



Stage 2 Individual Skills & Fitness Guidelines

Special Olympics Saskatchewan (SOS) programs during the Covid-19 must be delivered in a safe and prudent manner. If a program is in Stage 2, sport specific practice and training plans must be modified to prioritize physical distancing and the following measures from the Current Public Health Orders (that may differ by region) and the *Re-Open Saskatchewan Group and Individual Activities Guidelines* (pages 85-97) must be followed including:

Sask Health Authority (SHA) sport update on April 28, effective April 29:

- Age distinction removed for group training and conditioning for both team and individually practiced indoor and outdoor sports
- Athletes aged 19+ can now participate in training and conditioning in groups using the same format as 18 and under have been using, i.e.
 - Groups of 8, plus a coach or two
 - Non-contact only
 - 3 meters of physical distancing among all participants at all times
 - Masking as directed in the Re-Open Saskatchewan Plan
 - Training and conditioning only
 - Competition remains prohibited for all ages in team sports

Summary of SHA and SOS Guidelines for SOS sport programs:

- Each SOS sport program must have a designated person to ensure compliance with these guidelines.
- Ensure all participants are properly registered and have completed the proper waivers and declarations prior to participating in their first session.
- Ensure the attendance tracking protocol of all individuals present at a session is done at the beginning of the session.
- Competitions and tournaments are not permitted.
- Athletes of all ages may gather for conditioning and skill training in groups of eight or fewer, and at least three metres of physical distance between participants at all times.
- Individual groups of eight must remain in their own group throughout the training.
- Non-contact sessions only.
- Coaches/trainers are not included in the training group numbers as long as they are masked and maintain a physical distance of three metres.
- If a group of 8 athletes is practicing/training having no more than two coaches is appropriate.
- Coach instruction is permitted with no contact, appropriate physical distancing and mask use.



- Coaches are encouraged to remain with one group of 8 in each session. If they are floating between groups they must be wearing a medical grade face mask.
- Mandatory, non-medical mask use is required for all individuals during all indoor sporting activities, with aquatic activities the only exception.
- Mandatory, non-medical mask use is required for all individuals during all outdoor sporting activities. This guideline is an enhanced measure by SOS over and above the recommendation in the Sask Re-Open plan.
- No single group on the field, court, ice surface, etc. shall exceed the gathering limits in the public health order and/or the requirements defined by the facility or municipality.
- Pylons or other markers should define the group space.
- Schedules should be staggered and the duration of the activity should be specified to promote physical distancing and allow for adequate cleaning and disinfection between uses.
- Minimal use of equipment or use of personal equipment is recommended. Shared equipment (helmets, bats, clubs, gloves, etc.) must be cleaned frequently. Ball passing is allowed.
- Indoor program spectator guidelines
 - Spectator maximum capacity for the facility is 30 people as long as two metres of physical distancing can be maintained from other members of the public not included in their household group and the athletes.
 - Spectators should be limited as much as possible and priority given to parents and others needed to support the players, particularly for sports involving young children.
 - Discourage gatherings of spectators in common areas.
 - Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g. fields of play, courts, bench areas, change rooms).
- Until outdoor spectator guidelines are established in the Sask Re-Open plan there will be no spectators allowed at SOS outdoor programs. Spectators include parents and caregivers. They are expected to drop off and pick up athletes as needed and to not stay for the duration of the session.
 - Parents and caregivers of young children or individuals who are required to have one-to-one active support can stay for the duration of a session. These attendees should be limited as much as possible. These parents/caregivers will count towards the group of 8.
- Wherever possible, promote physical distancing by:
 - Promoting one-way traffic flow to avoid individuals from inadvertently interacting.
 - Placing stickers or signage on the wall/floor every two metres.
 - Limiting lane use on indoor tracks to every other lane to promote physical distancing.



- Spacing seats or assigning seating at two-metre distances.
- Reducing capacity in each room, venue, court or ice surface in the facility.
- Establish a spaced and quick arrival and departure procedure.

Multiple groups of 8 per session - Indoor Sports

- Community/program leaders reach out to Ben Lozinsky at blozinsky@specialolympics.sk.ca or 306-780-9423 if you have a program that wants to have multiple groups of 8 attend the same session.
- Multiple groups of 8 per session are currently not allowed for outdoor sports
- Large pool facilities and floor spaces can be used for multiple groups of individuals (18 years of age and under) for the purpose of conditioning and training if the following requirements are met:
 - Physical distancing of five metres between groups of participants, and three metres for high intensity and two metres for low intensity activities between groups of participants is maintained.
 - Barriers/markings are required to prevent interaction and physical contact between groups of participants.
 - Each group is limited to eight participants or less.
 - Maximum number in the facility is 30, not including coaches and staff.
 - Coaches are encouraged to remain with one group of 8 in each session. If they are floating between groups they must be wearing a medical grade face mask.
 - Area is well ventilated.
 - Group activities, such as swimming lessons, fitness classes and competitive swim team training, must be scheduled outside of public swim times.
 - Groups are managed to avoid queuing or crowding (e.g. start and end times must be staggered between groups to prevent larger numbers in change rooms and walkways).

For Stage 2 it is required that coaches prepare practice plans that center around individual skills, fitness, stretching, strength and conditioning, walking, mental training or other activities that do not include contact.