

STANDARD PROGRAM PROTOCOL

General	All athletes, coaches, and Local Committees members must follow municipal and provincial mandates for all facilities. Where there is a discrepancy between the facility and SOBC directives, protocol will be decided by the directive with a higher level of protection and safety.
General	Athletes, coaches, and Local Committee members are to be familiar with and follow protocols prior to starting programs. It is their responsibility to regularly check the Return to Sport Plan to ensure they are using the most current protocols.
General	If a program is found to be ignoring any safety protocol, that program will be cancelled until further notice/remediation.
General	At any one time, size of individual training groups is limited to the maximum of participants per program, as noted in the sport-specific protocols. The same coaches and athletes must train together each week, independent of training groups.
General	No crossover between training groups once training groups have been formed. Coaches must only train the group of athletes they have been assigned to, no substitutions.
General	Total size of gatherings, inclusive of all athletes, volunteers, coaches, parents, club personnel, and contracted services, will be limited.
General	<p>The following individuals will not be permitted to attend practice or training venues:</p> <ol style="list-style-type: none"> 1. Any person experiencing any symptom(s) of COVID-19 (fever, cough, sore throat, runny nose, headache or shortness of breath). This includes seasonal allergies. If these symptoms begin while at a training venue or within 14 days of having attended a program, the individual must leave immediately and contact their local Public Health Office for recommendations. 2. Any person who receives a positive diagnosis for COVID-19. Individuals must comply with the current mandated self-isolation policy as per the B.C. Ministry of Health (www.gov.bc.ca). 3. Any person who has been told to self-isolate at home. 4. Any person who lives in a home with, or has been in close contact with, someone with symptoms of COVID-19. 5. Any person who lives in a home with, or has been in close contact with, someone who has been told to self-isolate at home. 6. Any person who has arrived in British Columbia from outside of Canada within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.
General	Individuals that belong to a higher risk demographic for COVID-19 related symptoms are recommended to consult with provincial health authorities/organizations before participation.
General	Practice social/physical distancing by keeping three metres (10 feet) away from others always.

General	Wearing masks is required of all participants in all indoor programs (except swimming), meetings and events. Any participants who needs to apply for an exemption for medical reasons are asked to contact SOBC staff at covid@specialolympics.bc.ca. If contact is necessary by coaches, gloves and masks must be worn by coaches.
General	In emergency instances where three metres cannot be maintained in outdoor programs, meetings, and events participants involved are required to wear face masks.
General	Participants must wash their hands or use hand sanitizer prior to entering the program area, and after any trips to the washroom. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, alcohol-based hand rubs (ABHR) can be used to clean your hands if they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean your hands.
General	Do not touch your face, eyes, nose, or mouth.
General	Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
General	Do not share food, drinks, utensils, water bottles, etc.
General	Restrict personal items to only what is needed for practice. Each participant's personal belongings need to be in a marked designated space and be kept 3 metres apart.
General	Where necessary, put in place physical barriers to separate athletes from the public. (i.e. cones or markers may be used to cordon off areas used for training). Use tape, chalk, floor markers, hula hoops, cones, or other equipment to help create a physical space for each individual athlete.
General	If equipment is kept and stored by the coach or Local, it must be cleaned and disinfected after each practice.
General	Do not assume that washroom or change room facilities will be open at any training facility. You are encouraged to use a washroom before you arrive. If washrooms are open for use, use only for necessity and limit occupancy to one person at a time or as restricted by the facility.
General	Regularly clean and disinfect frequently touched surfaces.
General	To reduce liquid droplets in the air, do not yell or spit.
General	Where permitted or able, doors and windows must be left open to allow adequate air flow. Ventilation systems – if in place – must be on for the duration of the practice.
Transportation	If participants travel to the venue as a group in the same vehicle, drivers are to follow protocols as set out by WorkSafeBC under the Taxi, Limo, Chauffer, and Ride Hailing section on the Transportation and COVID-19 Safety webpage . This includes, but is not limited to, avoiding physical contact with passengers, ensuring passengers are not seated immediately beside another passenger, and ensuring handles and seats are wiped down after passengers have been dropped off. Masks must be worn by the driver and passengers while sharing a vehicle to and from SOBC programs.

Transportation	When carpooling to a program venue, health screenings must be done prior to entering the vehicle. Do not carpool with athletes or coaches outside of your program.
Local Expectation	Declaration of Compliance must be signed prior to attending any program. Completion of screening must be documented, and records sent to SOBC Provincial Office.
Local Expectation	Provide programs with Personal Protective Equipment kit including, but not limited to: <ul style="list-style-type: none"> • Disinfectant wipes and/or spray as listed by Health Canada • Hand sanitizer as listed by Health Canada • Gloves • Masks and eye protection (goggles, glasses, or face shield) for emergency purposes where 3 metres cannot be maintained
Local Expectation	Set training schedules that will allow programs to meet all limits imposed on group size and to avoid congregation of athletes and coaches (i.e. stagger training start times and/or training group locations within facilities) to ensure everyone can arrive and depart safely and that there is enough time for cleaning of equipment.
Coach Expectation	The responsibilities of the Program Safety Volunteer must be completed at each practice. (Please see Appendix A for role description.)
Coach Expectation	At training venue, ensure there can be a self-isolation containment area for coaches and athletes showing symptoms of illness while they wait for transportation to a medical centre or home.
Coach Expectation	Review safety protocols/education for the first month of practices and regularly thereafter.
Coach Expectation	Review your EAP and update to ensure it meets all physical distancing measures prior to the first practice.
Coach Expectation	If athletes require additional or 1-1 support, modifications must be made while still maintaining the maximum group size and ratios as listed on the Sport Specific Protocols.
Coach Expectation	No crossover between training groups once the season starts. Coaches must only train the group of athletes they have been assigned to, no substitutions. If a coach is sick or unwell and the coach ratios cannot be maintained, they will need to inform the athletes that that particular practice has been cancelled.
Athlete Expectation	Arrive ready to begin practice right away – i.e. put on practice wear before arriving, bring a pre-filled water bottle, etc.
Athlete Expectation	No handshaking, high fives, hugging, etc. from arrival of program until departure.
Athlete Expectation	Do not loiter at the facility or in the parking lot before or after training sessions.
Athlete Expectation	Bring your own pre-filled water bottle labelled with your name and snacks to training. Do not assume that there will be any food/drinks available for purchase at practice venues.

Athlete and Coach Expectation	Failure to observe physical distancing and safety protocols risks the closure of the facility and all programs. If you do not keep your distance from others you will be asked to leave practice and may be suspended from future participation.
Parent/Caregiver Expectation	Be aware of any safety procedures set by your athlete's program. Prepare your athlete for training to look different when they return to sport. Help educate them on these new processes and expectations.
Parent/Caregiver Expectation	Abide by barriers coaches have put in place to separate athletes from the public. Do not loiter at facilities, including parking lots, unless working directly with your athlete. <i>Exception: 1-to-1 support</i>
Parent/Caregiver Expectation	Drop off and pick up your athletes at designated areas. Do not socialize while at the training venue.