



NATIONAL GUIDELINES FOR RETURN TO SPORT & PROGRAMS FOR COACHES



July 2020

Hi Coach!

We want to start by saying Thank You!

We know how hard you work every week to ensure that your athletes have the best opportunity to develop as people and as athletes, to participate and challenge themselves, to spend time with their friends and to be part of this wonderful world of sport.

We also know that you are all facing this same challenge – you are worried about your families, your own health, your jobs and of course your athletes. We are aware that many of you are already making plans for how to support them and we want to try to provide some support to you!

Education

Education is the first step in the preparation of sports resumption. Chapters will retain responsibility for providing training to coaches and volunteers that aligns with provincial/territorial programs and their own return to play plan. These trainings should include considerations outlined in this document as well as guidance from the Provincial/Territorial health authorities.

We hope that by providing additional useful resources, strategies and ideas, that we can help you and your athletes through this challenging time and be ready to get back training in an environment that is safe for all.

COVID Specific Training - Special Olympics International COVID-19 eLearning Course

This course takes around 25-30 minutes to complete.

Step 1: Go to this link: <https://www.specialolympics.org/health-professional-training>

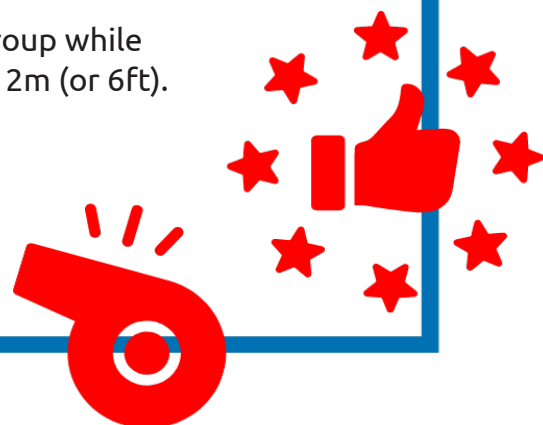
Step 2: Follow the instructions on the page and complete the course.

COACH CHECKLIST



YOUR COACH'S CHECKLIST

- ☐ Familiarize yourself and other volunteers with your venue, including any new policies or restrictions that may impact training.
- ☐ Ask athletes to arrive ready to train. Avoid socializing prior to and after training.
- ☐ Attendance protocol and tracker completed at each training session.
- ☐ Review length and scheduling of training sessions to reduce overlap. Consider lighter training sessions upon return to play.
- ☐ Maximum number of persons (including yourself) as advised by your Provincial/Territorial health authority. Limit unnecessary non-athletes.
- ☐ No contact including high fives/hand shaking, socializing or group meals.
- ☐ Use all necessary precautions when assisting with equipment, etc. Consider assigning this role to one volunteer for the entire training.
- ☐ Advise athletes to bring own water bottles and avoid grouping them together to prevent close contact during water breaks.
- ☐ Defined training areas for each training group while maintaining physical distancing of at least 2m (or 6ft).





COACH'S CHECKLIST CONTINUED

- ☐ Assign roles to volunteers that will limit movement of participants and volunteers throughout the training.
- ☐ Use of sanitizing stations.
- ☐ Limit use of equipment. Ask participants to bring own if possible. No sharing of personal equipment for both athletes and volunteers.
- ☐ Sanitize equipment before, during, after sessions.
- ☐ Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing).
- ☐ Advise all participants to not attend if unwell. In the event of a known or reported illness, please refer to the Communication Protocol section of these guidelines.
- ☐ Advise all participants to launder their own uniforms after each use.
- ☐ Update EAP to align with any new policies and procedures that have been put in place at the venue. Ensure cell phones do not need to be shared.



