



RETURN TO PROGRAM PLAN

RETURN REBUILD REIGNITE

SEPT 2021

Special Olympics
Newfoundland & Labrador





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INTRODUCTION

Sport and physical activity play a vital role in the physical, psychological, and emotional well-being of participants in Special Olympics. The health and safety of all our participants and the greater community remain our number one priority, as we all work together through a slow and steady phased return to programs and events.

Special Olympics Newfoundland and Labrador (SONL) in consultation with Special Olympics Canada (SOC), Sport NL, Provincial Sport Organizations (PSO) and Health and Community Services NL have developed the SONL Return to Program Plan (RTP).

For the purposes of this document, the following definitions are used:

Program/Event is defined as any organized activity that is facilitated by SONL or an SONL Community Club.

Volunteer is defined as any administrative volunteer, program volunteer, or coach.

Athlete is defined as any participant in a SONL sport program, including Young Athletes, Athlete Leadership, and Healthy Athletes.

Caregiver is defined as any primary support worker, caretaker, guardian, or parent of an athlete.

Participant is defined as anyone involved in SONL programs, including volunteers, athletes, and caregivers.

PURPOSE

This plan is intended to assist SONL's volunteers, athletes, caregivers, and staff in safely returning to in-person programs in NL. The SONL Return to Program Plan provides detailed information on expectations, information, and resources that can support decision-making and communication within our programs/events and community clubs.

SONL will approve and monitor each club's return to program. Staff will work with clubs to ensure all guidelines are being followed and will support clubs throughout all aspects of returning to programs. We will all need to be flexible and work together, responding to any changes communicated by our Chief Medical Officer of Health (CMHO). The SONL Return to Program Plan will be updated on the SONL website. This document is only valid as of the date listed on the cover page. Please check our website for the most up-to-date version.



PROGRAM PROCESS AND OPERATIONS

PROCESS

1. Club Executive decides to return to programming and reviews SONL RTP Plan
2. Club Executive submit an RTP Application online for each program/event
3. SONL staff meet with Club Executives and volunteers (First program/event only)
4. SONL grants FINAL approval, the Club begins the program/event

*If a club has previously submitted an RTP application for a program/event, and it was approved, they do not have to submit a new RTP pending the guidelines and the venue have not changed from the initial application.

*This process must be completed by Club Executive, in full, for each program/event.

This plan is for informational purposes only. This plan does not constitute legal, medical, or other professional advice and in no way does the use of this plan by a Community Club or any other party make Special Olympics NL liable for any loss or damage that may result.

It is the legal responsibility of Special Olympics NL to ensure that medical and public health guidance is followed and to take all reasonable care to prevent the spread of COVID-19.

This plan is subject to all government and public health authorities' laws, regulations and directions. It does not supersede directives from Public Health guidance. This plan is meant to serve as an additional resource.

OPERATIONS

SONL is committed to the ongoing safety of athletes, coaches, volunteers, and other members of our community. SONL requires all clubs, volunteers, caregivers, athletes and staff to abide by the following requirements:

- Follow recommendations as outlined in this plan.
- Follow current Public Health guidance.
- Act with honesty and integrity regarding the state of personal health and any potential symptoms.
- Monitor personal health and take a cautious approach to self-isolation and reporting of potential symptoms.
- Follow [Safe Sport Guidelines - Rule of Two](#)

This plan includes requirements for general measures, as well as expectations that apply specifically to clubs, volunteers, athletes, and caregivers. If a program is found to not be in compliance with any safety protocols, the program will be paused until remediation is completed and SONL approval is granted.



OPERATIONS

Sport-specific guidelines have also been developed to address practices, equipment, and etiquette unique to each sport. Please see Appendix 2 for program risk mitigation and sport-specific guidelines.

REQUIRED FORMS and SUPPORTING RTP DOCUMENTS

FORM	WHO	WHEN
PARTICIPATION WAIVER	All registered members (athletes, coaches, volunteers).	Once per program year. This waiver is completed with yearly registration.
EVENT PARTICIPATION WAIVER	Any individual at a Special Olympics event that is not a registered member and entering the field of play.	Every Special Olympics event. Once per program year if attending programs/events regularly.
ATHLETE REGISTRATION FORM	All athletes involved with SONL.	Prior to beginning a program (virtual or in-person).
VOLUNTEER REGISTRATION FORM	All Head Coaches, Associate Coaches, Junior Coaches, Program Volunteers, and Operational Volunteers involved with SONL.	Prior to beginning a program (virtual or in-person).
ATTENDANCE PROTOCOL & TRACKER	All individuals registered & non-registered who enter the field of play or an event.	Every Special Olympics program/event.
PROOF OF COVID-19 VACCINATION	All individuals that attend a Special Olympics program/event in any capacity.	Every Special Olympics program/event.

Any questions regarding registration please contact your club directly or Lesley Pilgrim, Youth Development Coordinator lesleyp@sonl.ca 709-738-1923 x 103



EDUCATION AND TRAINING

EDUCATION

The Return to Program Plan is available to all members of the SONL community with support material tailored to athletes, volunteers, and clubs. All must be familiar with provincial and facility guidelines, as well as the SONL Return to Program Plan, prior to starting a program/event.

Additional resources can be found on our website www.sonl.ca

TRAINING

It is MANDATORY for all Head and Associate/Assistant coaches to complete [Leading a Return to Sport Participation](#) eLearning module prior to returning to in-person programs. Other volunteers may take this training should they choose.

This module will take approximately 45 – 60 minutes to complete. You may complete the module in multiple sittings. Once completed the module will appear in your coach transcript in the Locker.

You will need to [go to The Locker https://thelocker.coach.ca/](https://thelocker.coach.ca/) and:

1. Complete **Login** with your **NCCP# or email** and **password** or click "**don't have an NCCP#? create one now!**" and follow the steps to set up an account.
2. Find the "**Home**" section or click the **Home icon** beside the **red Profile Tab**
3. Select the "**eLearning**" option from the main screen under the navigation section.
4. Select "**Multi-sport**" from the drop down menu
5. Select "**Leading a Return to Sport Participation**" from the list on the left-hand side.
6. Select "**Begin**" on the bottom left

If you have trouble accessing your account please contact our Program Director, Kim McDonald-Wilkes kimm@sonl.ca for support.

Additional support can be found online under Resources for Volunteers and Coaches: <https://www.specialolympics.ca/newfoundland-and-labrador/resources-volunteers-and-coaches>



HIGH-RISK PARTICIPANTS: ATHLETE WITH A DISABILITY

Taken from the Public Health Agency of Canada and Special Olympics Inc.

