

Experience Inclusion

going forward to the new normal

Phase III Reopening Plans

September 8, 2020 (updated September 14)

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.**



**SPECIAL OLYMPICS MASSACHUSETTS
RETURN TO ACTIVITIES PHASES – Sports**

Phase 1 - completed	Phase 2 – enter July 6	Phase 3 – enter August 3	Phase 4
<p>Prevalence: community transmission occurring Stay at home order in place for all individuals.</p>	<p>Prevalence: clusters of cases occurring Stay at home order is lifted, restriction on size of gatherings (<10 people).</p>	<p>Prevalence: sporadic cases reported Size restrictions on gatherings increased to <50 people (state guidelines allow 25 on field/50 total per playing field/facility)</p>	<p>Prevalence: No reported cases*) No restrictions on size of gatherings and public facilities are open. * In Epidemic or Pandemic stage</p>
<p>No events or activities of any sort to be held in person.</p> <p>Individual sport training sessions in own home using own equipment.</p> <p>Coaching occurs virtually.</p> <p>Fitness and Health programming offered virtually or at home.</p> <p>Meetings, conferences or trainings to be held virtually.</p>	<p>HIGH RISK INDIVIDUALS (see appendix) should continue to remain at home.</p> <p>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.</p> <p>Virtual programming should be made available for those not able to attend in person.</p> <p>Select disciplines of HEALTHY ATHLETES occur for disciplines where risk mitigation and infection control precautions can be put in place.</p> <p>SCHOOL-based activities led by schools should comply with guidance from schools/districts.</p>	<p>HIGH RISK INDIVIDUALS (see appendix) should continue to remain at home.</p> <p>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.</p> <p>Virtual programming should be made available for those not able to attend in person.</p> <p>HEALTHY ATHLETES may occur for disciplines where risk mitigation and infection control precautions can be put in place.</p> <p>SCHOOL-based activities led by schools should comply with guidance from schools/districts.</p>	<p>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.</p> <p>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.</p> <p>Virtual programming should still be made available for those not able to attend in person.</p> <p>HEALTHY ATHLETES may resume activities, with appropriate infection control precautions in place.</p> <p>SCHOOL-based activities led by schools should comply with guidance from schools/districts.</p>

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 CO, CT, Maine, NH, NJ, NM, NY, OR, VT, WA, WY (DE, PA, WV now on restriction).** Check Mass.Gov for updates.

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:
 - Groups of 25 allowed must have 20' between groups (some sports allow less distance)
 - Maximum 50 people at any outdoor facility or playing field; inside facility is a maximum of 25 people
 - Must wear masks to and from practice and while on the sideline. Mask requirements during play differ per sport – see sports specific guidelines later in presentation
 - 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

Competitions

- Will follow state guidelines for gathering size is 50 total per outdoor playing field/facility; groups of 25 with 14' to 20' between (see sport specific guidelines).
- Spectators are limited to spectator seating area if available, if not must remain in car or outside facility/playing field and social distance guidelines must be followed. Family and spectators for those over 21 are to remain in car after arrival unless one on one is required. Under 21 one member may accompany athlete if there is capacity (*individual is part of overall head count if within playing field or facility*).

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 through earning points for activities done (outlined on next slide)
- eSports – first tournament – September 30 –limit to the first 24 players
- Weekly fitness classes
- Weekly Athlete chats
- Weekly Young Athlete programming
- Monthly Dances

Return to Play at home Activities – September 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

In Person – Sports Practices and Competitions

Sports continued from summer:

- Cornhole
- Bocce
- Golf
- Tennis
- Hiking, biking and walking clubs

If starting one of these sports in the fall, please check in with the ops team for guidelines.

Additional Sports - Return to play continues...

Bowling:

- SOMA Max of 25 per practice, but must check with Alley prior to booking lanes regarding their overall capacity guidelines. Limit 2 people per lane. Masks to be worn at all times. All must follow social distancing guidelines of 6ft.
- Hands to be washed or sanitized upon arrival at to practice and frequently cleaned or sanitized during practice.
- Ball to be sanitized prior to use and frequently throughout practice.
- May not change lanes, must stay in assigned lane for duration of practice.
- No sharing of bowling balls, shoes or any other bowling equipment.
- Bowling Season – Hybrid Competition model
 - October 5 – January 1: Programs bowl at home lane following guidelines listed above. Submit bowlers or teams scores to SOMA. SOMA takes scores to create a 4 month average. SOMA to division all bowlers/teams using 4 month average.
 - January – March 31: Programs continue to bowl at home lanes following guidelines listed above. Top 5 scores submitted during this time will be used to create average vs others in your division. Awards will given by division based on this final average

Additional Sports - Return to play continues...