SPECIAL OLYMPICS CANADA RECOMMENDATIONS FOR ACTIVITIES

General Changes

PHASE 1	PHASE 2	PHASE 3
<p>Online coaching and resources.</p> <p>Virtual programming</p> <p>No physical contact of any kind between athletes, coaches and volunteers.</p> <p>No handshakes, hugs, and high fives.</p> <p>No equipment sharing.</p> <p>EAPs should be updated to reflect new protocols.</p>	<p>As per Phase 1 plus: Small groups permitted. Maximum number of persons as advised by your Provincial/Territorial health authority</p> <p>Programs must have cleaning and first aid kits (including masks and gloves). Clear face shields for coaches/volunteers working with athletes who are deaf or hard of hearing. Cleaning of shared equipment and surfaces should be done regularly.</p> <p>Some sharing of equipment with easily cleaned surfaces. (e.g. kicking a soccer ball).</p> <p>Recommend masks should be worn as much as possible. This includes when you arrive and depart from your program.</p> <p>Independent skills and drills should be primary activities.</p> <p>Indirect contact (e.g. through a ball in the hand) may occur but no deliberate contact.</p> <p>Indoor venues/sports permitted if they comply with above.</p> <p>Virtual programming still available</p> <p>Declaration and waiver forms signed by each participant (athlete, coach, volunteer, etc.).</p>	<p>As per Phase 2 plus: Full sporting activity allowed including contact.</p> <p>Larger teams consider maintaining smaller training groups.</p> <p>Training may still be affected by commercial operation of facilities.</p> <p>Virtual training may still occur.</p> <p>Limit unnecessary social gatherings.</p> <p>Review and update EAPs as required</p>

	<p>Hand sanitizer or hand washing station available on arrival and when leaving.</p> <p>Have reminders/signage posted that reinforces use proper hygiene, physical distancing and use of PPE.</p> <p>Coaches and/or volunteers should consider splitting responsibilities (attendance, cleaning, etc.)</p> <p>No sharing of drink bottles (encourage labeling with the athlete's name).</p> <p>Do not attend if unwell, have a pre-existing condition or have someone at home who may be at greater risk.</p> <p>No spitting, yelling, singing or whistle blowing.</p>	
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Spectators, Additional Personnel

PHASE 1	PHASE 2	PHASE 3
	<p>Spectator access based on group size restrictions and venue layout.</p> <p>Separate spectators from athletes.</p> <p>Pick up/drop off should be encouraged.</p> <p>Social distancing of at least 2m (or 6ft), hygiene and use of PPE (including masks) should be maintained.</p>	<p>Minimum contact of non-essential surfaces and hands on treatment for essential personnel only.</p> <p>Non-essential personnel discouraged from change rooms.</p>

Active Start & FUNdamentals

PHASE 1	PHASE 2	PHASE 3
<p>Program Leaders offer virtual programming and/or provide online resources to athletes where available.</p>	<p>Active Start programs suspended – online only.</p> <p>FUNdamentals programs with limited participants.</p> <p>All athletes must have their own equipment (no equipment sharing).</p> <p>Athletes and volunteers must social distance (individual drills and activities only).</p> <p>One parent/caregiver can attend with the athlete and must maintain social distancing – no siblings.</p>	<p>Active Start and FUNdamentals programming resumes.</p> <p>Games with minimal physical contact is encouraged.</p> <p>SO to provide additional equipment to reduce equipment sharing (if possible).</p>

Athlete Leadership (AL) & NCCP Delivery

PHASE 1	PHASE 2	PHASE 3
<p>Some modules/courses offered online.</p> <p>Social Clubs online (AL).</p> <p>SOC governed in-class courses suspended.</p>	<p>Modules/courses continue online.</p> <p>Social clubs online (AL).</p> <p>SOC governed courses may be in classrooms with limited participants per course and modified delivery where necessary.</p> <p>Participants do not stay overnight (local trainings only).</p> <p>Participants bring their own lunch and water.</p> <p>All participants must maintain social distancing of at least 2m (or 6ft).</p>	<p>Athlete Leadership and NCCP courses resume as normal based on local health recommendations.</p>

Healthy Athletes

PHASE 1	PHASE 2	PHASE 3
<p>No in-person screenings.</p> <p>Strong Minds resources available online.</p> <p>Healthy at Home resources available online.</p>	<p>Modified in-person screenings may be offered with an emphasis on social distancing practices, use of PPE and no transmission of equipment:</p> <p>Medfest Fun Fitness Fit Feet Health Promotion Healthy Hearing Strong Minds</p> <p>Clinical Directors should consult the SOI disciplines guidelines as developed for phased return.</p> <p>Online resources remain available + Self-assessment tool for Special Smiles.</p> <p>Limit travel of Clinical Directors to avoid possible transmission.</p>	<p>In-person screenings may return in full for all 8 disciplines with a continued focus on hygiene practices.</p> <p>Online resources remain available as supplementary.</p>

