

Track & Field

2021 Season. Updated 5/25/2021





Return to Play 2021

- Practice Guidelines
- Competition Outline
 - Virtual
 - At home



Season Goals

- Practice & improve skill development
- Improve conditioning & fitness
- Offer virtual meet amongst participants from across the state
- Offer in person meets
- Awards will be awarded at end of season

Practice





Practice

Teams may gather following Massachusetts guidelines for COVID 19

- Please refer to the [Phase 4 Return to Play Document](#) for the most up-to-date gathering guidelines
 - Gathering allowances will be increased however Training and Competition organizers must work with **each facility operator** to confirm parameters of capacity and still must allow for all sanitizing and social distance guidance within facility.
- Recommend forming sub groups of 10 and use same groups for every practice session
- Although the Mask order has been relaxed for outdoor sports as of May 18, all SOMA activities **will remain operating with a Mask order at least through June 30, 2021** when athletes cannot social distance and for all indoor activities. Athletes in the water do not need to wear a mask.
- Social distancing protocols must be followed at all times
- No towels or equipment is to be shared



Practice

- For the state of Massachusetts, spectators are now allowed at sporting events, however local and facility guidance must be adhered to at all times. If local and facility guidance equals that of the state, the Special Olympics MA guidance will be as follows:
 - **Practices:** Spectators must remain outside the playing area at all times and where a mask. If within the playing area, they must be screened and counted as part of the head count for that specific playing area.
- All players and coaches must wash and sanitize hands upon arrival, frequently during and at conclusion of practice
- All equipment must be sanitized prior to start of, frequently during, in between each athlete use and at end of practice
- Must have empty lane between individuals or staggered starts
- All individuals attending practice must take a COVID 19 screening prior to start of practice, (refer to return to play power point in [coaches resource section](#) of SOMA website)

Competition





Competition Opportunities

- Virtual Meet
 - Participants are divisioned against others from across state in a virtual meet
- In Person Meets



How Virtual Meet will work

- Participant or coach submit to Special Olympics MA registration information (*name, events*) via online form or spreadsheet
- From April - May participant or coach submit scores to Special Olympics MA.
 - Special Olympics MA will take best score from this time frame and division participant vs others from across the state
- Month of June, participants continue to train in events and submit scores to Special Olympics MA.
 - SOMA will post all scores to division leaderboard and highlight best score.
 - At end of June submission window closes. Participants best score will be used for final result and awards to be sent to those that participated



In Person Meets

Special Olympics MA is working to plan local meets across the state for late spring early summer (*month of June*)

- Meets to be modified to meet COVID gathering guidelines and restrictions
- Areas of focus
 - Greater Springfield Area – June 26th Springfield College
 - Greater Marlborough Area – June 12, Marlborough High School
 - Essex County- June 26th, Essex Regional Technical High School
 - Greater Boston, June 19th, Milton Academy
 - Bristol County – June 20th, Oliver Ames High School
 - Barnstable County – June 12th, Monomoy Regional High School
- Awards to be given out on site

Questions?

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