



The health and safety of our athletes, volunteers, coaches, officials, staff, and all of our stakeholders is the number one priority for Special Olympics Wyoming

The following information is to provide athletes, coaches, agencies, and organizations involved with Special Olympics Wyoming information to assist them in a return to training/play during the current COVID-19 pandemic.

This document does not address all aspects of decision making; it is intended as a roadmap for the statewide organization’s decision to return to play and options for local and area programs to start training and ultimately competing. All return to play plans and timelines must be compliant with guidelines established by the Center for Disease Control (CDC), the State of Wyoming Department of Health, and Special Olympics Wyoming.

RETURN TO TRAINING PHASES

INITIAL PHASE	TRANSITIONAL RESTRICTIONS	FINAL PHASE
Shelter in place required & public facilities are closed	<ul style="list-style-type: none"> •Shelter in place is lifted, restriction on size of mass gatherings (<10 people), public facilities are closed •Size restrictions on mass gatherings are increased, public facilities are open 	Gatherings and public facilities are open.

INITIAL PHASE Public health authorities require shelter in place, and public facilities utilized for training and competition are closed to the public. Special Olympics Inc.’s recommendations include prohibiting in-person training programs from occurring.

1. Individual training sessions occur at home using an athlete’s own equipment and training space available. All fitness, training, and coaching is done virtually.
2. Athletes, coaches, and volunteers observe all appropriate CDC guidelines on Personal Protective Equipment (PPE) and cleaning of surfaces and environments where applicable and follow all preventative measures when in public. Infection Prevention recommendations can be found in Appendix I.
3. Athletes and volunteers should only leave their homes for essential work or errands.

TRANSITIONAL PHASE – PART 1 Public health authorities lift the shelter in place requirements, but there is a restriction of the size of gatherings to < 10 people. Public facilities have limited availability or remain closed.

1. Individual training sessions continue at home to supplement practice time using the athlete's own equipment and training space available.
2. Individual training participants should self-monitor daily for symptoms of COVID-19. If any signs or symptoms of infection are present, the participant should not attend any training sessions and should notify coaches and appropriate area leadership, and should contact their healthcare provider. Signs and symptoms of COVID-19 can be found in Appendix I.
3. Athletes/Unified Partners/Coaches/Volunteers (training group participants) with underlying health conditions should not attend any in-person training sessions.
4. Athletes/Unified Partners may train in the presence of a coach/volunteer in small groups (< 10 people) as long as a safe training environment can be secured. Considerations for a Safe Environment document can be found in Appendix III.
5. Small group training sessions should take place outside in an area where physical distancing can be maintained.
6. Training group participants may attend training as long as they meet the following criteria:
 - a. Participant in the training group has had no signs or symptoms of COVID-19 in the past 14 days. (See Appendix I for signs and symptoms)
 - b. Participant in the training group has not had close sustained contact (< 10 people) with anyone who is sick within 14 days of beginning training.
 - c. All participants must self-monitor, or with assistance from the participant's caregiver, for symptoms of infection daily. The participant should not attend training if any signs or symptoms of infection are present and should contact their coach and their healthcare provider immediately.
 - d. If a training group participant has had a case of documented COVID-19 infection, a physician's note indicating they are cleared to participate in training is required.
7. Training group participants should travel independently to training sessions or travel with individuals from their at-home environment only.
8. Participants must use their own equipment during training. This includes the participant's own sports equipment, water bottle, towel, etc. where applicable.
9. Upon arrival to train, all participants need to answer a survey regarding the current status and discuss any signs and symptoms of COVID-19. Standardized screening questions can be found in Appendix IV.

10. Coaches must keep an accurate attendance sheet at the practices of all participants. This will allow for contact tracing should an occurrence of COVID-19 occur.

11. Participants must be able to comply with appropriate physical distancing guidelines recommended by the CDC, the Wyoming Department of Health, or Special Olympics Wyoming at all training sessions. Coaches must consider spacing in the training area and modify drills and activities to comply with physical distancing guidelines.

12. No activities at training that require contact between participants should occur.

13. If the environment requires it, rigorous and frequent cleaning of equipment with disinfectant before, during, and after training should occur.

14. Standard infection prevention measures (e.g., frequent handwashing, avoid touching your face, cover your mouth when coughing, etc.) should be in place. Infection Prevention recommendations can be found in Appendix I.

15. Wearing appropriate PPE to prevent contact with contaminated surfaces should be utilized if the training environment must be cleaned by participants and follow guidelines as recommended by the CDC, Wyoming Department of Health, and Special Olympics Wyoming.