Coaching Requirements for Return to Sport and Programs

Each coach should review and undertake the following actions to allow a return to training at Phase 2 and Phase 3:

Area	Coaching Requirements (for activities under Phase 2)	Coaching Requirements (for activities under Phase 3)
Off-field Preparation	<ul style="list-style-type: none"> • Complete COVID-19 specific coaching training as outlined by your Chapter. • Contact your athletes to ensure they are preparing for sport to return with the activities listed in this plan. • Inform the Program coordinators of the plans for training to recommence. Ensure that plan aligns with all Provincial/Territorial Health guidelines and P/T Sport guidelines • Understand the restrictions for each localized sport and training venue. • Ensure athletes are prepared to “Get in, train, get out”. • Advise players, coaches, and volunteers not to attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). 	<ul style="list-style-type: none"> • Inform the Program coordinator of plans to continue to train.
On-field Preparation	<ul style="list-style-type: none"> • Modify training conditions to support social distancing. • Ensure you have equipment to comply with the guidelines and restrictions such as hand sanitizer, tissues, antibacterial wipes and signage. • Retain personal protective equipment (PPE) supplies for use if an attendee at an activity becomes unwell. 	<ul style="list-style-type: none"> • Modify training conditions to support expanded sporting activity that can be conducted in groups of any size including full contact.

On-field Preparation	<ul style="list-style-type: none"> • Group athletes into smaller groups over a greater number of sessions to comply with Provincial/Territorial guidelines. • See sport-specific recommendations for modifications 	
Emergency Action Plan	<ul style="list-style-type: none"> • Update EAP to ensure alignment with any new venue/facility guidelines or restrictions • Ensure First Aid Kit is equipped with PPE in the event of an emergency where contact would be required • Avoid sharing cell phone/facility phone in the event of an emergency • Assign roles to each volunteer to limit unnecessary contact or sharing 	<ul style="list-style-type: none"> • Continue to update EAP in alignment with venue/facility operations
Communication	<ul style="list-style-type: none"> • Remind athletes, coaches, members, volunteers and families the return to training protocols including hygiene protocols. 	<ul style="list-style-type: none"> • Requirements continue from Phase 2.
Training	<ul style="list-style-type: none"> • “Get in, train, get out” • Maximum participants as advised by your Provincial/Territorial health authority • No contact including high fives/hand shaking, no socializing or group meals. • Use defined training areas for each training group • Avoid high injury risk activity • Ensure correct conduct of personal hygiene principles such as sanitizing requirements, hand washing and treatment of shared equipment. 	<ul style="list-style-type: none"> • For larger team sports, consider maintaining some small group separation at training. • Limit unnecessary social gatherings. • Sanitizing requirements continue from Phase 2. • Continue to encourage personal hygiene e.g. wash hands prior to training, no spitting or coughing, sharing of uniforms. • Continue to complete attendance protocol and tracker.

SAFE SPORT

The focus of these guidelines is the safe return to play while continuing to focus on the Safe Sport movement and ensuring that our athletes, volunteers, coaches and other stakeholders are all protected. Although the overall Safe Sport movement covers a number of topics and issues (Canadian SafeSport Hotline, concussion policy and protocol, training, etc.) in the context of this resource, the focus is on supervision and responsible coaching during all contexts of a phased return to sport and programs.

All programs, coaches, volunteers and staff should visit <https://coach.ca/sport-safety> for additional information

As taken from Coaching Association of Canada (CAC):

Rule of Two

To be considered and followed in all phases of program delivery.

The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions in emergency situations.

Phase 1

Rule of Two in a Virtual Setting:

These specifics have been included in the guidelines as there is a change to implementation based on the delivery of programs in Phase 1.

