



5-Pin Bowling



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. Sports must follow facility guidelines regarding masking.



Facility Protocols - Check with facility for their protocols. This includes the use of washroom facilities. Any protocols above and beyond those required by SOA put in place by the facility must be followed.

Restriction Exemption Program - Please note: SOA is following AHS' Restriction Exemption Program. All athletes and volunteers are required to send in proof of vaccination to jplecash@specialolympics.ab.ca. Please be prepared to show proof of vaccination at the facility where programs are held.

Sport Specific Protocols

Equipment:

- Lane balls to be used
- Own balls ARE permitted
- Own bowling shoes are permitted

Athletes

- Do not arrive more than 10 minutes before you are to start
- Bring a filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining distancing measures

10-Pin Bowling



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.

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Sport Specific Protocols

Equipment:

- Lane balls to be used
- Own balls ARE permitted
- Own bowling shoes are permitted

Athletes

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- Bring a filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
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Swimming



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Please be prepared to show proof of vaccination at the facility where programs are held.

Sport Specific Protocols

Athletes

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- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining distancing measures
- Follow all facility requirements for change room.



Alpine Skiing

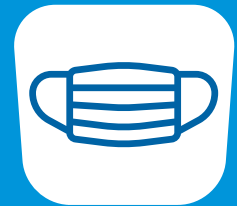


**Special
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Alberta



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Please be prepared to show proof of vaccination at the facility where programs are held.

Sport Specific Protocols

Equipment

- SOA recommends limiting sharing when able. If possible, athletes should use the same equipment from the start to the end of practice.
- If renting is necessary and available, ensure equipment is sanitized before and after use.

Athletes

- Bring a filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining distancing measures
- Follow all facility requirements for change room.



Cross Country Skiing



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Facility Protocols - Check with facility for their protocols. This includes the use of washroom facilities. Any protocols above and beyond those required by SOA put in place by the facility must be followed.

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Sport Specific Protocols

Equipment

- SOA recommends limiting sharing when able. If possible, athletes should use the same equipment from the start to the end of practice.
- If renting is necessary and available, ensure equipment is sanitized before and after use.

Athletes

- Bring a filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining distancing measures



Snowshoeing



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Sport Specific Protocols

Equipment

- SOA recommends limiting sharing when able. If possible, athletes should use the same equipment from the start to the end of practice.
- If renting is necessary and available, ensure equipment is sanitized before and after use.

Athletes

- Bring a filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
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Curling



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Alberta



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Sport Specific Protocols

Equipment

- SOA recommends limiting sharing when able. If possible, athletes should use the same equipment (brooms, delivery aides, sliders, grippers) from the start to the end of practice.
- If renting is necessary and available, ensure equipment is sanitized before and after use.
- Stones must be sanitized at the start of each draw. Players must select their stones and not touch any stones other than their own. No interchanging of stones during a game.
- A video outlining the rotation of individuals for game play can be found [here](#).

Athletes

- Bring a filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining distancing measures
- Follow all facility requirements for change room.



Basketball



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Please be prepared to show proof of vaccination at the facility where programs are held.

Sport Specific Protocols

Equipment

- Sanitize equipment before and after practice

Athletes

- Bring a filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining distancing measures
- Follow all facility requirements for change room.



Indoor Soccer



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Facility Protocols - Check with facility for their protocols. This includes the use of washroom facilities. Any protocols above and beyond those required by SOA put in place by the facility must be followed.

Restriction Exemption Program - Please note: SOA is following AHS' Restriction Exemption Program. All athletes and volunteers are required to send in proof of vaccination to jplecash@specialolympics.ab.ca.

Please be prepared to show proof of vaccination at the facility where programs are held.

Sport Specific Protocols

Equipment

- Sanitize equipment before and after practice.

Athletes

- Bring a filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining distancing measures
- Follow all facility requirements for change room.



Powerlifting



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Restriction Exemption Program - Please note: SOA is following AHS' Restriction Exemption Program. All athletes and volunteers are required to send in proof of vaccination to jplecash@specialolympics.ab.ca.

