



## Our Toolkit for Moving Forward with Safety in Mind!

Information on COVID-19 is changing daily. Transmission rates vary across the state. The Special Olympics Arkansas staff will continually monitor this ever-changing situation and adjust decision-making accordingly while adhering to the guidance contained herein. **The Special Olympics Arkansas Health Team, Jennifer Stane, Coordinator of Wellness and Coach Advancement and Camie Powell Director of Marketing and Partnership, are the official COVID-19 point-persons to keep current on all compliance requirements, coordinate response and monitor for COVID-19.**

**Throughout this document “participants” are defined as all athletes, Unified partners, coaches, volunteers, family members, caregivers, staff or others in attendance of an activity.**

These are intended as minimum guidelines as we are returning to activities. **It is intended to supplement – not replace – any state/provincial, local, territorial/national or tribal health and safety laws, rules and regulations with which similar organizations must comply.**

Additionally, the information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Special Olympics makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about symptoms and/or diagnoses related to COVID-19.

### Guiding Principles

1. The health and safety of all members of the Special Olympics movement is paramount.
2. 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.
3. 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.
4. Guidance takes a phased approach that is dependent on local transmission rates, and testing/monitoring/contact tracing/health system capacity.

**Special Olympics**  
Arkansas





## How we are going to get our MOVE back... cautiously

Special Olympics Arkansas is launching a three (3) phased approach to return to activities. **It is important to note there may be times a community will revert to an earlier phase if and when the spread of infection rises in the future.** The SOAR staff will re-evaluate the current environment and phase every 3-4 weeks. Phase status will be announced via email by Special Olympics Arkansas.

If participants have tested positive and/or been diagnosed with COVID-19, the participant must provide written proof of clearance from their healthcare professional prior to returning to sport or fitness activities.

### Special Olympics Arkansas SO Ready Phases

What is available always?	Phase 1 Let's Train Size of gatherings <10 people	Phase 2 Let's Compete Size restrictions on gatherings are increased to <50 people.  <i>(*Phase 2a and 2b are likely to occur where these standards are in place but the threshold of participants is increased!)</i>	Phase 3 Let's Go! <b>(cautiously)</b> No restrictions on size of gatherings and public facilities are open.
Visit SOAR website or reach out to SOAR staff for resources on the following:  Young Athletes at home  Fitness/Health Programs  Coach Education opportunities	<b>PRACTICES/TRAININGS</b> , (with less than 10 participants) <b>MAY</b> resume if they adhere to strict physical distancing and sanitation protocols.  <i>No direct or indirect contact (e.g. through a ball in the hand) should take place.</i>  <b>Approved Training</b> - focus on skill development no scrimmage play for all sports <i>resource available for examples of safe sport set up in each sport</i>  <b>SCHOOL</b> -based activities led by schools should comply with guidance from schools/districts.  <b>* HIGH RISK INDIVIDUALS</b> (see resources) should continue to remain at home.	<b>PRACTICES, HEALTH/FITNESS, LEADERSHIP, and LOCAL EVENTS</b> (with less than 50 participants), <b>MAY</b> resume if they adhere to physical distancing and sanitation protocols.  <i>Indirect contact (e.g. through a ball in the hand) MAY resume.</i>  <b>Approved phase 2 sports for competition:</b> golf (singles), bocce (Singles), swimming (Singles), athletics (no relay or field events) cycling, and tennis (singles)  <b>SCHOOL</b> -based activities led by schools should comply with guidance from schools/districts.  <b>* HIGH RISK INDIVIDUALS</b> (see resources) should continue to remain at home.	<b>LARGE COMPETITION and GAMES</b> (with people traveling from multiple geographic areas who are in same phase) <b>MAY</b> potentially occur.  <b>SCHOOL</b> -based activities led by schools should comply with guidance from schools/districts.  <b>*HIGH RISK INDIVIDUALS</b> (see resources) 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.