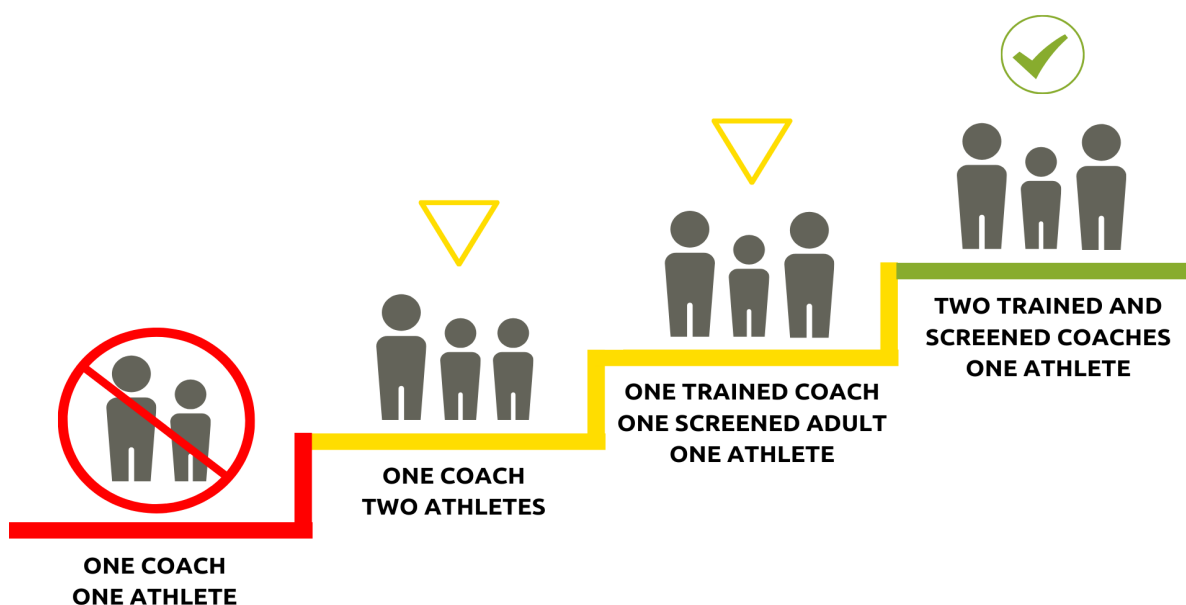
- The Rule of Two should continue to apply to all minor athletes in the virtual environment during the COVID-19 pandemic (additionally, for those athletes under age 16, a parent or guardian should be present during the session where possible);
- We recommend applying the Rule of Two to non-minor athletes, as well, in the current circumstances;
- For every session, the Rule of Two would require two adult coaches be present, or one coach and one adult (parent, guardian, volunteer, program administrator) – one-on-one sessions should be prohibited;
- Parents/guardians should be fully informed beforehand about the activities undertaken during the sessions, as well as the process of the virtual session;

- Parents/guardians should be required to consent to virtual sessions prior to each session, if irregularly scheduled, or prior to the first session if there is a series of regularly scheduled sessions;
- Communication during each session should be in an open and observable environment (i.e., avoid bedrooms) in the athlete's home (athlete's parents'/guardians' home), and the coach must initiate the session from an appropriate location (i.e., avoid bedrooms or "overly personal"/unprofessional settings);
- Prohibit one-on-one texting, emailing or online contact between coach and athlete – any texting, emailing or online contact should be limited to group text/email that includes at least two adults (two coaches or one coach and one adult (parent, guardian, volunteer, program administrator), and limited to coaching (non-social) matters, and parents of minor athletes should be provided the opportunity to receive these texts/emails;
- Social media contact by coach to athlete should be prohibited (including the sharing of memes, non-training video, etc.);
- Encourage parents/guardians to debrief with U-16 athletes about virtual training on a weekly basis.

In addition, care should also be taken to ensure that appropriate security settings have been set for virtual, videoconferencing arrangements, including password protected videoconference invitations.

Phase 2 and 3

Additional information related to current practices for implementing the Rule of Two:



Good Rule of Two implementation practices:

- The coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present.
- Allow training environment to be open to observation.
- Ensure a participant rides in a coach's vehicle with another adult present.
- Consider the gender of the participant(s) when selecting the screened coached and volunteers who are present.
- Eliminate one-to-one electronic messaging. Ensure that all communications are sent to the group and/or include parents.

Learn more: coach.ca/responsiblecoaching



The phased return to play should not impact the required training and screening for all coaches and volunteers. There remains an importance and focus on the three key areas (Rule of Two, Background Screening, Ethics Trainings) within the responsible coaching movement. For more details please access resources at <https://coach.ca/three-steps-responsible-coaching>.

