



NATIONAL GUIDELINES FOR RETURN TO SPORT & PROGRAMS FOR ATHLETES

July 2020

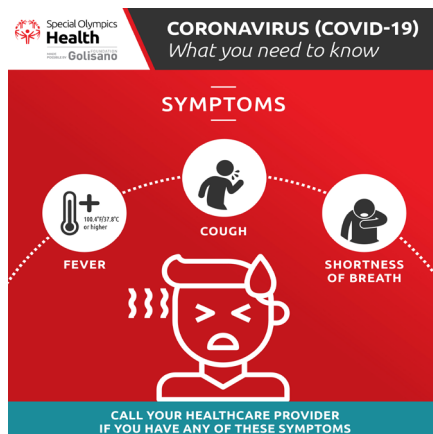
FOR ATHLETES

Things to do all the time:

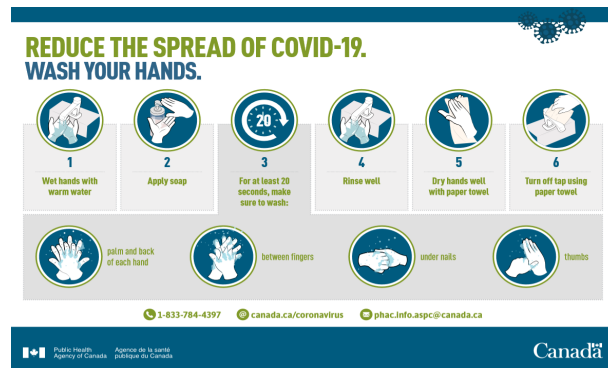
Click the images to see the full resource!

Hygiene Resources:

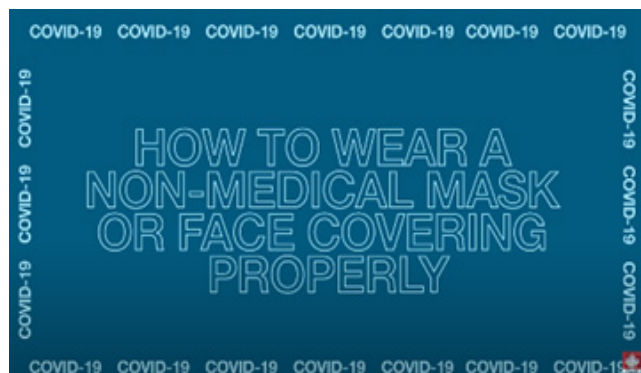
1 What you need to know about COVID-19



2 Hand-washing poster



3 How to wear a mask



4 Proper hand-washing techniques



5 Hand-washing Heroes



6 What to know before you start



Athletes, coaches, volunteers, staff, officials, parents and caregivers

Things you can do now to get ready for sport/programs to begin:

Click the images to see the full resource!

Fitness & Strong Minds Resources:

1 How to get your Fit 5



2 School of Strength



3 Tips for maintaining a Strong Mind



4 Healthy sleeping tips



5 Strong Minds Activity Cards



More resources and fun activities:

Click the images to see the full resource!

Fun Activity Resources:

1 Connect with your coach and friends



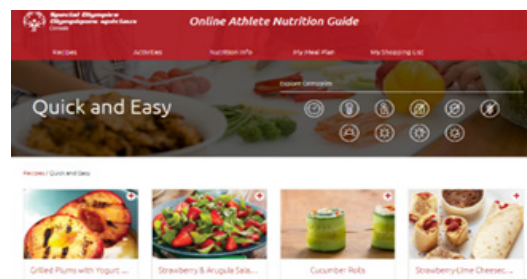
2 Special Olympics Bingo



3 Healthy at Home



4 Healthy Eating



5 Web Reporting Tool Registration Code: SOCWRT2020



6 Young Athletes @ Home Guides



EASY LANGUAGE GUIDE

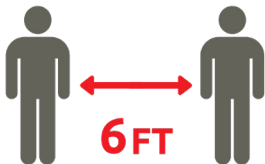
New rules you must follow to go to Special Olympics Sport Programs. We are doing this to stop the spread of COVID-19.



Recommend showering at home before and after your training.



Sign-in when you get to training, every session.



Keep space between people



**Arrive no more than 5 minutes before training starts.
Leave when training is finished.**



Only use your own water bottle.



Wash your hands before and after training.



Stay home if you feel sick.



Cough or sneeze into your elbow.



Do not high five or touch.

ATHLETE CHECKLIST

Your coach or Chapter staff will be in touch to let you know how and when your training will begin.

When training begins:



DO

- ✓ Recommend **masks be worn as much as possible**.
This includes when you arrive and depart from your program.
- ✓ Recommend **showering at home** before and after training.
- ✓ Keep **2m (or 6ft)** from other athletes and volunteers.
- ✓ **Arrive to training on time** (no more than 5 minutes before practice starts).
- ✓ **Leave straight after** training is finished.
- ✓ Bring and use **your own water bottle**.
- ✓ Use **hand sanitizer** when you arrive and before you leave.
- ✓ Use this [form](#) if you need to go to a **doctor or medical professional**.





DON'T

- ❌ Don't go to training if you don't feel well.
- ❌ Don't share your water bottle with anyone.
- ❌ Don't share your uniform or personal items with anyone.
- ❌ Don't shower or use the change room at training.
- ❌ Don't sneeze or cough into your hands.
- ❌ Don't hug, huddle, shake hands or high-five.
- ❌ Don't spit.
- ❌ Don't touch your eyes, nose, or mouth.
- ❌ Don't be at training too early.
- ❌ Don't hang around after training is finished.