Having an intellectual disability alone may not put someone at a higher risk for getting COVID-19 or having a severe illness if they do get COVID-19. However, some people with intellectual disabilities might be at a higher risk of infection or severe illness because of their age or underlying medical conditions, which could put them at a greater risk of being exposed and acquiring the infection.

The known underlying health conditions that put one at greater risk for COVID-19 include:

- Endocrine disorder (like diabetes)
- Metabolic disorders
- Brain and spinal cord disorders (i.e. cerebral palsy, epilepsy, stroke)
- Hypertension
- Asthma
- Chronic lung disease
- Severe heart conditions
- Chronic kidney disease
- Obesity
- Weakened immune system

Some of the other factors that may make a person with a disability more at risk of acquiring COVID-19 or progressing to more severe COVID-19 infection, other than age and underlying chronic conditions, include:

The nature of some disabilities may put individuals at a higher risk of infection. For example:

- 1 People who have difficulties washing their own hands, are blind or have low-vision and must physically touch objects for support or to obtain information, and those with trouble understanding and/or following public health guidance on physical distancing may be at higher risk.
- 2 Individuals with disabilities living in communal environments such as group homes, foster homes or assisted living may face a higher risk of contracting COVID-19 due to proximity to others and the need to come in contact with people living outside their accommodation.
- 3 Individuals with disabilities interacting with multiple care providers/supports and friends have an increased risk of contracting COVID-19 due to increased exposure.



4 Visitor and support person restrictions in hospitals, long-term care homes, congregations and individual dwellings help reduce virus transmission, but can put persons with disabilities who require assistance communicating their symptoms and personal care choices at risk. It is important to consider that social isolation may impact people with disabilities' physical, social, mental, and emotional health and well-being.

5 Persons with disabilities may face barriers to accessing COVID-19 public communications and response services and programs, particularly where intersecting vulnerabilities are present, e.g., economic, social, rural/remote communities, language, race, age and gender. There may be a need for assistance to navigate community supports and frequent communications with new information. Information will need to be communicated in a variety of ways and be made available through a variety of mediums.

6 Treatment of unrelated health conditions may put a person with disabilities at risk if the health care system is overloaded by COVID-19. This could present barriers to health services for persons with disabilities and would be felt acutely by persons with multiple disabilities.

7 The loss of important services and supports provided through community programming, employment, access to therapies and school can also be detrimental to a person's overall health and well-being and lead to regression in a positive development for some persons with disabilities.

It is very important that those who work and live with those with disabilities are aware of the considerations needed during COVID-19. Adapting and being creative and proactive at this time is essential to ensure the voices of those with disabilities are heard and responded to. As always, if a person with a disability or their support persons/friends has any questions or concerns regarding any health issues, their primary healthcare provider should be consulted.

What does that mean for clubs in Special Olympics NL?

As clubs review returning to programs/events, there are potential interventions worth considering for high-risk participants, including:

- Delaying a return to program/event
- Greater focus on individual or virtual training
- Maintaining physical distancing (6 ft / 2m) is maintained at all times
- Delay the return of "high risk" participants from the training environment
- Consideration given to timelines and the need for adjustment based on a vulnerable sector (RTP may look different than that of generic sport)
- Selecting programs based on minimal risk, human contact & sharing of equipment

The foundation of our plan for return to program is the health, safety and wellbeing of our community, especially athletes and volunteers. It is recommended that the final decision for involvement by high-risk participants be done in consultation with a healthcare provider, caregiver (if applicable), SONL, and be based on recommendations from Public Health.



COVID-19 SYMPTOMS

SYMPTOMS

Symptoms of COVID-19 are defined as having ONE or more of the following (new or worsening) in the last 14 days:

- Fever (including chills/sweats)
- Cough (new or worsening)
- Shortness of breath or difficulty breathing
- Runny, stuffy or congested nose (not related to seasonal allergies or other known causes/conditions)
- Sore throat or difficulty swallowing
- Headache
- Sudden loss of sense of smell or taste
- Unusual fatigue, lack of energy
- New onset of muscle aches
- Loss of appetite
- Vomiting or diarrhea for more than 24 hours
- Small red or purple spots on hands and/or feet (this symptom applies to children only)

The severity of symptoms can range from mild to severe. Current information suggests that most cases are not severe, nor do they require hospitalization.

If you start to have symptoms of COVID-19:

- Stay at home and self-isolate immediately. Complete the [COVID-19 self-assessment and testing referral tool](#) or contact 811.
- Do not visit your family physician's office and only go to your Emergency Department if it is an emergency.

For up to date information on COVID-19 in NL visit: www.gov.nl.ca/covid-19/

For more information on COVID-19 for individuals with disabilities visit: <https://www.gov.nl.ca/covid-19/life-during-covid-19/vulnerable-populations/persons-with-disabilities/>



GUIDELINES FOR MANAGEMENT OF COVID-19

PREVENTION:



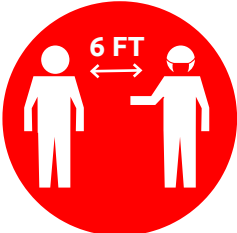
Educate / train volunteers, coaches, athletes and other stakeholders



Complete forms (registration, waiver, attendance and proof of vaccination)



Implement / encourage personal hygiene measures



Practice physical distancing and wear non-medical masks



Sanitize shared equipment and clean regularly

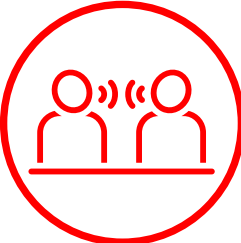


Monitor, review and update club plans

MANAGEMENT IF SOMEONE FEELS ILL:



Do not attend program/event



Tell family/caregiver (if applicable) and your Head Coach



Seek appropriate medical treatment



If needed, follow Public Health Guidance for quarantine



Get medical clearance before returning



POSITIVE CASE PROTOCOLS

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, SONL will put an immediate pause on any program/event where a participant has been diagnosed with the virus.

All volunteers will receive information on the Positive Case Protocol prior to the initial start of a program/event. Each program/event will be required to keep attendance records for each program session/event. Within 48 hours of a program session/event ending the attendance records **MUST** be entered into the [Special Olympics Portal](#). If records are not up to date, SONL will immediately shut down the program until records can be updated.