Quota: As per the SOC Quota Policy, the organization uses the guidelines of 3:1 (winter sports) and 4:1 (summer sports) ratio of athletes to coach at competitions. Throughout return to play and the focus on getting back to programs the suggested ratios are recommended to stay in place. In addition, as P/T Health ministries put restrictions on group size, it is essential to ensure that the Rule of Two remains in place and that a coach/volunteer position is not sacrificed for an athlete opportunity.

GUIDELINES FOR MANAGEMENT OF COVID-19

Prevention:



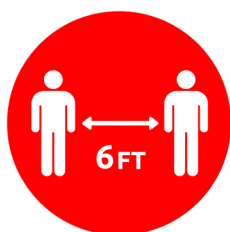
Educate/train volunteers, coaches, athletes and other stakeholders



Complete forms (declaration, waiver and attendance)



Implement/encourage **personal hygiene** measures



Enforce **physical distancing**



Sanitize shared equipment



Monitor, review and **update** Chapter plans

Management if someone feels ill:



Do not attend training or program



Advise family/caregiver (if applicable) and the Chapter designate



Seek appropriate **medical treatment**



Obtain **medical clearance** before returning



Follow P/T government **guidelines for isolation** if required



COMMUNICATION PROTOCOL

Communication protocol for all confirmed cases of COVID-19 (active participants only):

Early detection of symptoms will facilitate the immediate implementation of these control measures.

A “case” is a single case of COVID-19, and an “outbreak” is two or more cases.

To reduce the risk of spreading the COVID-19 virus, Chapters should put an immediate pause on any program or activity where a participant has been diagnosed with the virus.

All coaches and volunteers should receive information and training on the Positive Case Protocols prior to the initial start of their program. Each program will be required to keep attendance records for each training session, event, etc. for contact tracing should there be a positive test.

Any individual experiencing COVID-19 symptoms, or who has been advised to self-isolate, is not permitted to attend program venues. Please consult the P/T Health Authority for the most up-to-date information on symptoms and recommendations.

If someone tests positive for COVID-19:

Upon confirmation of a positive test for COVID-19, within 24 hours of notification, the athlete, parent/caregiver, coach, or volunteer must:

- Inform the Chapter designate of the positive COVID-19 test.
- Follow the P/T Health Authority guidelines for self-isolation and remain self-isolated until their doctor or Regional Health Authority advises that it is safe to return to normal activities.

When the Head Coach is notified of a positive COVID-19 case, the Head Coach must:

- Respect privacy laws and reveal the name of the individual testing positive only to the Chapter designate.
- Immediately inform the Chapter designate.
- The Chapter designate and the Head Coach will work together to notify all participants (coaches, athletes, staff and 1-1's) who attended the program over the past 21 days of the positive test.

When the Chapter Designate is notified of a positive COVID-19 case, they must:

- Respect privacy laws and only reveal the name to the Chapter CEO.

- Inform the Local Coordinator for that program that there has been a positive test.
- Inform the Chapter CEO and Communications Manager of the case.
- Ensure all participants have been notified there has been a positive test and advise them to watch for signs of illness. They are to be informed that they can access further information on the P/T Healthy Authority's website.
- Put the program on pause for a minimum of 14 days from time of last program.

When the Chapter CEO is notified of a positive COVID-19 case, they must:

- Advise the Chapter Board of Directors of the case and the action taken.
- Advise CEO of Special Olympics Canada of the positive test (no further details to be provided).

When the Chapter Communications Manager is notified of a positive COVID-19 case, they must:

- Provide key messaging for staff and Local Committee members to ensure that all are providing a consistent message.

Throughout the 14-day quarantine period, the Chapter designate should:

- Check in with the individual who tested positive to ensure they have the support they require.
- Check in with the program participants to ensure all are healthy, following quarantine protocols, and have the support they require.

Positive Case Timeline

WHO	1-2 HOURS FROM NOTIFICATION	WITHIN 24 HOURS OF NOTIFICATION	WITHIN 14-21 DAYS AFTER NOTIFICATION
Regional Health Authority or Participant	Whoever is notified or aware of a positive test must contact the Chapter designate		
Head Coach	Notify Chapter designate of the confirmed case		Follow up with other participants to ensure there are no additional positive tests
Chapter Designate and Head Coach		Initiate plan to notify program participants of the case	
		Pause program	
Chapter Designate	Notify Local Coordinator of case and process	Circulate key messaging to staff and the Local	Follow up with the participant re: their recovery
	Notify CEO and Communications Manager of the case		Notify Local of their ability to resume the program
Chapter CEO	Notify Chapter Board of Directors of the case		
	Notify CEO, SOC		
Chapter Communications Manager		Develop key messaging	