16. Coaches and volunteers should minimize changes in personnel in the training groups, so monitoring of current conditions of the training group can be monitored more effectively. If a group is living in a specific group home together, consider putting them all in one training group.

17. Participants should avoid post-practice contact (high fives, huddles) and maintain physical distancing as they depart the training facilities.

18. No spectators should be allowed to congregate on the sidelines of practices. Volunteers providing transportation for athletes should remain in vehicles until training sessions are over.

* Refer to Appendix II for additional information.

TRANSITIONAL PHASE – PART 2 Size restrictions on mass gatherings are increased but not at full capacity. Public facilities are open for use.

1. Athletes, partners, coaches, volunteers (training group participants) with underlying health conditions or any condition that would place the participant in a high-risk category should not attend any in-person training sessions.

2. Individual training participants should self-monitor daily for symptoms of COVID-19. If any signs or symptoms of infection are present, the participant should not attend any training sessions and should notify coaches and appropriate area leadership, and should contact their healthcare provider. Signs and symptoms of COVID-19 can be found in Appendix I.

3. Athletes/Unified Partners may train in the presence of a coach/volunteer in group sizes according to recommendations established by the CDC, the Wyoming Department of Health, and Special Olympics Wyoming as long as a safe training environment can be secured. Considerations for a Safe Environment document can be found in Appendix II & III.

4. Training group participants may attend training as long as they meet the following criteria:
 - a. Participant in the training group has had no signs or symptom of COVID-19 in the past 14 days. (See Appendix I for signs and symptoms)
 - b. Participant in the training group has not had close sustained contact with anyone who is sick within 14 days of beginning training.
 - c. All participants must self-monitor, or with assistance from the participant's caregiver, for symptoms of infection daily. The participant should not attend training if any signs or symptoms of infection are present and should contact their coach and their healthcare provider immediately.
 - d. If a training group participant has had a case of documented COVID-19 infection, a physician's note indicating they are cleared to participate in training is required.
5. Normal-sized group training sessions outside and/or inside using public training facilities can resume following any guidelines established by the CDC, Wyoming Department of Health, Special Olympics Wyoming, or the facility in which the training is occurring.
6. Participants may share equipment when drills or circumstances require it (i.e., soccer ball on the field). Participants should continue to supply their own water bottles, towels, and any personal hygiene products.
7. Upon arrival to train, all participants need to answer a survey regarding the current status and discuss any signs and symptoms of COVID-19. Standardized screening questions can be found in Appendix IV. Coaches must keep an accurate attendance sheet at practices on all participants. This will allow for contact tracing should an occurrence of COVID-19 occurs to a participant.
8. Activities at training that require contact between participants can resume.
9. If the environment requires it, rigorous and frequent cleaning of equipment with disinfectant before, during, and after training should occur.
10. Standard infection prevention measures (e.g., frequent handwashing, avoid touching your face, cover your mouth when coughing, etc.) should be in place. Physical distancing is no longer required. Infection Prevention recommendations can be found in Appendix I.
11. Wearing appropriate personal protective equipment (PPE) to prevent contact with contaminated surfaces should be utilized if the training environment must be cleaned by participants and follow guidelines as recommended by the CDC, Wyoming Department of Health, and Special Olympics Wyoming.

FINAL PHASE No restrictions on the size of mass gatherings and public facilities are open.

1. Incorporate current medical preventative measures into health plan of athletes, coaches, and volunteers (vaccination, standard testing, etc.)
2. Continue to educate athletes, coaches, and staff on the signs and symptoms of infection.
3. Training group participants may attend training as long as they meet the following criteria:
 - a. Participant in the training group has had no signs or symptom of COVID-19 in the past 14 days. (See Appendix 3 for signs and symptoms)
 - b. Participant in the training group has not had close sustained contact with anyone who is sick within 14 days of beginning training.
 - c. If a training group participant has had a case of documented COVID-19 infection, a physician's note indicating they are cleared to participate in training is required.
4. Continue standard infection prevention measures wearing appropriate PPE to prevent contact with contaminated surfaces. Follow the training environment guidelines for equipment cleaning by participants and follow guidelines as recommended by the CDC, Wyoming Department of Health, and Special Olympics Wyoming.