Any individual experiencing COVID-19 symptoms, or who has been advised to self-isolate, is not permitted to attend a program/event. Please consult [Public Health](#) 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, caregiver, volunteer, or participant must:

- Inform SONL **Executive Director** or **Program Director** of the positive COVID-19 test.
- Follow all guidance from [Public Health](#) for self-isolation and remain in self-isolation until Public Health or their doctor/medical professional advises that it is safe to return to normal activities.

When the Executive Director or Program Director is notified of a positive COVID-19 case, they must:

- Respect privacy laws and reveal only to the Club Coordinator that a positive case has been identified.
- Work with Club Coordinator to notify all participants in a timely manner that a positive case has been identified and advise participants to monitor for signs of illness.
- Participants are to be informed to follow [Public Health Guidance](#) regarding exposure to COVID-19. <https://www.gov.nl.ca/covid-19/exposed/>
- Put the program on pause for a minimum of 14 days from the time of the last session date, unless directed otherwise by Public Health.

The SONL Executive Director will also:

- Advise SONL Board of Directors of the case and actions taken.
- Advise CEO of Special Olympics Canada of the case.
- Provide key messaging for staff and Club Coordinator to ensure all are providing a consistent message.



When the Club Coordinator is notified of a Positive COVID-19 case, they must:

- Notify the Venue Manager in a timely manner of the positive case identified.
- Work with SONL Management to notify all participants in a timely manner that a positive case has been identified and advise participants to monitor for signs of illness.
- Participants are to be informed to follow [Public Health Guidance](https://www.gov.nl.ca/covid-19/exposed/) regarding exposure to COVID-19. <https://www.gov.nl.ca/covid-19/exposed/>
- Pause the program for a minimum of 14 days from the time of the last session date, unless directed otherwise by Public Health.

Throughout the self-isolation period, SONL Management in conjunction with the Club Coordinator will:

Contact the individual who tested positive and all program participants for a wellness check to ensure they have the support they require.

POSITIVE CASE TIMELINE:

WHO	TIME FROM NOTIFICATION	ACTION
Public Health or Participant	Within 1-2 hours	Whoever is notified or aware of a positive test must contact SONL, Executive Director or Program Director
SONL Executive Director or Program Director	Within 24 hours	Notify Club Coordinator of confirmed case Communicate immediate pausing of program
SONL Management & Club Coordinator	Within 24 hours	Initiate plan to notify participants and advise them to follow current Public Health Guidance regarding exposure to COVID-19 SONL Management develop key messaging & circulate as needed
SONL Management & Club Coordinator	Within 14-21 Days (after notification)	Complete wellness checks with individual who tested positive and all program participants Notify Club of their ability to resume the program (based on Public Health Guidance)

EXECUTIVE DIRECTOR,
TRISH WILLIAMS
709-738-1923 (OFFICE) 709-690-8335 (CELL)

PROGRAM DIRECTOR,
KIM MCDONALD-WILKES
709-293-1444 (CELL/OFFICE)

IMPORTANT NOTE:

Be aware of member privacy when disclosing information. The name of the individual will not be announced, only that a suspected or confirmed case of COVID-19 has occurred at a program.



RETURN TO PROGRAM PHASES

ALL CLUBS RETURNING TO PROGRAM/EVENTS MUST RECEIVE APPROVAL FROM SONL

NL ALERT LEVEL 3-5	NL ALERT LEVEL 2	NL ALERT LEVEL 1
SONL PHASE A	SONL PHASE B	SONL PHASE C

COMMUNITY CLUB BASED ACTIVITY

ZERO IN-PERSON ACTIVITY VIRTUAL ONLY	LIMITED / MODIFIED IN-PERSON ACTIVITY SUPPORTED VIRTUALLY	TBD
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STAFF BASED ACTIVITY

POSSIBLE REDUCED STAFF WORK FROM HOME NO TRAVEL	STAFF WORK FROM HOME AND/OR OFFICE TRAVEL DETERMINED BY CURRENT GUIDELINES	TBD
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SPECIAL OLYMPICS PROGRAM (ATHLETE LEADERSHIP, HEALTHY ATHLETES, YOUNG ATHLETE, ETC.)

ZERO IN-PERSON ACTIVITY VIRTUAL ONLY	LIMITED / MODIFIED IN-PERSON ACTIVITY SUPPORTED VIRTUALLY	TBD
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SCHOOL BASED ACTIVITY

ZERO IN-PERSON ACTIVITY VIRTUAL ONLY	LIMITED / MODIFIED SCHOOL ACTIVITY SUPPORTED VIRTUALLY	TBD
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FUNDRAISING/SOCIAL BASED ACTIVITY

ZERO IN-PERSON ACTIVITY VIRTUAL ONLY	LIMITED / MODIFIED ACTIVITY SUPPORTED VIRTUALLY	TBD
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RECOMMENDATIONS FOR ACTIVITIES: GENERAL MEASURES

NL ALERT LEVEL 3-5	NL ALERT LEVEL 2	NL ALERT LEVEL 1
SONL PHASE A	SONL PHASE B	SONL PHASE C
<p>Zero-in person activity</p> <p>Virtual programs/events & meetings only</p>	<p>Club MUST receive approval from SONL prior to returning to program/event</p> <p>Maximum number of people allowed as per Public Health Guidance in place at time of program/event</p> <p>Venue specific guidelines must be followed</p> <p>Clubs must have all needed cleaning, first aid and personal protective equipment (PPE) supplies. Cleaning should be done regularly</p> <p>Emergency Action Plan (EAP) updated to reflect new protocols</p> <p>All required forms, waivers and proof of vaccination must be complete</p> <p>Attendance Protocol followed. Failure to comply will result in program being paused until compliance can be met</p> <p>Competitions permitted as per current Public Health guidance in place at time of competition</p>	<p>To be determined based on Public Health Guidance</p>



HYGIENE MEASURES

NL ALERT LEVEL 3-5	NL ALERT LEVEL 2	NL ALERT LEVEL 1
SONL PHASE A	SONL PHASE B	SONL PHASE C
<p>Zero in-person activity</p> <p>Virtual programs/events & meetings only</p>	<p>Washroom cleaning plan in place if not specified by venue</p> <p>"Get in, Train and Get Out" Train then leave directly after session ends, no social engagement</p> <p>Arrive dressed and ready for session when possible</p> <p>Coaches/volunteers divide responsibilities (attendance, cleaning, etc.)</p> <p>Separate entrance/exit designated (with signage) where possible</p> <p>Hand sanitizer/hand washing stations available upon arrival/exit and elsewhere as needed</p> <p>Signage to reinforce proper hygiene, physical distancing and PPE as needed</p> <p>No sharing of drink bottles (encourage individual labeling)</p> <p>Do not attend if feeling unwell</p> <p>No spitting, yelling, or whistle blowing</p>	<p>To be determined based on Public Health Guidance</p>