Please be prepared to show proof of vaccination at the facility where programs are held.

Sport Specific Protocols

Equipment

- Sanitize equipment (bars/bench) in between athletes.
- Spotters/coaches are to be the only ones adding weights on the bar

Athletes

- Bring a filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining distancing measures
- Follow all facility requirements for change room.



Rhythmic Gymnastics



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Facility Protocols - Check with facility for their protocols. This includes the use of washroom facilities. Any protocols above and beyond those required by SOA put in place by the facility must be followed.

Restriction Exemption Program - Please note: SOA is following AHS' Restriction Exemption Program. All athletes and volunteers are required to send in proof of vaccination to jplecash@specialolympics.ab.ca.

Please be prepared to show proof of vaccination at the facility where programs are held.

Sport Specific Protocols

Equipment

- SOA recommends limiting sharing when able. If possible, athletes should use the same equipment from the start to the end of practice.
- Sanitize equipment before and after practice or between athletes if shared.

Athletes

- Bring filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining distancing measures
- Follow all facility requirements for change room.



Outdoor Soccer



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Please be prepared to show proof of vaccination at the facility where programs are held.

Sport Specific Protocols

Equipment

- Sanitize equipment before and after practice.

Athletes

- Bring filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining distancing measures
- Follow all facility requirements for change room.



Softball



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Sport Specific Protocols

Equipment

- If sharing of bats is required, sanitize between athletes.
- Sanitize equipment before and after practice.

Athletes

- Bring filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
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Figure Skating



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Sport Specific Protocols

Athletes

- Bring filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining distancing measures
- Follow all facility requirements for change room.



Speed Skating



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Alberta



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Please be prepared to show proof of vaccination at the facility where programs are held.

Sport Specific Protocols

Athletes

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- No outside food unless you have a medical reason
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining distancing measures
- Follow all facility requirements for change room.



Athletics



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Please be prepared to show proof of vaccination at the facility where programs are held.

Sport Specific Protocols

Equipment

- SOA recommends limiting sharing when able. If possible, athletes should use the same equipment from the start to the end of practice.
- When sharing is requirement, equipment should be sanitized in between athletes.

Athletes

- Bring filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining distancing measures
- Follow all facility requirements for change room.



Golf



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Sport Specific Protocols

Equipment

- SOA recommends participants use their own equipment for the entire duration of practice. Limit sharing when able.
- If renting is necessary and available, ensure equipment is sanitized before and after use.
- Athletes must provide their own golf balls in sufficient quantity for their needs in a round of golf.

Athletes

- Bring filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining distancing measures
- Follow all facility requirements for change room.



Bocce



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Sport Specific Protocols

Equipment

- Players' balls should be identified so athletes always play with the same balls. Limit ball sharing if possible.
- If sharing is required, balls must be sanitized at each end.

Athletes

- Bring filled water bottle - no sharing of water bottles
- No outside food unless you have a medical reason
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Floor Hockey



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Sport Specific Protocols

Equipment

- SOA recommends limiting sharing when able. If possible, athletes should use the same equipment from the start to the end of practice.
- When sharing is requirement, equipment should be sanitized in between athletes.

Athletes

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Active Start



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Restriction Exemption Program - Please note: SOA is following AHS' Restriction Exemption Program. All athletes 12+ years and older and volunteers are required to send in proof of vaccination to jplecash@specialolympics.ab.ca. Please be prepared to show proof of vaccination at the facility where programs are held.

All adults accompanying children and youth to programs will be required to show Proof of Vaccination.

Sport Specific Protocols

Equipment

- SOA recommends limiting sharing when able. If possible, athletes should use the same equipment from the start to the end of practice.
- When sharing is requirement, equipment should be sanitized in between athletes.

Athletes

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FUNdamentals



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- When sharing is requirement, equipment should be sanitized in between athletes.

Athletes

- Bring filled water bottle - no sharing of water bottles
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- Follow all facility requirements for change room.