



Return 2 Play Process and Plan

Special Olympics South Carolina (SOSC) values the health and wellbeing of every member of our SOSC family. Each athlete, coach, Unified partner, family member, caregiver, volunteer, staff and spectator in attendance at a training or competition is a vital part of our SOSC family. Because of our deep appreciation and care for each person involved, we have developed a plan that will allow us to Return 2 Play from our shutdown due to COVID-19 in South Carolina that values sport and health. Through consultation with the Center for Disease Control and Prevention (CDC), Special Olympics International (SOI), National Federation of High Schools (NFHS), sports national governing bodies and local health officials, this plan seeks to enable a safe return to sports through an evaluation of each of the following factors:

- 1) the ability for participants to adequately social distance
- 2) the need for shared equipment
- 3) the type of venue needed

Our Return 2 Play plan is based on the current medical information available at the time of publication. As knowledge of COVID-19 evolves, this plan will also evolve. This is a phased approach based on the factors above, placing each sport or event accordingly. Movement from one phase to another will be based on factors of:

- 1) the percentage of positive cases statewide
- 2) the number of new cases statewide
- 3) the ICU bed capacity statewide
- 4) the fatality percentage statewide

The Return 2 Play Task Force consisting of our partners in the community in health care and law enforcement, along with athletes and SOSC Board Members will provide guidance on when to start each phase.

The following General Requirements were formulated based on safety protocols and health considerations of the afore mentioned organizations. This plan applies to each event and sport at every level of training and competition. When our phased plan begins and possibly moves forward, these requirements may change and adjust based on the current status of the health factors mentioned above.

Return 2 Play

Training and Competition

General Requirements for All Training and Competition

- 1) SOSC requests every participant at a SO training or competition wear a mask, with
 - a. Understanding some athletes may not wear due to sensitivities
 - b. Understanding masks will be difficult to wear during some sports training and competition depending on the sport or activity
- 2) Participants should practice Social Distancing of maintaining a distance of 6 feet between themselves and others.
- 3) Specific signage should include Entrance and Exit (separate signs), Drop Off, Pick Up, Health Screening, Pick Up Personal Trash, New Greeting signs (air 5, do a little dance, etc.).
- 4) No hand shaking, high fives, hugs or other physical form of contact. New greeting options could be air high fives, make up a little dance/wiggle, or touch feet.
- 5) Health Screening Questions will be reviewed as individual arrives on site
 - a. If a raised temperature is found of 100.4 F or higher individual will be asked to leave
 - b. Individual will be asked to leave the event IF deemed necessary by screening personnel, based on their responses to screening questions
 - c. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a participant develops COVID-19
- 6) If individual has tested positive for COVID-19, must have clearance from physician to return to sports activities.
- 7) Trainings should be limited to athletes, partners, and coaches. Spectators of any kind will count into the total number of people gathered. The number of people counted in the training includes staff of the facility if they are in the direct vicinity and chaperones/drivers who do not remain in their cars during the training.
- 8) Care givers/people driving athletes or partners to training should remain in the car at drop off and pick up when at all possible. If an athlete needs 1:1, caregiver should remain with that athlete throughout and not move to help other athletes should need arise.
- 9) Athlete, partner, and coach should arrive in time to participate in the training but not so early that there is no activity and more waiting. This leads to congregating and harder to social distance. Athlete, partner, and coach should leave training directly after completion of training and not hang out to chat or socialize.

- 10) Appropriate clothing/shoes should be worn at all times during training/competition to minimize sweat from transmitting onto equipment/surfaces. There should be no need to change clothing or shoes to train. Athlete, partner, and coach should leave training without taking a shower or changing clothes.
- 11) Cleaning of facilities, specifically hard surfaces with wiping down/spray with sanitizing agent, should be routinely performed but specifically before and after use. Consult with hosting facility to determine how often they clean or what their protocols are so any gaps can be made known and fixed if needed.
- 12) Any equipment such as weight benches, athletics pads, etc. having holes with exposed foam should be covered.
- 13) Hand Hygiene will be practiced with ample hand sanitizing stations and/or hand washing stations. Participants should wash hands for minimum of 20 seconds with warm water and soap or use hand sanitizer before touching common surfaces, equipment, or participating in workouts.
- 14) No shared water sources or equipment such as towels, shoes, sports specific equipment, or clothing. If shared water sources like water fountains are available in area, put a barrier around it to discourage use.
- 15) Personal water bottles should be a minimum of 24 oz in size to lessen need for refill and should be clearly marked with first and last name.
- 16) No eating, if at all possible, during training and not until end of competition (if competition supplying food) to avoid hands touching mouths.
- 17) Coaches should pack several pairs of gloves to go along with their first aid kits to help with medical aid, but also incase trash is left in the practice area.
- 18) When training in Unified sports, partners should remain consistent to one athlete preferably throughout the training season, absolutely during each training session.
- 19) SOSC will support you as a coach or Area Leadership if you choose not to accept new athletes into your trainings at this time to keep numbers manageable and help with social distancing.
- 20) Those defined as High Risk by the Fact Sheet for High Risk Individuals produced by SOI will be advised by their coach and/or Area Leadership about any precautions or steps to take regarding attending SO trainings and competitions.