SPECTATORS & ADDITIONAL PERSONNEL

NL ALERT LEVEL 3-5	NL ALERT LEVEL 2	NL ALERT LEVEL 1
SONL PHASE A	SONL PHASE B	SONL PHASE C
<p>Zero in-person activity</p> <p>Virtual programs/events & meetings only</p>	<p>Follow Public Health Guidance & Venue Specific guidelines regarding number of spectators</p> <p>Spectators should be in designated area separate from athletes</p> <p>Pick up/drop off is encouraged</p> <p>Limit non-essential people at venue where possible</p> <p>Maintain physical distancing 6 ft/2m</p> <p>Non-medical masks (NMM) are mandatory as per Public Health Guidance</p> <p>All non-registered individuals entering the field of play are to complete an Event Participation Waiver</p>	<p>To be determined based on Public Health Guidance</p>

MEETINGS / FUNDRAISING / SOCIAL EVENTS

NL ALERT LEVEL 3-5	NL ALERT LEVEL 2	NL ALERT LEVEL 1
	SONL PHASE B	
<p>Zero in-person activity</p> <p>Virtual programs/events & meetings only</p>	<p>Follow Public Health Guidance & Venue Specific guidelines</p> <p>No sharing of food/beverages, no buffets</p> <p>Attendance Protocol & Tracker to be followed</p> <p>Waivers & Proof of Vaccination in affect</p>	<p>To be determined based on Public Health Guidance</p>



FOR COACHES AND VOLUNTEERS

AREA	PHASE B	PHASE C
Off-field Preparation	<ul style="list-style-type: none"> Complete Leading a Return to Sport eLearning module (Head and Assistant/Associate Coaches Only) Contact athletes to ensure they are ready to return Remember "Get in, Train and Get Out" Advise anyone feeling unwell to not attend Registration, waivers & Proof of Vaccination completed prior to starting of the program/event Attendance Protocol followed (during each session) 	TBD
On-field Preparation	<ul style="list-style-type: none"> Modify the program/event for physical distancing Cleaning procedures and equipment comply with Public Health Guidance Have required personal protective equipment (PPE) Mandatory non-medical masks (NMM) for all volunteers. Face shields or goggles and NMM are mandatory during First Aid situations. Group athletes into smaller groups as needed Follow Sport Specific Guidelines Inform participants of any restricted areas at the venue 	TBD
Emergency Action Plan (EAP)	<ul style="list-style-type: none"> Update EAP as needed CSA Z1220-17 First Aid Kit(s) & required PPE Assign roles to volunteers limiting contact or sharing of items First Aid CPR Response as per Heart & Stroke Guidelines 	TBD
Practice	<ul style="list-style-type: none"> "Get in, Train and Get out" Maximum number of people as per Public Health Guidance Minimum 1 Safety Volunteer at each program/event No socializing or shared group meals (no buffets) No sharing of any personal items 	TBD
Health & Hygiene	<ul style="list-style-type: none"> No contact including high-fives or handshakes All participants are to follow good hygiene practices Hand sanitizer at entrance/exit of program/event Signage to support as needed New NMM to be provided to each individual upon arrival - dispose at home - if athlete/volunteer prefers their personal mask to be worn that is allowed 	TBD



FOR CLUBS

AREA	PHASE B	PHASE C
Approvals	<ul style="list-style-type: none"> All Head and Assistant/Associate Coaches complete Leading a Return to Sport Participation eLearning module Complete Return to Program Application online Venue Manager approves return to program plan if applicable Assist in contacting athletes/caregivers as needed Review Positive Case Protocols Registration, waivers & proof of vaccination completed Attendance Protocol followed (during each session) Insurance arrangements confirmed (if applicable) 	TBD
Practice	<ul style="list-style-type: none"> Maximum # of people/spectators as per Public Health Guidance Cleaning procedures and equipment comply with Public Health Guidance All personal protective equipment (PPE) available to each program (New NMM, face shields etc.) Non-medical masks are mandatory as per Public Health Guidance. Face shield or goggles and NMM mandatory during First Aid situations Cleaning supplies available to each program/event Inform participants of any restricted areas at the venue Encourage limiting carpooling when possible 	TBD
Communication	<ul style="list-style-type: none"> Communicate to athletes, coaches, volunteers and caregivers Return to Program Plan Follow Safe Sport guidelines Reinforce all health & hygiene guidance Review Positive Case Protocols Meet with SONL staff prior to return (first program/event only) 	TBD
Facilities	<ul style="list-style-type: none"> Contact Venue Manager and discuss all aspects of RTP Visit venue with volunteers as needed to complete Risk Assessment & Mitigation included in the Online Return to Program Application 	TBD
Health & Hygiene	<ul style="list-style-type: none"> New NMM provided to each individual upon arrival - to be disposed at home for those who choose to wear a NMM All participants are to follow good hygiene practices Hand sanitizer at entrance/exit of program Signage to support as needed 	TBD



FOR ATHLETES

Special Olympics
Newfoundland & Labrador



www.sonl.ca



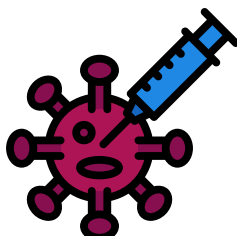
[Healthy @ Home](#)



[Wash Your Hands](#)



[How to wear a mask](#)



[Vaccine Info](#)



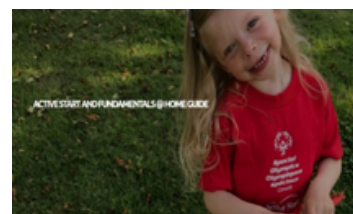
[Before You Start](#)



[Nutrition Guide](#)



[COVID Alert APP](#)



[Young Athletes At Home Guide](#)



[School of Strength](#)



[Physical Distancing](#)



[Fit 5](#)



[Activity Cards](#)



[Tips](#)



[Healthy Sleeping](#)



ATHLETE CHECKLIST

A coach will let you know when your program will start

Please use this checklist to help you remember the new **Do's** and **Don'ts**

DO

- Wear a Non-medical mask
- Shower at home before and after your program
- Practice physical distancing - 6 Feet/2 metres from other people
- Arrive at your program on time (no more than 10 minutes before practice starts)
- Leave straight after practice is finished
- Bring and use your own water bottle with your name on it
- Use hand sanitizer when you arrive and before you leave your program
- Get in, Train and Get Out!

