Experience Inclusion

going forward to the new normal
Phase III Reopening Plans
August 3, 2020 (updated July 27, changes highlighted in red)
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.
<table>
<thead>
<tr>
<th>Phase 1 - completed</th>
<th>Phase 2 – enter July 6</th>
<th>Phase 3 – enter August 3</th>
<th>Phase 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevalence: community transmission occurring</td>
<td>Prevalence: clusters of cases occurring</td>
<td>Prevalence: sporadic cases reported</td>
<td>Prevalence: No reported cases*)</td>
</tr>
<tr>
<td>Stay at home order in place for all individuals.</td>
<td>Stay at home order is lifted, restriction on size of gatherings (&lt;10 people).</td>
<td>Size restrictions on gatherings increased to &lt;50 people (state guidelines allow 25 on field/100 total at facility)</td>
<td>No restrictions on size of gatherings and public facilities are open.</td>
</tr>
<tr>
<td>No events or activities of any sort to be held in person.</td>
<td>HIGH RISK INDIVIDUALS (see appendix) should continue to remain at home.</td>
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<td>HIGH RISK INDIVIDUALS (see appendix) can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.</td>
</tr>
<tr>
<td>Individual sport training sessions in own home using own equipment.</td>
<td>PRACTICES, HEALTH/FITNESS and LOCAL EVENTS (with less than 10 participants) MAY resume if they adhere to strict physical distancing and sanitation protocols. No direct or indirect contact (e.g. through a ball in the hand) should take place.</td>
<td>PRACTICES, HEALTH/FITNESS, and LOCAL EVENTS (with less than 50 participants), MAY resume if they adhere to physical distancing and sanitation protocols. Indirect contact (e.g. through a ball in the hand) MAY resume. No direct contact should occur in sports.</td>
<td>LARGE COMPETITION and GAMES (with people traveling from multiple geographic areas who are in same phase) MAY potentially occur, if permitted by WHO, country and local standards.</td>
</tr>
<tr>
<td>Coaching occurs virtually.</td>
<td>Virtual programming should be made available for those not able to attend in person.</td>
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<td>Virtual programming should still be made available for those not able to attend in person.</td>
</tr>
<tr>
<td>Fitness and Health programming offered virtually or at home.</td>
<td>Select disciplines of HEALTHY ATHLETES occur for disciplines where risk mitigation and infection control precautions can be put in place.</td>
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<td>HEALTHY ATHLETES may resume activities, with appropriate infection control precautions in place.</td>
</tr>
<tr>
<td>Meetings, conferences or trainings to be held virtually.</td>
<td>SCHOOL-based activities led by schools should comply with guidance from schools/districts.</td>
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*) In Epidemic or Pandemic stage

HIGH RISK INDIVIDUALS (see appendix) should continue to remain at home.

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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**
People of any age with the following conditions are at increased risk of severe illness from COVID-19:

- Cancer (new)
- 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
● 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
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.
Screening required …

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 Process …

- 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.
Practice

- All practices will be held under the guidance of the state for phase 3:
  - Groups of 25 allowed (increase from 10)/must have 20 feet between groups
  - Maximum 100 people at any one facility
  - Must wear masks to and from practice and while on the sideline. Masks don’t need to be on while doing actual activity.
  - 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
Return to Play Activities – July to December

**Block One**
- Squat challenge
- Unified 4x100 relay
- Batting competition
- Walking < 1 mile or 15 minutes
- Bike rides < 1 mile or 15 mins
- Fit 5 practice sessions
- Live Zoom Fitness

**Block Two**
- Bocce & back yard bocce
- Soccer toe taps
- Plank challenge
- Softball skills
- Mass Youth Soccer U6 Session 3 & 4 Dribbling drills
- Distance running <1 mile or 15 minutes

**Block Three**
- Long Jump
- Push up challenge
- Hiking <1 mile or 15 minutes
- Mass Youth Soccer U8 Session 2, 3, 4 – Passing Patterns, Dribble & Pass drills, scoring challenge
- Outdoor yoga
- 4 cone drill

**Block Four**
- Shuttle run
- Corn hole
- Mass Youth Soccer U10, U12, U14 passing/receiving, running with ball / turning drills
- Fitness pentathlon
- Punt Pass & Kick
Return to Play – Enhanced sports

- Golf
- Bocce
- Cycling
- Tennis (Fall)
- Track and Field (Fall)
- Soccer (Fall)
- Equestrian (Fall) – training only, virtual show

Special Olympics Massachusetts will look at doing additional sports in the fall such as gymnastics, cornhole, punt/pass/kick, swimming (if pools open) and any others that we see great interest in and allow for competition within the gathering guidance.
• Call to action
  • Personal responsibility
  • Small Group Activities
  • 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