

Return to Play Protocols

Special Olympics
Alberta



Practice Proper Hygiene - Wash hands before and after practice, do not touch your face, avoid touching frequently touched surfaces when at practice. Practice physical distancing of 6 feet/2m when you are able.

Masking - Masking is required in all indoor facilities. Coaches will be required to wear a mask at all times. Athletes will be required to wear masks at all times when not competing/practicing, this includes when arriving and departing from the program. If athletes can wear a mask during practice, we highly recommend they do. Sports must follow facility guidelines regarding masking.



Please note: Affiliates may implement stricter mask requirements to best suit their programs.



Eating - Eating at facilities should be eliminated unless athlete/coaches have a medical condition to do so or the program runs over lunchtime and it is longer than 2 hours. Those members that have a medical condition should distance themselves from a group when eating if possible.

Screening and Attendance – Screening and attendance should take place before every practice. Those showing symptoms at practice should not be permitted to participate and be sent home until symptoms resolve.



Positive Case Protocol –

If you are notified an athlete/coach or any other person attending the program tested positive for covid:

1. Confirm when they were at programs
2. Let program participants know that an individual tested positive and to monitor symptoms
3. Notify SOA

If you are notified about 3 positive cases within the program, that program should suspend programming for 1 week.



Isolation - Isolation helps prevent the spread of COVID-19 by reducing the number of people you could infect if you have symptoms or test positive by staying home and avoiding others. As per AHS, effective January 3, isolation requirements changed. For more information please check the [AHS website](#).

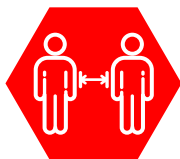


When to isolate

- You tested positive for COVID-19, or
- You are sick with a core symptom: fever, cough, shortness of breath, loss of taste or smell, sore throat* or runny nose*.

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Close contact or household contact of a confirmed case

You are no longer legally required to quarantine if you are a close contact of someone who has tested positive for COVID-19 but should follow the recommendations below.

Household close contacts

If you are a household contact of a positive case and you are not fully vaccinated, you should:

- stay home for 14 days (i.e. not attend work, school or other activities)
- monitor for symptoms - if they develop, isolate immediately and get tested



Other close contacts

If you have been exposed to COVID-19 by someone outside of your household, you should:

- avoid high-risk locations such as continuing care facilities and crowded indoor spaces
- monitor for symptoms - if they develop, isolate immediately and get tested



Please note: The above protocols are put in place to help eliminate the risk of participating in sport during this pandemic. No amount of measures put in place can completely eliminate the risk.