## PHASE 1: Let's Train

Size: Local gatherings restricted to <10, individuals at high risk should remain safe at home

<p><b>What can we do in Phase 1</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Training - focus on skill development no scrimmage play for all sports (training examples on SO ready webpage)</li> <li><input type="checkbox"/> No direct or indirect contact is permitted</li> <li><input type="checkbox"/> Fitness/Wellness activities</li> </ul>
<p><b>Phase 1 Pre-training Education</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Visit Special Olympics Arkansas SO Ready Webpage to get updated checklist/education materials for coaches and athletes</li> <li><input type="checkbox"/> Coach/Trainer will complete and Submit <b>Back to Training Form</b></li> <li><input type="checkbox"/> Prior to training send <b>Pre-event Awareness</b> document to all attendees</li> <li><input type="checkbox"/> Email Health Team as well as Area Field Representative full list of attendees with documentation they have received pre-event awareness document</li> </ul>
<p><b>Phase 1 Training Setup</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Inform SOAR staff of training schedule/practice days</li> <li><input type="checkbox"/> Ensure implementation of current Phase 1 Training/Practice checklist (located on Special Olympics Arkansas SO Ready webpage)</li> </ul>
<p><b>Phase 1 During Training/Practice</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>REMINDER:</b> All participants with symptoms, a history of recent (last 14 days) COVID exposure, or temperature &gt;100.4F/37.8C <b>must not proceed to the activity</b></li> <li><input type="checkbox"/> On arrival, conduct screening using <u>screening protocol</u> for ALL PARTICIPANTS</li> <li><input type="checkbox"/> Prior to Training make sure you are prepared to meet safety guidelines listed on Training/Practice checklist</li> <li><input type="checkbox"/> Coaches and volunteers should minimize changes in personnel---groups should stay together and not change</li> <li><input type="checkbox"/> No spectators should be allowed to congregate on the sidelines of activities. Caregivers, drivers, etc. should be distant from the area of practice/training</li> <li><input type="checkbox"/> <b>POST EVENT</b> Email SOAR Health team and Area Field Representative full list of attendees with contact details in the event a case of covid-19 is reported</li> </ul>



## PHASE 2 Let's Compete

Size: Local gatherings restricted to <50 people, individuals at high risk should remain safe at home

<p><b>What can we do in Phase 2</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Approved Sports: golf (singles), bocce (Singles), swimming (Singles), athletics (no relay or field events) cycling, and tennis (singles)</li> <li><input type="checkbox"/> Indirect contact is permitted. Still no direct contact</li> <li><input type="checkbox"/> Fitness/Wellness/Training Activities</li> </ul>
<p><b>Phase 2 Planning/ Pre-event education</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Visit Special Olympics Arkansas SO Ready Webpage to get updated checklist/education materials for coaches and athletes</li> <li><input type="checkbox"/> Games Management Team will complete and Submit <b>Back to Competition Form (30 days in advance of competition date)</b></li> <li><input type="checkbox"/> Prior to event send <b>Pre-event Awareness</b> document to all attendees</li> <li><input type="checkbox"/> Email Health Team as well as Area Field Representative full list of attendees with documentation they have received pre-event awareness document</li> </ul>
<p><b>Phase 2 Event set up</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Check in with SOAR staff 7 days prior to event for confirmation of set up</li> <li><input type="checkbox"/> Ensure implementation of current Phase 2 competition/event checklist (located on Special Olympics Arkansas SO Ready webpage)</li> </ul>
<p><b>Phase 2 During Competition /Event</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>REMINDER:</b> All participants with symptoms, a history of recent (last 14 days) COVID exposure, or temperature &gt;100.4F/37.8C must <b>not proceed to the activity</b></li> <li><input type="checkbox"/> On arrival, conduct screening using <u>screening protocol</u> for ALL PARTICIPANTS</li> <li><input type="checkbox"/> Prior to Competition/Event make sure you are prepared to meet safety guidelines Competition/Event checklist</li> <li><input type="checkbox"/> Coaches and volunteers should minimize changes in personnel---groups should stay together and not change</li> <li><input type="checkbox"/> No spectators should be allowed to congregate on the sidelines of activities. Caregivers, drivers, etc. should be distant from the area of practice/training</li> <li><input type="checkbox"/> <b>POST EVENT</b> Email SOAR Health Team and Area Field Representative full list of attendees with contact details in the event a case of covid-19 is reported</li> </ul>
<p><b>Adaptations to this phase such as Phase 2a and 2b are likely to occur where these standards above are in place but the threshold of participants is increased!</b></p>	