Flag Football Skills:

- Skills & drills only
- Cohorts must be separated by min of 14'; Same cohorts must be assigned for every session.
- No more than 25 on a playing surface; Total allowed at venue is 50.
- Masks to be worn at all times when possible. Participants may lower mask when out of proximity of others or on long runs down the field or on plays without close contact
- Hands to be washed or sanitized upon arrival at to practice and frequently cleaned or sanitized during practice; All must follow social distancing guidelines of 6'.
- Multiple balls to be utilized per activity so there is always a sanitized ball available. Once ball is touched by hand, or caught a clean ball is used for next drill
- Modify all drills to allow for physical distancing, fewer participants, and reducing sharing of equipment
- Must eliminate deliberate contact and minimize intermittent contact

Additional Sports - Return to play continues...

Soccer training:

- No more than 25 on a playing surface; Total allowed at venue is 50.
- Cohorts must be separated by min of 14'; Same cohorts must be assigned for every session.
- Masks to be worn at all times when possible. Participants may lower mask when out of proximity of others or on long runs down the field or on plays without close contact or in goal.
- Hands to be washed or sanitized upon arrival at to practice and frequently cleaned or sanitized during practice; All must follow social distancing guidelines of 6'.
- Multiple balls to be utilized per activity so there is always a sanitized ball available.
- Recommended that each player assigned (brings) their own ball for practice and that the ball is not shared.
- Modify all drills to allow for physical distancing, fewer participants, and reducing sharing of equipment
- [Mass Youth Soccer Return to play guidelines](#) as of August 15th
- [Physical distance practice plans](#)

Additional Sports - Return to play continues...

Soccer Competition:

- Field size for 5v5 is to expand to 45yards x 65 yards
- Teams are limited to competing against a single opposing team per day
- Masks are to be worn when not running
- No throw ins, heading, slide tackling
- All restarts will be with a kick in and opposing players must be 10ft from ball on kick
- Once ball is touched by hand, or caught by goalie a clean ball is immediately put into play

Additional Sports - Return to play continues...

Swimming:

- SOMA Max of 25 per practice, but must check with pool prior to booking lanes regarding their overall capacity guidelines. Masks to be worn at all times when not swimming. Everyone must maintain a minimum of 6' of social distancing.
- Hands to be washed or sanitized upon arrival at to practice and frequently cleaned or sanitized during practice.
- Must maintain social distancing while in water. Placing an empty lane between swimmers. If limited lane access have swimmers at opposite ends of lane and stay at their assigned end.
- Meets vs other teams (*MIAA Swim meet guidelines*):
 - Teams are to be located at opposite sides of the pool and remain there
 - Team A will swim in lanes 1-3 & Team B swim in lanes 4-6

Additional Sports - Return to play continues...

Track & Field:

- Groups may have up to 25 individuals and must adhere to social distancing guidelines; Groups must be separated by min of 14'. Groups must stay together and not change during practice session. Strongly recommend keeping same groups for entire season. All must follow social distancing guidelines of 6'. Total allowed at venue is 50.
- Masks to be worn when not doing activity. Hands to be washed or sanitized upon arrival at to practice and frequently cleaned or sanitized during practice.
- Throwing Events
 - Equipment to be sanitized after individual use; Modification for throws – 3 consecutive throws by individual to minimize sanitation
- Running / Walking Events
 - Staggered starts; Separate runners by having one or two lanes in between runners/walkers

Additional Sports - Return to play continues...

Track & Field continued....

- Local competition format
 - Form three groups of 15 which include 10 participants, 2 volunteers to run station and 3 coaches
- Stations to be offered
 - 400M Run or Walk (*optional*)
 - Run / Walk / Roll station (*100M / 50M / 10M*)
 - Jumping station (*Running or Standing Long Jump*)
 - Throwing Station (*Jav, Softball or Shot Put*)
- Stations run at same time and groups rotate through each station (*20 minutes*). After full rotation is complete. Receive participation award at final station then depart facility.