Training	<ul style="list-style-type: none"> • No sharing of personal equipment. • Complete attendance protocol and tracker at each session. 	
Personal Health	<ul style="list-style-type: none"> • Implement a graded return to sport to avoid injury. • Remind players, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). • Avoid physical greetings such as hand shaking and high fives. • Avoid coughing, clearing nose, spitting and sharing of uniforms. • Remind athletes to launder own training uniform and wash personal equipment. 	<ul style="list-style-type: none"> • Requirements continue from Phase 2.
Hygiene	<ul style="list-style-type: none"> • Adopt safe hygiene protocols • Distribute information and posters for safe hygiene 	<ul style="list-style-type: none"> • Requirements continue from Phase 2.
Facilities	<ul style="list-style-type: none"> • Understand and inform athletes which parts of facilities are available during Phase 2 restrictions. 	<ul style="list-style-type: none"> • Understand and inform athletes which parts of the facilities are available during Phase 3 restrictions.
Management of unwell participants	<ul style="list-style-type: none"> • Understand and comply with guidelines for management of COVID-19 and communication protocol for positive tests. • Advise players, coaches, volunteers to not attend if unwell. 	<ul style="list-style-type: none"> • Requirements continue from Phase 2.

SPECIAL OLYMPICS SPORT SPECIFIC GUIDELINES

Phase 1

Virtual Programming Only

Phase 2

Bocce

- Palina needs to be disinfected between each throw. Alternatively, it can be thrown by a volunteer but it must be the same person all the time for the duration of the program.
- Player's balls need to be identified so athletes always play with the same balls. No ball sharing. If balls need to be shared they must be cleaned by a volunteer between each use by a different player.
- Players only pick up their own ball. They shall do so only when instructed by a coach.
- Players stand in their designated 2m circle until they are called to play.
- Outdoor bocce only with plenty of space between courts (suggested 4m between courts).
- Only one person can do the installation of the outdoor portable bocce court. The same person that sets it up must take it down. Equipment must be wiped before and after the program.
- All equipment must be disinfected before and after the program.

Floor Hockey

- When possible athletes must provide their own equipment.
- When using program equipment, the name/initials of the athletes (or any other identifiers such as coloured tape) must be used to identify the equipment for the use by only one player for the duration of the activity.
- Any shared equipment must be cleaned when used by a different person (player or coach).
- Only one goalie may use the goalie equipment in a practice. It cannot be shared.
- No drills involving a challenge between two athletes in close proximity.
- No scrimmage allowed.
- Any equipment provided by the facility must be cleaned before and after the practice.
- It is strongly suggested that the goalie equipment dries for 48-72 hours before another goalie can use it. The same rule applies for program helmets, shinpads and gloves.
- Ideally, equipment (especially gloves) is disinfected in between practice with sport equipment disinfectant.

Snowshoeing

- Only activities that can be done in straight lines with no curves. Athletes should remain at least 2m (or 6ft) apart at all times.

	<p>Attendance protocol must be followed and attendance taken at each session.</p> <p>Review and update EAPs as required</p> <p>Areas for bags, jackets, etc. should be designated and maintain physical distancing</p>	
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General Hygiene Measures

PHASE 1	PHASE 2	PHASE 3
<p>No sharing of equipment or communal facilities.</p> <p>Strictly apply personal hygiene measures.</p>	<p>Maximum number of persons as advised by your provincial/territorial health authority.</p> <p>Communal facilities can be used after a risk assessment and mitigation process is completed. Plan should be in place for cleaning of washrooms.</p> <p>'Get in, Train and Get out' training process. Train and leave straight away, no social engagement. Arrive already dressed in appropriate attire.</p> <p>Separate entrance/exit designated (with signage) when possible.</p> <p>Staggered arrival/departure times.</p> <p>Maintain 2m (or 6ft) distance where possible.</p> <p>Cleaning protocols in place for all equipment. Recommend a thorough full body shower with soap before and after training (at home).</p>	<p>Continue hygiene as per Phase 2.</p>

