

Experience Inclusion

Going forward to the new normal better
Massachusetts reverts to Phase III, Step 1
updated December 13, 2020

Special Olympics
Massachusetts



Guiding Principles

- The health and safety of all members of the Special Olympics movement is paramount.
- Beyond a sports organization, Special Olympics is a movement for and by people with intellectual disabilities (ID), and its guidance must be inclusive and directed at the unique needs and abilities of people with ID.
- Relevant WHO, CDC, State and Local guidelines will serve as minimum standards
- Guidance is based on current medical information available at the time of publication. As knowledge of COVID-19 is changing rapidly, guidance will continue to evolve.
- Guidance takes a phased approach that is dependent on local transmission rates as well as testing/monitoring/contact tracing/health system capacity.
- **All of this requires personal responsibility.**

Massachusetts Status – As of December 13

Effective December 13, enhanced measurements were put in statewide reverting to Phase III, Step 1 that effects Special Olympics MA as follows:

- Gathering allowances stayed same for public facilities with 25 for all indoor activities no matter what level of risk. Outdoor facilities limit is 50 no matter what level of risk.
- Masks must be worn at all times for anyone over the age of 5.
- All activities must be completed by 9:30pm.

Cities/Towns that have moved back to Phase II Step II

- Arlington, Boston, Brockton, Lynn, Newton, Somerville, Winthrop
- In these towns the following will close for 3 weeks starting Wednesday, December 16:
 - Indoor recreational and athletic facilities will close to general use
 - Bowling Centers/Alleys will close

Massachusetts High Risk communities as of 12/11

- State guidance is as follows - potential restrictions or shutdowns for parks, playgrounds, businesses or other entities and locations believed to be contributing to the COVID-19 spread in higher risk COVID-19 communities. Due to this guidance, SOMA will monitor the local guidelines and may need to cancel scheduled competitive events.

Abington (2)
Acushnet (2)
Agawam (1)
Amesbury (1)
Andover (1)
Ashland (1)
Attleboro (4)
Auburn (1)
Avon (1)
Ayer (1)
Barnstable (4)
Bellingham (3)
Berkley (3)
Billerica (2)
Blackstone (4)

Boxford (3)
Boylston (1)
Bridgewater (1)
Brockton (10)
Burlington (1)
Carver (1)
Charlton (2)
Chelmsford (3)
Chelsea (13)
Chicopee (5)
Clinton (5)
Concord (1)
Danvers (1)
Dartmouth (4)
Dighton (4)

Douglas (4)
Dover (1)
Dracut (4)
Dudley (1)
East Bridgewater (1)
Edgartown (4)
Everett (12)
Fairhaven (1)
Fall River (8)
Fitchburg (7)
Framingham (4)
Freetown (5)
Gardner (3)
Georgetown (3)
Gloucester (1)

Grafton (1)
Granby (2)
Groveland (1)
Halifax (1)
Hamilton (1)
Hampden (3)
Hanover (2)
Hanson (1)
Harwich (1)
Haverhill (3)
Holbrook (1)
Holden (2)
Holyoke (5)
Hopedale (3)
Hudson (2)

MA High Risk communities as of 12/11 continued ...

Lakeville (1)	Methuen (10)	Plainville (2)	Spencer (2)	Westfield (1)
Lancaster (4)	Middleborough (1)	Plymouth (1)	Springfield (11)	Westford (1)
Lawrence (13)	Middleton (3)	Quincy (1)	Sterling (4)	Westminster (1)
Leicester (3)	Milford (5)	Randolph (2)	Stoneham (2)	Westport (5)
Lenox (3)	Millbury (3)	Raynham (1)	Stoughton (2)	Weymouth (1)
Leominster (5)	Millis (1)	Rehoboth (4)	Sturbridge (2)	Whitman (3)
Littleton (3)	Montague (1)	Revere (13)	Sutton (4)	Wilbraham (1)
Lowell (11)	Nantucket (1)	Rochester (1)	Swansea (5)	Wilmington (2)
Ludlow (4)	New Bedford (11)	Rockland (1)	Taunton (4)	Winthrop (1)
Lunenburg (4)	Newbury (1)	Rowley (1)	Tewksbury (2)	Woburn (3)
Lynn (10)	Norfolk (7)	Rutland (3)	Topsfield (1)	Worcester (1)
Lynnfield (1)	North Andover (1)	Salem (1)	Townsend (1)	Yarmouth (1)
Malden (4)	North Attleborough (2)	Salisbury (4)	Tyngsboro (4)	
Manchester (1)	North Brookfield (2)	Saugus (4)	Upton (3)	
Mansfield (1)	Northborough (1)	Seekonk (7)	Uxbridge (4)	
Marion (5)	Norton (1)	Shirley (5)	Wakefield (1)	
Marlborough (1)	Norwood (1)	Shrewsbury (1)	Walpole (1)	
Marshfield (1)	Oxford (1)	Somerset (8)	Wareham (2)	
Mattapoisett (1)	Palmer (2)	Southampton (1)	Webster (1)	
Melrose (1)	Peabody (4)	Southborough (2)	West Boylston (3)	
Mendon (3)	Pembroke (1)	Southbridge (4)	West Bridgewater (1)	
Merrimac (3)	Pittsfield (2)	Southwick (4)	West Springfield (5)	