Upcoming Events

City	Venue	Date	Activity
Bedford	The Edge Sports Center	Saturday, October 10 th	Corn Hole/Flag Football Skills/ Soccer Skills/Track & Field
Chicopee	Szot Park	TBD	Bocce
Easthampton	Nonotuck Park	Sunday, October 18 th	Soccer Skills/Flag Football skills/Corn Hole
Marlborough	Yawkey STC	Saturday, October 3 rd	Corn Hole
Marlborough	Fore Kicks	Saturday, October 17 th	Soccer Skills/Flag Football Skills
Marlborough	Fore Kicks	Saturday, October 24 th	Soccer Skills/Flag Football Skills or Soccer Scrimmages
Marlborough	Marlborough HS	Saturday, October 24 th	Track & Field Skills
South Hadley	South Hadley Middle School	Saturday, October 24 th	Track & Field
Taunton	Fore Kicks	Saturday, October 17 th	Soccer Skills/Track & Field Skills
Weymouth	Union Point Sports Complex	Saturday, October 17 th	Flag Football Skills/Track & Field Skills
Weymouth	Union Point Sports Complex	Saturday, October 24 th	Soccer Skills/Track & Field Skills
Wrentham	Wrentham Developmental Center	TBD	Cross Country and Distance Walking

Events



**Special
Olympics**
Massachusetts

- Bocce
 - Will run as regular games
- Corn Hole
 - Will run as regular games
- Flag Football Skills
 - 40M Dash
 - Shuttle Run
 - Vertical and Broad Jump
 - Push Ups
 - Kicking
 - Target and Distance Throwing
- Soccer Skills
 - Dribbling
 - Passing
 - Target Shooting
 - Obstacle Course
 - Fitness
- Track & Field Skills
 - Walk, Run, or Roll
 - 100M, 50M, 10M
 - Relay
 - Throwing
 - Softball, Javelin, Shot Put
 - Jumping
 - Long Jump

Expected Venue Layout



- All events will be held outside
 - Be prepared for weather
- Venues offering multiple sports will use half the field for each sport
- One-way entrance and one-way exit
- Water will NOT be provided
- Food will NOT be provided
- Spectators will NOT be permitted



What to Expect at an Event



- Athletes will participate in shifts
 - Athletes will be assigned a check in time.
 - Athletes will not be permitted to check in prior to that time
 - Once the shift is done, we ask athletes to collect their award and leave the venue
- Everyone will be screened before entering the field or track area
 - Screening Questions
 - Temperature Check
 - Sign In
- For non skill events (bocce and corn hole), athletes will be expected to stay within their court/playing area throughout the duration of their shift
- Masks, social distancing, and frequent hand sanitizing will be required
- All equipment will be sanitized before/after use
- Spectators will NOT be permitted



What to Know for an Event

- Athletes may participate in more than 1 sport
- Any athlete who needs 1:1 assistance may have that person with them.
 - We need to know 1:1 ahead of time, as they are included in the total count
- Athletes can bring their own soccer balls for soccer skills
- No high fives, handshakes, hugs, etc.
- Policies may vary from venue to venue
- More specific information to come within the next few weeks

School Programming

- MIAA Unified Basketball has been moved from the Fall season, to a newly created Fall II season (Feb 22-Apr 25). Schools can still hold practices in the fall if they can modify practices to adhere to the current guidelines. Each school will decide whether they will go forward with a Fall practice season.
- Special Olympics MA in conjunction with the MIAA will offer virtual and in-person resources for all high schools in order to have some type of fall offering. Training webinars will be offered the end of September to roll these offerings out.
- Back to School webinars will be rolled out daily the first week of October to share ideas, resources and videos for Unified Sports, Young Athletes, Youth Leadership and Whole School Engagement. Targeted audience for these webinars include all teachers, coaches, athletic directors and administrators in Pre-K thru High School.

Young Athletes

- Weekly Young Athlete and Developmental Sports Zoom Sessions on Friday afternoons
- Weekly Story Time Series for Young Athletes on Thursdays at 5:30pm
- Looking to start an in-person Young Athlete session outside that will follow all safety guidelines, beginning in October.

Fitness

- **Zoom Fitness** – Every Wednesday at 3pm
- **Fit 5**
 - SOMA staff will attend Local Program practices to model Fit 5 to incorporate for the future
 - SOMA can recruit volunteers to run Fit 5 going forward
- **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 – August to December

- Virtual - fundraise.specialolympicsma.org/fundraisewithus
 - Run, Bike, Walk
 - Golf Challenge
 - “I Can” Challenge
 - Cornhole & Bio Ball
 - Calendar Raffle
- Traditional
 - ; Over the Edge – Oct. 2 & 3

Next Steps

- **Call to action**
 - This all requires personal responsibility
 - Small Group Activities
 - 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