## PHASE 3 Let's Go (Cautiously )

Size: No Restrictions on size of mass gatherings and public facilities are open

<b>What can we do in phase 3</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Area, Regional, and State competitions may start to occur in this phase</li> <li><input type="checkbox"/> Fitness/Wellness/Training Activities</li> </ul>
<b>Phase 3 Planning and pre-event Education</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Appoint a COVID response contact on Games management team submit this name to Jstane@Specialolympicsarkansas.org (SOAR Health Team)</li> <li><input type="checkbox"/> Visit Special Olympics Arkansas SO Ready Webpage page to get updated Phase 3 checklist/education materials for coaches and athletes</li> <li><input type="checkbox"/> Prior to event send <b>Pre-event Awareness</b> document to all attendees</li> <li><input type="checkbox"/> Games management team will coordinate with Area Field Representative to ensure most updated education process is completed</li> </ul>
<b>Phase 3 Event Set up</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Have reminders/signage posted and announcements that reinforces hygiene practices</li> <li><input type="checkbox"/> Keep record of all attendees with contact information in the event a case of Covid-19 is reported</li> </ul>
<b>Phase 3 During Competition /Event</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> No pre or onsite screening required</li> <li><input type="checkbox"/> <b>POST EVENT</b> Email SOAR Health team and Area Field Representative full list of attendees with contact details in the event a case of covid-19 is reported</li> </ul>



## Questions about SO Ready? Contact SOAR staff

SOAR Staff Name	EMAIL	Title
Theresa Book	<a href="mailto:theresa@specialolympicsarkansas.org">theresa@specialolympicsarkansas.org</a>	Field Representative for Areas 1,6,7,8,13,16,
Ann Hudson	<a href="mailto:ann@specialolympicsarkansas.org">ann@specialolympicsarkansas.org</a>	Field Representative for Areas 9,11,12,15
Donna Kilmer	<a href="mailto:donna@specialolympicsarkansas.org">donna@specialolympicsarkansas.org</a>	Field Representative for Areas 2,3,4
Paula Calhoun	<a href="mailto:paula@specialolympicsarkansas.org">paula@specialolympicsarkansas.org</a>	Field Representative for Areas 5,10,14,17
Irvin Humphrey	<a href="mailto:irvin@specialolympicsarkansas.org">irvin@specialolympicsarkansas.org</a>	Director of Sports Training and Competitions
Jennifer Stane	<a href="mailto:jstane@specialolympicsarkansas.org">jstane@specialolympicsarkansas.org</a>	Coordinator of Wellness and Coach Advancement (Health Team)
Camie Powell	<a href="mailto:Camie@specialolympicsarkansas.org">Camie@specialolympicsarkansas.org</a>	Director of Marketing and Partnerships (also Health team)
Terri Weir	<a href="mailto:terri@specialolympicsarkansas.org">terri@specialolympicsarkansas.org</a>	CEO
Jennifer Edwards	<a href="mailto:jennifer@specialolympicsarkansas.org">jennifer@specialolympicsarkansas.org</a>	Director of Field Services initiatives and volunteers
Natalie Leopard	<a href="mailto:natalie@specialolympicsarkansas.org">natalie@specialolympicsarkansas.org</a>	Administrative Assistant
Angela Stormo	<a href="mailto:angela@specialolympicsarkansas.org">angela@specialolympicsarkansas.org</a>	Director of Operations

**Special Olympics Arkansas**

Phone: 501-771-0222



Website: [www.Specialolympicsarkansas.org](http://www.Specialolympicsarkansas.org)

## **Resources to get you SO Ready!**

All resources can be found on the SO READY tab of [specialolympicsarkansas.org](http://specialolympicsarkansas.org)

1. **Pre Event Awareness materials**
  - a. **Email template**
  - b. **Code of Conduct**
  - c. **High Risk Participant form**
2. **Back to Training form**
3. **Back to Competition/Event form**
4. **Training Checklist (Phase 1)**
5. **Competition/event Checklist (Phase 2)**
6. **COVID reporting roster**
  - a. **Teams**
  - b. **Coaches**
7. **On-site Screening Protocol**
  - a. **COVID-19 screening questions**
8. **Additional Considerations for events/trainings**
9. **Volunteer and Coach on-site meeting tips**
10. **Plans for Modifying Competitions by Sport**
11. **Signage and Educational materials**
12. **Additional Details about School Partnership Protocol**
13. **Training/Practice safe layouts by sport**