High Risk – Must stay at home

- People who live in a nursing home or long-term care facility
- People who have traveled to hot spot areas, must remain quarantined for 14 days before returning to activities; **enforced with travel order August 1, 2020 – current states allowed include HW only (VT removed)**. Check Mass.Gov for updates.
- Participants who are from CT, Maine, NH,VT, NY and RI must adhere to the travel order and therefore they should only participate in at home activities only.

High Risk – should stay at home – page 1 of 3

- People of any age with the following conditions **are at increased risk** of severe illness from COVID-19:
 - [Cancer](#)
 - [Chronic kidney disease](#)
 - [COPD \(chronic obstructive pulmonary disease\)](#)
 - [Immunocompromised state \(weakened immune system\) from solid organ transplant](#)
 - [Obesity \(body mass index \[BMI\] of 30 or higher\)](#)
 - [Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies](#)
 - [Sickle cell disease](#)
 - [Type 2 diabetes mellitus](#)

High Risk – should stay at home – page 2 of 3

- Per CDC, people of any age with the following conditions **might be at an increased risk** for severe illness from COVID-19:
 - [Asthma \(moderate-to-severe\)](#)
 - [Cerebrovascular disease \(affects blood vessels and blood supply to the brain\)](#)
 - [Cystic fibrosis](#)
 - [Hypertension or high blood pressure](#)
 - [Immunocompromised state \(weakened immune system\) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines](#)
 - [Neurologic conditions, such as dementia](#)

High Risk – Should stay at home – page 3 of 3

- [Liver disease](#)
- [Pregnancy](#)
- [Pulmonary fibrosis \(having damaged or scarred lung tissues\)](#)
- [Smoking](#)
- [Thalassemia \(a type of blood disorder\)](#)
- [Type 1 diabetes mellitus](#)
- **[Children](#) who have medical complexity, who have neurologic, genetic, metabolic conditions, or who have congenital heart disease might be at increased risk for severe illness from COVID-19 compared to other children**



If you are sick or symptomatic stay home!

Regular education must be provided to all athletes, staff, volunteers, coaches, families and caregivers reminding them stay home if they have a fever/chills or any signs and symptoms (cough, shortness of breath/difficult breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea).

Individuals must not participate in any activities if they are sick, for their own health and to reduce transmission of any infections to others. Instruct anyone who is ill to contact their own health provider for further evaluation.

Screening Process

- All Participants at practices and events will be screened for temperature and asked the following questions:
 - Have you been in contact with someone with COVID 19 over the last 14 days:
 - Have you had a fever in the last week (temperature of 100.4°F/37.8°C or higher)?
 - Do you have a cough and/or difficulty breathing?
 - Do you have any other signs or symptoms of COVID-19 (fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea)?

Screening Guidelines

- Must record all names, results and contact information and keep in case needed for contact tracing or reporting
- If yes to any questions, participants **MUST** be isolated from the group (at minimum, kept 2m/6ft apart from others and with mask on), be sent home, and instructed to contact their healthcare provider for evaluation.
- Participants who are found to have COVID-19 symptoms must wait 7 days after symptoms resolve to return to activity **OR** must provide written proof of physician clearance to Special Olympics to return earlier.
- Participants who test positive for/have COVID-19 must provide written medical clearance before returning to sport and fitness activities.
- If at any time, a practice has been exposed to a COVID-19; the practice must halt for 14 days.