DON'T

- Don't go to a program if you are feeling unwell
- Don't share your uniform, water bottle or any personal items with anyone
- Don't shower or use the change room at your program
- Don't sneeze or cough into your hands
- Don't hug, huddle, shake hands or high-five
- Don't touch your eyes, nose or mouth and don't spit
- Don't arrive at your program early or hang around after it is over



ADDITIONAL RESOURCES

SPECIAL OLYMPICS INTERNATIONAL (SOI)

<http://resources.specialolympics.org/resources-to-help-during-the-crisis>

GOVERNMENT OF CANADA

www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19

COACHING ASSOCIATION OF CANADA

www.coach.ca/sport-safety <https://coach.ca/return-to-sport/take-the-training>

SO HEALTHY AT HOME

<https://sohealthyathome.ca/coaches/>

CANADA COVID ALERT APP

www.canada.ca

GOVERNMENT OF NEWFOUNDLAND AND LABRADOR

www.gov.nl.ca/covid-19

COVID-19 VACCINE

www.gov.nl.ca/covid-19/vaccine/gettheshot/

HEALTH AND COMMUNITY SERVICES

www.gov.nl.ca/hcs/

COVID-19 SELF-ASSESSMENT

811healthling.ca/covid-19-self-assessment/

FIRST AID RESPONSE GUIDANCE

www.heartandstroke.ca/articles/modification-to-hands-only-cpr-during-the-covid-19-pandemic

BRIDGE THE GAPP

www.bridgethegapp.ca

SPECIAL OLYMPICS NEWFOUNDLAND AND LABRADOR

<https://www.specialolympics.ca/newfoundland-and-labrador>

SPECIAL OLYMPICS CANADA ONLINE REGISTRATION PORTAL

<https://portal.specialolympics.ca/>



APPENDIX 1: ROLE OF SAFETY VOLUNTEER

The Safety Volunteer(s) will support the program/event, ensuring all COVID-19 safety protocols and processes are in place and adhered to by all participants. They should attend all necessary meetings set by Club Executive and/or SONL to support a safe and positive return for all involved.

DUTIES INCLUDE (BUT ARE NOT LIMITED TO):

- Ensure prior to the start of the program/event, there is sufficient personal protective equipment (PPE), cleaning & disinfecting supplies, and hand sanitizer available.
- Assist participants with maintaining physical distancing (6ft/2m) during arrival, throughout the session, and during departure.
- Ensure all signage and physical distancing markers are in place prior to participant arrival.
- Ensure Attendance Protocol and COVID-19 Screening is being followed for all participants
- Ensure [Public Health Guidance](#) is being followed during the program/event
- Ensure the First Aid kit is onsite and fully stocked, including PPE.
- Encourage participants upon arrival to program/event are given and wear a new non-medical mask (NMM), which is to be disposed of at home. If a participant chooses to continue to wear their own personal mask, that is acceptable. (tongs may be used to help with the distribution of new disposable masks to participants)
- Ensure volunteer(s) who are able, wear a face shield and/or goggles along with a NMM during First Aid situations
- Ensure that upon arrival, throughout the program and during departure, all participants are following proper hand hygiene.
- Support athletes in recognizing if washroom facilities are available, and that only one person uses the facility at a time (this may differ based on venue specific guidelines).
- Ensure participants are not sharing personal items, such as water bottles.
- Ensure athletes have been picked up or have departed at the end of each program/event.
- Ensure all equipment used is cleaned and checked as needed.
- Assist with other duties as determined by specific program needs.



SPORT RISK ASSESSMENT

Please use the sport risk assessment, sport-specific guidelines and all resources in our Return to Program Plan to guide your club identify and mitigate identified risks.

LOW RISK	Sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
MODERATE RISK	Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particles transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants
HIGH RISK	Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

LOW RISK	MODERATE RISK	HIGH RISK
Athletics - Running Events Swimming - Individual Events Bocce - Singles Golf Cross Country Skiing Figure Skating Snow Shoeing Speed Skating (No Relays)	Athletics - Field Events / Relays Swimming - Relays Basketball - No Contact Rhythmic Gymnastics 5 and 10 Pin Bowling Curling Softball Bocce - Team Powerlifting	Soccer Basketball - Contact Floor Hockey



5 PIN BOWLING

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 5:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes should use their own equipment (bowling balls) when possible. If equipment is to be shared, athletes are to sanitize their hands prior to and immediately after their turn.
- Do not sanitize bowling balls before/after each use as this will make the bowling balls slippery and is a safety concern
- All equipment must be disinfected before and after the program

PRACTICE AND GAME PLAY

- The number of available lanes for use will be determined by venue size & layout
- Have participants spaced as much as possible when seated (can add additional chairs to assist where possible)
- Lane assignments for each cohort must be completed prior to the first session & communicated to all participants to reduce congestion upon arrival at the venue
- Assigned lanes will become a cohort. Athletes must remain with the same lane assignment and cohort throughout the duration of the program. i.e., cohort 1 assigned to lane 1, cohort 2 assigned to lane 2, etc.
- Participants stay in their designated area until they are called to play
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)



10 PIN BOWLING

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 8:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes should use their own equipment (bowling balls) when possible. If equipment is to be shared, athletes are to sanitize their hands prior to and immediately after their turn.
- Do not sanitize bowling balls before/after each use as this will make the bowling balls slippery and is a safety concern
- All equipment must be disinfected before and after the program

PRACTICE AND GAME PLAY

- The number of available lanes for use will be determined by venue size & layout
- Have participants spaced as much as possible when seated (can add additional chairs to assist where possible)
- Lane assignments for each cohort must be completed prior to the first session & communicated to all participants to reduce congestion upon arrival at the venue
- Assigned lanes will become a cohort. Athletes must remain with the same lane assignment and cohort throughout the duration of the program. i.e., cohort 1 assigned to lane 1, cohort 2 assigned to lane 2, etc.
- Participants stay in their designated area until they are called to play
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)



ATHLETICS

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 4:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- When shared equipment is being used (shot put, mini javelin, etc.) athletes must sanitize their hands prior to and immediately after.
- Do not disinfect equipment after each use as this can be a safety concern.
- Shot Put & Mini Javelin - Coach/volunteer should sanitize their hands after retrieval of equipment
- Long jump - use of pit permitted. Raking must be completed by the same volunteer, sanitize rake as needed
- Long jump - boards should only be handled by a volunteer
- Long jump - one (1) athlete on the long jump run at a time
- High jump - mats are NOT permitted at this time
- All equipment must be disinfected before and after the program
- Coaches should not share equipment when possible (i.e., clipboards, stopwatches, etc.)