- Try keeping one lane apart when training on a track (i.e. use lanes 1, 3, 5, 7).
- Use staggered starts when doing intervals/repeats.
- Athletes can get help putting on their snowshoes from someone in their own household.
- Athletes who require support when falling, can only be helped by someone in their own household including caregivers.
- In the event that an athlete should fall and the parent/caregiver is not available, one designated volunteer shall assist, while maintaining strict precautions.
- If equipment is borrowed or rented, the athlete must use the given snowshoes for the entire period of training. The snowshoes must be cleaned before and after use by a volunteer.
- Electronic devices such as a walkie-talkies and cell phones need to be cleaned before and after sharing.
- Light training and dryland training.
- Passing is not permitted.
- Relay is not permitted.
- Ensure there is a shelter with appropriate physical distancing for warm-up and/or if weather conditions worsen.

Phase 3

Return to Normal Activities

ATTENDANCE PROTOCOL AND TRACKER

REMINDERS:

- All participants should be reminded that they **MUST** stay home, if they are sick or showing signs and symptoms of COVID-19 or have been exposed to someone who has had COVID-19. They should be encouraged to contact their healthcare provider if they are feeling unwell.
- Before the start of any Special Olympics event/practice/training/competition (during Phases 1 and 2), all participants will be asked a series of questions to assess if anyone is showing signs or symptoms of COVID-19. All participants at an event, training, or practice, must be documented in case someone in attendance is diagnosed with COVID-19 and contact tracing is needed.

DISCLAIMER:

This Attendance Protocol and Tracker is provided by Special Olympics Canada for informational and general guidance purposes only. It is intended to assist Chapters in developing their own policies and procedures. It is the responsibility of Chapters to ensure that their policies and procedures comply with current public health guidelines as well as all provincial, territorial and municipal guidelines and legal requirements. While Special Olympics Canada has endeavoured to provide the most up-to-date guidance, this document cannot be exhaustive, nor is it meant to be taken as either medical or legal advice.

ATTENDANCE PROTOCOL:

1. Programs should designate a location to complete the attendance protocol that maintains physical distancing (6ft/2m). Chapters should designate who will be asking the questions/taking attendance at each session. If an athlete is unable to answer the questions below themselves then they will need to have a family member/caregiver/support worker there at the beginning to help with this.
2. Coach, volunteer or designate must ask the following questions (reinforced through visuals and verbally, such as a poster/paper with icons):
 - a. Do you have COVID-19?
 - b. Are you experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or feeling unwell?
 - c. Have you travelled internationally during the past 14 days?
 - d. Have you, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada?
 - e. Have you been following government recommended guidelines for COVID-19 including practicing physical distancing?

3. Coach, volunteer or designate must record all names, results and contact information and keep in case needed for contact tracing or reporting.

- a. 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.
- b. Participants who are found to have COVID-19 symptoms must wait 10 days after symptoms resolve to return to activity OR must provide written proof of physician clearance to Special Olympics to return earlier.
- c. Participants who test positive for/have COVID-19 must provide written medical clearance before returning to sport and fitness activities.

Throughout the event/practice/training/competition, remind participants of infection prevention protocols (e.g. facemasks, physical distancing, hygiene, and disinfection/sanitation).

****Note:** Signed Declaration and Waiver forms need to be received from each participant prior to them participating in their first sport/program. Participants will only need to sign the waiver form once but will need to submit a signed declaration form prior to the start of each program they are in. Participants will be required to go through the SOC attendance protocol at each program, training session, event, etc. they attend.

July 2020

SPECIAL OLYMPICS (INSERT CHAPTER) ATTENDANCE TRACKER

Name of Event/Program: _____ Date of Event/Program: _____

Location: _____

PARTICIPANT FIRST AND LAST NAME	PARTICIPANT TYPE (ATHLETE, COACH, VOLUNTEER, STAFF, UNIFIED PARTNER)	EMERGENCY CONTACT NAME & PHONE NUMBER	DECLARATION FORM RECEIVED (Y/N)	WAIVER RECEIVED (Y/N)	PROTOCOL QUESTIONS ASKED (Y/N)	SIGNS OR SYMPTOMS OF COVID-19 (Y/N)
Declaration and Waiver forms need to be received prior to the participant's first sport/program. Once received you can mark these columns as N/A.						

Signature of Individual(s) who completed attendance protocol and tracker

Printed Name: _____ Signature: _____

Printed Name: _____ Signature: _____

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