Practice Guidelines

- All practices will be held under the guidance of the state for phase 3:
 - Group size depends on what level risk a community is designated
 - Masks must be worn at all times
 - Social Distancing must be adhered to when applicable; wash hands frequently, cover mouth with elbow when sneezing, coughing
 - Indirect contact allowed through shared use of equipment only/No Direct contact
 - Sharing of equipment must be minimal and sanitized between use

Medical Extension

- Athletes whose medical expired between March 15, 2020 and June 30, 2020 have an extension to December 31, 2020 for a new medical
- Athlete whose medical expired between July 1, 2020 and December 31, 2020 have a six month extension from the date of expiration.
 - For example, if a medical expires September 15, 2020, the extension is to March 15, 2021
- CVS Minute Clinic will be able to provide medical appointments once open for business.

At Home Activities

- Athletes can participate at home in the Basketball challenge, the Stride Challenge, Fit 5 and/or strength and conditioning initiative
- Weekly fitness classes via zoom
- Weekly Athlete chats via zoom
- Weekly Young Athlete programming via zoom
- Weekly trivia contests
- Monthly Dances via zoom

In Person – Sports Practices and Competitions

The following Sports can be offered in person following all guidances between November 1 and March 31:

- Alpine skiing
- Basketball
- Bowling
- Cornhole
- Floor Hockey
- Hiking, cycling, running and walking clubs
- Swimming
- Snowshoeing

All guidelines for these sports can be found on the website under return to play.

Hiking, Biking, Walking clubs

Participant information on website calendar, can join anytime:

- Auburn Rocketeers Walking Club (held at Worcester State)
- Cambridge Walking Club
- Fitchburg walking club (MASS local program)
- Greater Springfield Walking Club
- Hampshire County Sports Walking Club
- Hanover Walking Club
- Hingham Walking Club
- Marlborough Walking Club
- Medford area Walking Club
- New Bedford Walking Club
- Newton Walking Club
- Plymouth Walking Club
- Worcester Walking Club
- ***Idea from a local program – start a club at a local mall – many are opening before store hours to allow for this.***

School Programming

- MIAA Unified Basketball is on track to occur in the newly created Fall II season (Feb 22-Apr 25).
- Special Olympics MA has rolled out virtual and in-person resources that can be implemented at all pre-k, elementary, middle and high schools.
- Now accepting applications at the high school level for Unified Strength and Conditioning, which will occur this Winter for 6 weeks, starting in January.

Young Athletes

- Weekly Young Athlete and Developmental Sports Zoom Sessions on Monday afternoons and Saturday mornings
- Weekly Story Time Series for Young Athletes on Thursdays at 5:30pm
- An in-person Young Athlete 4-week session just ended, and we plan to hold more sessions on Saturday mornings in Marlborough.

Fitness

- **Zoom Fitness** – Every Wednesday at 3pm
- **Fit 5**
 - SOMA can recruit volunteers to run Fit 5 for all Local Programs
- **Stride Challenge**
 - A 10 week walk, run or roll challenge using the Strava App. Log as many miles as you can starting in October. Nationwide challenge - top 3 MA winners receive a prize. Fun themes and challenges TBA.
 - Use a discounted code to join the XtraMile Community and fundraise for your miles & earn incentives.
 - Create a walking, or running club for your team and participate in the challenge
- **Unified Strength & Conditioning**
 - Choose 7 exercises to compete in for the entire season. Earn points for improving the scores of each of the 7 exercises. Earn the most points at the end of the season to win your division!
 - 27 exercises to choose from

Fundraising – November to March

- **Remote -**
 - Run, Bike, Walk
 - “I Can” Challenge
 - Calendar Raffle
 - **Polar Plunge – launched November 1, 2020 – www.polarplungema.com**
 - **Goal 10,000 plungers – plunge anywhere**

- **Call to action**
 - This all requires personal responsibility
 - Fundraise
 - Volunteer for local program
 - Help educate others in your community
- **Q & A**
 - Any questions or comments you have after this call can be sent to Ops@SpecialOlympicsMA.org
 - All materials available at specialolympicsma.org