PRACTICE & COMPETITION

- Participants must be physically distant (6ft/2m) throughout the session.
- Only every other lane is to be used (i.e., lanes 1,3,5 etc.). When athletes are passing on the track, they should try and keep physically distant between themselves and the athlete they are passing
- Relays are not be permitted
- Stagger starts as needed to allow for physical distancing
- Use markers/barriers as needed to show areas/lanes, not in use
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)



BOCCE

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 4:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes must sanitize their hands prior to throwing the pallina
- If the pallina is to be thrown again, the volunteer should retrieve and then sanitize hands
- Pallina must be disinfected between each frame
- No sharing of Bocce balls when possible. Athletes' Bocce balls should be identifiable or marked so athletes play with the same Bocce ball. If Bocce balls need to be shared, athletes must sanitize their hands prior to and immediately after use.
- Leave plenty of space between courts (suggested 12 feet / 4 metres)
- Only one (1) person can install and dismantle the Bocce court
- All equipment must be disinfected before and after the program

PRACTICE AND GAME PLAY

- Only one (1) athlete allowed in the court at a time
- Players only pick up their own Bocce ball, and only when instructed by a coach
- Physical distancing must be maintained. Players stand in their designated 6ft/2m area until they are called to play
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)
- Singles, Doubles or Team play is permitted



CURLING

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 5:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes requiring assistance with equipment should have someone from their household bubble assist them
- Athletes are to arrive ready to train. Change rooms may not be available at the venue
- Athletes are to use their own equipment when possible
- If the equipment at the facility is being used/shared, sanitize hands prior to and after use
- All equipment must be disinfected before and after the program

PRACTICE AND GAME PLAY

- Only intra-club competition permitted (athletes within the same club)
- Instead of a handshake, give a friendly wave or tap brooms to start the game
- Do not use coins to decide the last stone advantage in the first end. A coach may assign them every game or use an online tool on your phone: <https://justflipacoin.com/>
- Athletes stay on the same side of the sheet. For example, if you are playing on sheet 2, always walk or position yourself on the sideline to sheet 1. This will keep players 10 feet apart
- Insert two small markings, located four (4) feet from each side of centre ice (roughly 69 feet from end board). See Distancing Illustrations here: https://www.curling.ca/files/2020/07/Poster_11x17_Appendix-5_Return-To-Play_EN_v1.pdf



- **Non-Delivering Team:** The two sweepers of the non-delivering team should be positioned on these markings while the other team is throwing. The athlete of the non-delivering team whose turn it is next to deliver should be positioned at hogline on the same side as the two sweepers. The Skip (or Vice-Skip) will stand on the backboards, but no closer than the hack
- **Delivering Team:** The Skip has control of the house. The athlete whose turn it is to deliver is in the hack. The non-sweeping athlete is on the backboards. The sweeping athlete is at the T-Line. Once the stone has been released, the athlete who delivered the stone proceeds down the centre line of the ice until the halfway point to the marking or to the hogline if it is their turn next. After the stone comes to rest, the sweeper proceeds to the halfway markings. The non-sweeper travels to the halfway mark or the hogline depending on their turn to deliver or not
- As it is a labour-intensive activity to sanitize the scoreboard numbers after each game, consider other methods of keeping score (example: a coach records on a phone/notepad)
- One sweeper only on all delivered stones. No relaying (second sweeper taking over halfway down the sheet). The person in charge of the house is not allowed to sweep under any circumstance. The skip of the non-delivering must remain in the hack area until all stones come to rest. They are not allowed to sweep the opposition stone behind the tee-line
- The skip or vice skip (not both) of the non-delivering team must stand at the hack until the other team is finished playing and has relinquished control of the house.
- The skip or vice skip (both teams) may not sweep any stones (both colours) set in motion by the delivering team
- Alternate the start of games. Even-numbered sheets start at the home end and odd-number sheets start at the away end
- Live Traffic Flow Illustrations/Videos can be found here: <https://www.curling.ca/return-to-play/>



CROSS COUNTRY SKIING

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 3:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes should put on their own gear and/or have a caregiver designated to support them
- All equipment must be disinfected before and after the program

PRACTICE & COMPETITION

- Skills and drills recommended
- Stagger starts to avoid participants passing one another
- Only intra-club competition permitted (athletes within the club)



FIGURE SKATING

GENERAL

- Follow Athlete to Coach Ratio's 3:1
- All registered Special Olympics Head and Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Sport Specific Guidelines please follow [Skate Canada NL Return to Skate Guidelines](#)
- Follow Local Figure Skating Club / Venue Specific Guidelines
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)

SPEED SKATING

GENERAL

- Follow Athlete to Coach Ratio's 3:1
- All registered Special Olympics Head and Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Sport Specific Guidelines please follow [Speed Skating Canada Return to Sport](#)
- Follow Local Speed Skating Club / Venue Specific Guidelines
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)



FLOOR HOCKEY

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 6:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes to use their own equipment when possible - Goalie equipment not to be shared during the program
- Goalie equipment should dry for 48-72 hours before another athlete uses it. The same applies to helmets, shin pads & gloves
- Bibs/pinnies are not permitted - each athlete can bring two (2) tops (light & dark as an option)
- Athletes needing assistance putting on equipment should get help from parent/caregiver
- All equipment should be clearly labelled (name/coloured tape)
- Athletes are to arrive ready to train. Change rooms may not be available
- All equipment must be cleaned/disinfected before and after the program

PRACTICE AND GAME PLAY

- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)
- Instead of a handshake, give a friendly wave or tap sticks to start/end game
- Group huddles are NOT permitted
- Physical distancing (6ft/2m) must be maintained while on the bench and when giving instruction during gameplay



GOLF

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 4:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes use their own equipment when possible
- Shared or facility equipment being used must be cleaned between each use
- Assign areas for personal belongings
- All equipment must be disinfected before and after the program
- Note that the venue may not supply tees, pencils, water or sand bottles at this time
- Ball washers may not be available at this time, carry your own bottle of water & towel
- Club & pull cart rentals may not be available - note venue specific guidelines
- Sand/seed containers may not be provided; please repair divots as best you can
- Do not retrieve golf balls with your hands or touch pins, flags, or cups - contactless ball retrieval mechanism provided by the venue, note procedure in use

