

## SOBC ATHLETE PROGRAM PARTICIPATION AGREEMENT

This form has been developed to help athletes understand what is expected of them during Special Olympics BC's Return to Sport. The goal is to ensure that athletes are properly prepared and have a safe, positive experience.

Athletes who want to return to sport programs must have a family member, caregiver, volunteer, or emergency contact that is able to review the below guidelines with them.

We want Return to Sport to be a safe and positive experience, but we understand that it will also be a unique one and may not be the most suitable experience for all athletes. It is important to do an honest appraisal as to if an athlete will be able to cope in the environment below. Although athletes will be supervised and supported by an assigned coach, this is generally on a 4:1 ratio and athletes will need to manage many aspects of the guidelines relatively independently.

**ATHLETE NAME:** \_\_\_\_\_

**LOCAL:** \_\_\_\_\_

**SPORT:** \_\_\_\_\_

**The completed form must be returned to the Head Coach.**

**Please confirm the athlete will be able to meet the requirements as listed.**

Athlete participating **MUST** be a currently registered athlete with Special Olympics BC, having completed the current registration and medical form. If there have been any recent medical changes, the coach must be notified prior to participating.

Athlete participating **MUST** have a contact that is available by phone during their sport practice time, in the event they need to be called immediately.

Contact's Name: \_\_\_\_\_

Contact's Phone #1: \_\_\_\_\_

Contact's Phone #2: \_\_\_\_\_

**Requirements to Participate:**

Athlete must be familiar with and abide by all SOBC requirements before starting programs. They must take any required training prior to starting. (Coaches will contact athletes to review all expectations before the program starts.)

- Athlete must always understand the guidelines around physical distancing and abide by those guidelines while at the sport practice (Keeping three metres (nine feet) away from others).
- Athlete must understand the purpose of physical barriers to separate athletes from the public during programs, and must be able to independently stay within these barriers. (i.e. cones or markers may be used to cordon off area to be used for training.)
- Athlete must understand that failure to observe physical distancing risks the closure of the facility and all programs, and as such, if you can't keep your distance from others, you will be asked to leave practice and may be suspended from future participation.

Wearing masks is required of all participants in all indoor programs (except swimming). Any participants who need to apply for an exemption for medical reasons are asked to contact SOBC staff at [covid@specialolympics.bc.ca](mailto:covid@specialolympics.bc.ca).

Consider your own risk - if you are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in the sport activities for the time being.

### Personal Hygiene Expectations:

- Athlete must be willing to wash or sanitize their hands when asked throughout the duration of the sport practice.
- Athlete must understand and be physically able to cover mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- No handshaking, high fives, hugging etc. from arrival at the program until departure.
- Do not assume that washroom facilities will be open at any training facility, so you must use a washroom before you arrive. If washrooms are available/open, coaches will provide direction on use.

### Program Arrival/Departure

- Athlete must have transportation, or mode of transportation, that does not force them to loiter for long periods of time at the training venue before and/or after practice.
- Athlete must understand if they arrive prior to the coaches, they need to remain a reasonable distance from the point of entry, as well as physically distancing from any other athletes or individuals that may also be waiting.
- Athletes will be asked to wait until coaches tell them to enter the program area.
- Athlete agrees to go through a health screening with their coach prior to each practice. Clearance will be recorded by their coach.

## Behavior Expectations:

- Athlete must be willing to follow all coach direction; if there any behavioral occurrences, the athlete will be asked to leave immediately and not return for the duration of the practice season.
- Athlete must display a positive, calm behaviour for the duration of the program. To reduce liquid droplets in the air, no yelling or spitting.

## Personal Items:

- Athlete must be able to bring their own water bottle and any requested equipment. If they are comfortable and prefer to wear a mask, they must bring their own.

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Prior to every practice, ask yourself if you are feeling sick or experiencing any of these symptoms:

- Fever, chills, cough or worsening of chronic cough, shortness of breath, sore throat, runny nose, loss of sense of smell or taste, headache, fatigue, diarrhea, loss of appetite, nausea and vomiting, or muscle aches.

You should not come if:

- You are not feeling well or experiencing any of the symptoms above;
- someone in your household has COVID-19 or is showing symptoms of COVID-19;
- you have traveled outside of Canada within the last 14 days; or
- someone in your household has traveled outside of Canada within the last 14 days.

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As a parent, caregiver/guardian, emergency contact, or volunteer of the above athlete, you state that you have reviewed the return to sport expectations with this athlete and that they understand them and have the ability to follow them without support.

I hereby state that this athlete has been informed of and can abide by the expectations and protocols above.

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Parent, guardian, caregiver, volunteer signature

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Date

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I state that I understand and can meet the above expectations & and protocols.

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Athlete signature

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Date