain forms of gear or equipment

Spectators / Family Members / Caregivers:

- Have a plan to communicate expectations and information in advance
- No non-essential personnel at practice
- Family members / caregivers may need to drop off and pick-up only or stay in car during practice / activity
- Have separate or staggered screening area or time for spectators / family members / caregivers
- All spectators must physically distance if they sit in stands. Program / volunteers may need to mark off minimum distances in stands or on the ground to create clear seating areas

Sport: (Practices and Competitions)

- Split squads/practices: when we have enough venue availability
- Modify all activities (warm-ups, drills, etc.) to meet physical distancing requirements



- Consider having no spectators at practices and/or some events
- Use physical guidance (ropes, tape on floor, chalked areas, cone off areas) to help ensure physical distancing
- Break athletes into small groups that stay together and do not co-mingle. Keep players together in small groups with dedicated coaches or staff, and make sure that each group of players and coaches avoid mixing with other groups as much as possible
- Put out cones or chalk ground to ensure physical distancing for each player to have personal area for static stretching. Similarly, designated lanes could be set up for any dynamic stretches or running warm up
- Modify practices, skills, drills, scrimmages, to limit the time athletes and partners spend physically close to others
- During times when players are not actively participating in practice or competition, attention should be given to maintaining physical distancing by increasing space between players on the sideline, dugout, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together
- Mark off areas along bench, ground, fence or other stationary point of reference with tape/chalk/cones/surveyor's tape to give each athlete same "spot" for gear, rest, when not active at practice every week for consistency

Support Coping and Resilience:

- Encourage participants to take breaks from watching, reading, or listening to news stories, including social media if they are feeling overwhelmed or distressed
- Promote healthy eating, exercising, getting sleep, and finding time to unwind
- Use the Strong Minds resources
- Encourage participants to talk with people they trust about their concerns and how they are feeling
- Many participants are going through challenging times. Some may have lost loved ones, lost jobs, been disconnected from friends and school and haven't had the structure they are accustomed to. This creates a lot of stress that can show up in different ways. You can help reduce this stress through your communication approach. Special Olympics has shared the [Bridges Model](#), (more on Bridges) which have some helpful insights on leadership in times of crisis. The CDC also has some helpful useful resources regarding talking with youth, which include: [Helping Children Cope](#) and [Talking with Children](#). [COVID](#) was published by NCYS

https://media.specialolympics.org/resources/covid-19/Return-to-Activities-Sport-Risks-Recommendations.pdf?_ga=2.234347358.155407231.1599672847-470270565.1568643164