PRACTICE AND GAME PLAY

- Practice greens can be used, as long as physical distancing (6ft/2m) is maintained
- Note all signage at venue showing number of people allowed in designated areas & pace of play procedures
- Bunker rakes may not be available - please smooth sand with your foot or the club. Preferred lies are permitted in the bunker or the bunkers are to be played as Ground Under Repair at this time. If bunker rakes are available, only volunteers are permitted to use them
- Only intra-club competition permitted (athletes within the same club)



POWERLIFTING

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 4:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Bar will not be sanitized after every use (safety) - Athletes will sanitize their hands before and after each lift
- All equipment must be disinfected before and after the program

PRACTICE & COMPETITION

- Skills and drills recommended
- Only intra-club competition permitted (athletes within the club)



RHYTHMIC GYMNASTICS

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 4:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes use own equipment when possible
- Shared or facility equipment being used must be disinfected/cleaned between each use

PRACTICE & COMPETITION

- Participants to maintain physical distancing (6ft/2m) at all times during the session
- Only intra-club competition permitted (athletes within the same club)



SNOWSHOEING

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 3:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes use their own equipment when possible
- All shared equipment must be clearly labelled and cleaned/disinfected between each use
- All equipment must be disinfected before and after the program
- Coaches should use their own equipment when possible
- Shared coach equipment (clipboard, stopwatches, hand radios, etc.) require cleaning/disinfecting between each use

PRACTICE AND COMPETITION

- Participants must be physically distant (6ft/2m) throughout the session.
- Only every other lane is to be used (i.e., lanes 1,3,5 etc.). When athletes are passing on the track, they should try and keep physically distant between themselves and the athlete they are passing
- Relays are not be permitted
- Stagger starts as needed to allow for physical distancing
- Use markers/barriers as needed to show areas/lanes, not in use
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)



SOCCKER

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 6:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes use their own equipment when possible
- Shared or facility used equipment must be cleaned/disinfected between each use
- Bibs/pinnies are not permitted - each athlete can bring two (2) tops (light & dark as an option)
- All equipment must be disinfected before and after the program

PRACTICE AND GAME PLAY

- Participants to maintain physical distance (6ft/2m) throughout the session (bench, warm-up, practice)
- Skills and drills recommended
- No heading and no hand contact with the ball
- Only intra-club competition permitted (athletes within the club)



SOFTBALL

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 6:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes use own equipment when possible
- Shared or facility used equipment must be cleaned/disinfected between each use (with the exception of helmets, gloves & catchers gear - which will not be shared)
- All equipment must be disinfected before and after the program
- If dugout/benches are available, physical distancing must be maintained (6ft/2m) (additional area may be needed along fence line)

PRACTICE AND GAME PLAY

- Base coaches must be (6ft/2m) from 1st and 3rd base at all times - it is recommended, where possible, that no base coaches be used
- The catcher must be (6ft/2m) behind the strike mat
- Game balls are not to be shared between teams. Each team will provide sanitized balls. Balls will be controlled by the respective bench. If a ball goes out of play, the defensive team will throw a sanitized game ball into play. The out of play ball will be returned to the bench and sanitized. All balls must be disinfected after each half inning
- On deck batter limited to 1 bat & should remain in designated area until stoppage of play
- Catcher and Batter will maintain physical distance (6ft/2m)
- To eliminate potential contact: no force plays, including home plate, and no tag plays, including catcher pick off attempts
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)



SWIMMING

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 6:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Participants to bring/use own equipment when possible
- Shared or facility used equipment must be cleaned/disinfected between each use
- If venue allows use of blocks, starting blocks must be cleaned between each use
- All equipment must be disinfected before and after the program

PRACTICE & COMPETITION

- Reduce the number of athletes per lane to allow for physical distancing (6ft/2m)
- Participants swim in the middle of the lane (on lane line) where possible to maximize physical distancing
- Participants must maintain physical distancing (6ft/2m) throughout practice
- Skills and drills recommended
- Dryland training to be completed at home and prior to arrival - NOT on the pool deck
- Only intra-club competition permitted (athletes within the same club)



GENERAL WORKOUT

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 3:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Participants to bring/use own equipment when possible
- Shared or facility used equipment must be cleaned/disinfected between each use
- All equipment must be disinfected before and after the program

PRACTICE

- Maintain physical distancing (6ft/2m) throughout practice
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)



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 complete the [COVID-19 self-assessment and testing referral tool](#) or contact **811** if they are feeling unwell.
- Before the start of any Special Olympics program/event, all participants will be asked a series of questions to assess if anyone is showing signs or symptoms of COVID-19. All participants at a program/event, must be documented in case someone in attendance is diagnosed with COVID-19 and contact tracing is needed.
- Before the start of any Special Olympics program/event, all participants must show proof of vaccination and be considered fully vaccinated. Individuals are considered fully vaccinated 14 days after their second dose in a two (2)-dose series, such as Pfizer, Moderna or Astra Zeneca vaccines, OR 14 days after a single-dose vaccine, such as Johnson & Johnson's Hanssen vaccine.

DISCLAIMER:

This Attendance Protocol and Tracker is provided by Special Olympics NL for informational and general guidance purposes only. It is the responsibility of Special Olympics NL and community clubs 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 NL 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. Designate a location to complete the attendance protocol that maintains physical distancing (6ft/2m). Safety Volunteer(s) follow COVID-19 screening questions and take attendance at each program/event. If an athlete is unable to answer the questions on their own, have a caregiver present to assist.
2. Safety Volunteer(s) 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 **ONE** of the following symptoms of COVID-19 (new or worsening) in the last 14 days?
 - Fever (including chills/sweats)
 - Cough (new or worsening)
 - Shortness of breath or difficulty breathing
 - Runny, stuffy or congested nose (not related to seasonal allergies or other known causes/conditions)
 - Sore throat or difficulty swallowing
 - Headache
 - Acute loss of sense of smell or taste

***Note: Signed Waiver forms need to be received from each participant prior to them participating in their first program/event. Participants will only need to sign the waiver form once. Participants will be required to go through the Special Olympics attendance protocol at each program/event they attend.*

Sept 2021



- Unusual fatigue, lack of energy
- New onset of muscle aches
- Loss of appetite
- Vomiting or diarrhea for more than 24 hours
- Small red or purple spots on hands and/or feet (this symptom applies to children only)

c. Have you, in the past 14 days, come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or have you been advised to self-isolate for any reason (e.g., travel, public health advice, public advisories)?

