



Approved Phase 3 Sports and Recreational Activities

*****In-person groups of 150 people or less*****

150 people include athletes, coaches, partners, volunteers

(anyone on the playing field)

Sports

- Athletics
- Basketball (individual drills)
- Bocce (singles)
- Equestrian
- Fitness
- Flag Football (individual drills)
- Golf
- Powerlifting
- Softball (individual drills)
- Swimming (individual events)
- Tennis (singles)
- Volleyball (individual drills)

**Virtual Activities are still encouraged
during phase 3**

Recreational Activities

- Cornhole (Bean bag toss)
- Horseshoes
- Pickleball

Mitigation and Procedures

Prepare

- Have COVID screening protocol in place and coaches/staff/volunteers prepared to implement prior to or upon arrival at event (see additional guidance on screening protocol below).
- Ensure that the venue is disinfected or sanitized, especially bathrooms.
- No shared supplies such as towels and water/beverage bottles.
- Minimize shared equipment. If shared equipment must be used, prepare a cleaning protocol and supplies to disinfect shared equipment between uses.
- Remind participants to bring PPE and, if used, their own water bottle, towel, and equipment. Have facemasks/PPE available for those who are unable to bring.
- Have reminders/signage posted that reinforces appropriate use of PPE relevant to the activity, hygiene and physical distancing.
- Have hand sanitizer or handwashing facilities available at venue.
- Know how to communicate potential cases to the local health authorities for testing and to the Special Olympics Accredited Program (within privacy laws).
- Remind participants that during transport to activities, it is recommended that participants should wear a mask if on public transport, such as a bus, trolley, subway or if carpooling which includes someone not living with them.
 - If Special Olympics is providing transportation, participants must wear facemasks during travel

Activity

- On arrival, conduct screening for ALL PARTICIPANTS (see screening protocol below). All participants with symptoms, a history of recent (last 14 days) COVID exposure, or temperature > 100.4F/37.8C may not proceed to the activity
- Activities must comply with distancing guidelines at all times.
 - Indirect contact (e.g., through a ball in the hand) MAY resume. Direct contact may NOT resume yet.
 - Maintain physical distancing and avoid close contact (e.g. high fives, hugs, huddles).
 - Wear facemasks throughout the activity, except during exercise, including upon arrival and departure
- Coaches and volunteers should minimize changes in personnel---groups should stay together and not switch up if possible.
- Program staff must provide reminders to participants on standard infection prevention measures (e.g. frequent handwashing, avoid touching face, cover mouth when sneezing/coughing, etc.) at the start and throughout event.
- Participants may share equipment when circumstances require it (i.e. soccer ball on the field). If shared equipment must be used, prepare a cleaning protocol and supplies to disinfect shared equipment between uses.
- Maintain a list of all participants with contact details. This will allow for contact tracing should a participant be later diagnosed as having COVID-19 during the activity.

Entering Phase 3 Checklist for Local Programs

- Code of Conduct signed by all participants (athletes, coaches, unified partners, family, caregivers, etc.) Code of Conduct can also be completed online via laso.org. A participant is defined as anyone who attends the location where an in-person practice/gathering happens.
- Review the “Who is High Risk Form”
- Review document of Phase 2 Sports and Recreational Activities
- Utilize and complete the Tracking Template at each practice. Local programs must keep a copy of each template from each practice/gathering.
- Utilize the Screening Protocol form at each practice/gathering
- Print and utilize provided signage from SOLA at each practice as reminders for safety
- Review PPE resources and procedures.
- Recommended to review COVID-19 training and quiz

*****All above documents can be found on SOLA website within the Return to Play section*****