*Symptoms listed as per <https://www.gov.nl.ca/covid-19/public-health-guidance/covid-19/symptoms/>

3. Safety Volunteer(s) must record all names, results and contact information on either SONL provided attendance tracker or an online form containing all required information and approved by SONL.
 - 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), sent home to self-isolate immediately, and encouraged to complete the [COVID-19 self-assessment and testing referral tool](#). or contact **811**.
 - b. Participants who are found to have COVID-19 symptoms and do not get tested must wait 14 days after symptoms first appeared **AND** must have no fever for 24 hours without the use of fever-reducing medications **AND** must ensure other symptoms of COVID-19 have resolved.
 - c. Participants who test positive for/have COVID-19 must follow Public Health directives given to them **AND** provide written medical clearance to SONL before returning to any program/event.
4. Club designate must enter the attendance tracker information in the [Special Olympics Portal](#) within 48 hours of the program session/event ending.
5. Program/event attendance tracker information must be kept for contact tracing/reporting purposes.

Throughout the program/event, remind participants of infection prevention protocols (e.g., wearing a non-medical mask (NMM), physical distancing, hygiene, and disinfection/sanitation).

All required registration forms (Athletes and Volunteers), waivers, and proof of vaccination must be completed by ALL participants before entering a program/event.

***Note: Signed Waiver forms need to be received from each participant prior to them participating in their first program/event. Participants will only need to sign the waiver form once. Participants will be required to go through the Special Olympics attendance protocol at each program/event they attend.
Sept 2021*



SONL Attendance Tracker Program/Event: _____ Date: _____ Location: _____

Participant First and Last Name	Role (Athlete, Coach, Volunteer, Caregiver, Staff, etc.)	Emergency Contact Name & Phone Number	Waiver Received (Y/N)	Protocol Questions Asked (Y/N)	Signs or Symptoms of COVID-19 (Y/N)	Proof of Vaccination *Must be fully vaccinated (Y/N)
All required forms must be completed and received from each participant prior to entering a program/event						
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Signature of Individual(s) who completed attendance protocol and tracker

Printed Name: _____ Signature: _____

Printed Name: _____ Signature: _____

- *Provincial Public Health Guidelines, individuals are considered fully vaccinated:
- 14 days after their second dose in a two (2) – dose series, such as Pfizer, Moderna or Astra Zeneca vaccines,
 - 14 days after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine

***Note: Signed Waiver forms need to be received from each participant prior to them participating in their first program/event. Participants will only need to sign the waiver form once. Participants will be required to go through the Special Olympics attendance protocol at each program/event they attend.
Sept 2021*

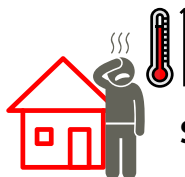


APPENDIX 4: EASY LANGUAGE GUIDE

Rules to follow for all programs. We do this to help stop the spread of COVID-19.



Shower/bath at home before and after your program.



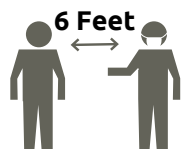
Stay home if you feel sick.



Sign-in at every program.



Cough or sneeze into your elbow.



Keep space between people (6ft/2m).

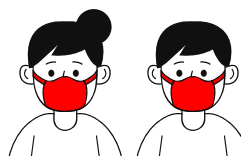


Do not high five or touch.



10 MINUTES

Arrive no more than 10 minutes before program start. Leave when program is finished.



Wear a clean mask.



Only use YOUR own water bottle.



Wash your hands before and after program.

SPECIAL OLYMPICS NEWFOUNDLAND AND LABRADOR
PROOF OF COVID-19 VACCINATION

This Policy has been prepared by Special Olympics Newfoundland and Labrador and is a Provincial Policy applicable to Special Olympics Newfoundland and Labrador and its community Clubs. This document cannot be modified by a community Club without consultation and approval from Special Olympics Newfoundland and Labrador.

EFFECTIVE DATE: SEPTEMBER 15, 2021 LAST REVISED: SEPTEMBER 29, 2021

Purpose

To protect the health and safety of the Special Olympics Newfoundland & Labrador membership from the spread of COVID-19, this policy provides direction on the conditions under which individuals will be permitted to participate in Special Olympics Newfoundland & Labrador activities.

Scope

This policy applies to all staff, athletes, coaches, volunteers, respite workers, and event participants. This policy does not apply to children under 12.

Definitions

1. The following terms have these meanings in this policy:
 - a. “Accepted Vaccine” – A COVID-19 vaccine that has been approved for us by Health Canada.
 - b. “Creed/Religion Exemption” – Grounds to be exempted from getting a COVID-19 vaccine based on an established, personally held creed or religion.
 - c. “Fully Vaccinated” – Having received the completed series of an accepted COVID-19 vaccine. An individual is considered fully vaccinated fourteen (14) days after receiving their completed dose.
 - d. “Medical Exemption” – Grounds to be exempted from getting a COVID-19 vaccine based on the risk of substantive injury and/or disability.
 - e. “Proof of Vaccination” – in the form of an official dose administration receipt, is required by all individuals.

Policy Statement

2. To protect the health and safety of our membership, Special Olympics Newfoundland & Labrador is requiring that individuals be fully vaccinated as a condition of participation in our programs and events.

Proof of COVID-19 VACCINATION POLICY
SONL BOARD APPROVED: SEPTEMBER 29, 2021

Special Olympics Newfoundland & Labrador will continue to follow all federal, provincial, and local public health regulations related to the COVID-19 pandemic.

Public health guidance on measures for fully vaccinated, partially vaccinated, and unvaccinated individuals may continue to evolve and could affect this policy.

Accepted vaccines

3. Special Olympics Newfoundland & Labrador will accept the COVID-19 vaccines approved by [Health Canada](#).

Proof of COVID-19 vaccination

4. Individuals coming to programs or events will be required to provide proof of having been fully vaccinated with an accepted vaccine.

Children Under 12

5. This policy does not apply to children under twelve until such time that Health Canada approves a vaccine for their age group.

Exemptions

6. Special Olympics Newfoundland & Labrador will consider on an individual basis requests from members for exemptions on medical grounds and/or because of their creed/religion.

Requests for medical exemptions will be considered upon submission of written confirmation from a physician that the member is unable to be vaccinated for COVID-19.

Requests for creed/religion exemptions will be considered upon submission of a letter explaining the rationale for the exemption request. Special Olympics Newfoundland & Labrador reserves the right to make the appropriate inquiries to verify the authenticity of a creed/religion-based claim.

Proof of COVID-19 VACCINATION POLICY
SONL BOARD APPROVED: SEPTEMBER 29, 2021