CORONAVIRUS

COVID-19 (Corona Virus Disease)

COVID-19



SAFETY ADVICES AND TIPS

SYMPTOMS



FEVER



COUGH



SHORTNESS OF BREATH



SORE THROAT



HEADACHE

PREVENTION



WASH HANDS WITH WATER AND SOAP/SANITIZER, AT LEAST 20 SECONDS



AVOID CONTACT WITH SICK PEOPLE



DON'T TOUCH EYES, NOSE OR MOUTH WITH UNWASHED HANDS



WEAR A MASK



AVOID CROWDED PLACES



AVOID CONTACT WITH ANIMALS AND ANIMAL PRODUCTS



DO NOT SHARE EATING UTENSILS AND FOOD



DON'T EAT RAW FOOD, THOROUGHLY COOK MEAT AND EGGS



AVOID TRAVELLING TO AFFECTED AREAS UNLESS NECESSARY



IF YOU BECOME SICK SEEK MEDICAL CARE IMMEDIATELY

IF YOU ARE INFECTED



STAY AT HOME



AVOID CONTACT WITH OTHERS



COVER YOUR NOSE AND MOUTH WITH TISSUE OR ELBOW WHEN SNEEZING



PUT TISSUES IN THE TRASH BIN AND WASH HANDS



KEEP OBJECTS AND SURFACES CLEAN

APPENDIX – II COVID-19 and Environmental Safety

The following guidance document is meant to serve as a tool for local programs to utilize to assist with the selection of training sites to help mitigate the risk of acquiring COVID-19 or the subsequent spread of the virus. Although this document does not contain “best practices” that will fit every situation and facility, it will give information on what considerations your group must consider as you choose to resume training activities.

1. Planning to Resume Training: If the local government has determined that small groups should not be together, it is clear that training should not occur.
2. Training Group Participant (athletes, partners, coaches, volunteers) Education: It is the responsibility of each local program to educate their Training Group Participants on the signs and symptoms of COVID-19, the preventative tips that must be followed, and a mechanism on how to communicate when a member of the Training Group Participants experiences symptoms of COVID-19.
3. Physical Distance: Can you maintain the recommended physical distance at the training site? Public health guidelines stress that whenever possible, everyone should leave at least six feet to the person closest to them. You should limit the number of spectators and make sure there are guidelines in place and enforced regarding social distancing around the training area.

Coaches should have materials to mark fields with appropriate social distancing markers for athletes and unified partners to follow. Cones or other devices can be used to mark off spaces and maintain proper physical distancing.
5. Handwashing: Frequent hand washing is vital to help combat the spread of any virus or bacteria. Does the facility where you are training have adequate handwashing facilities that can be accessed with minimal touching of common surfaces to enter and exit? When handwashing facilities are not available, there needs to be access to hand sanitizer with at least 60% alcohol.
6. Face Coverings or PPE: Participants should be given the option to wear face coverings and any PPE they feel necessary, especially in situations where physical distancing cannot be maintained or guaranteed consistently.
7. Screening of Participants for Symptom: Is there adequate space for participants to be asked screening questions regarding symptoms and/or to take the temperature of participants before they enter the training area?
8. Cleaning and Common Areas: Is the owner of the facility providing frequent and effective cleaning of the areas, especially those of public areas such as lobbies, doorways, restrooms, etc...? Are the restrooms available being cleaned frequently, and are there supplies consistently provided for hand washing and protective, preventive measures?
9. Entrance and Exit: Can your participants enter and leave maintaining social distancing within the training facility and in the parking lots associated with the training facility? Can you schedule times for people to arrive at the training site to stagger their entrance and exit? Have you given

the participant's transportation provider instructions on where and how you will need athletes to enter the facility?

10. Training Facility Space: How much training space will you need? Adhering to the six-foot physical distancing rule, you will need space that is at a minimum of 6x the number of people you have in each group. You will also need to calculate how much space will be required between groups if you have more than one group at a training site at a time.

11. Emergency Action Plan (EAP): You should already have in place an Emergency Action Plan should someone become injured or develop symptoms while under your care at a training session. If you do not have one, you should develop an Emergency Action Plan for each facility. Local programs should contact the owner of the training site and determine if there is an EAP already in place for that particular facility and combine the facility action plan with considerations applicable to your training group.

12. Equipment Each participant should plan on bringing their own equipment and their own water supply for the duration of the training. Under no circumstances should water bottles be shared between training group participants or with spectators. Public hydration stations (water fountains) should not be utilized.

APPENDIX III - TRAINING IN A SAFE ENVIRONMENT

FOLLOW LOCAL GOVERNMENT GUIDANCE

What is your local government directive on activity? Use their guidance as a starting point but understand that just because other facilities may be open, it does not mean it is safe for you to have a training session.

EDUCATE YOUR ATHLETES AND VOLUNTEERS

Educate your athletes, partners, coaches, and volunteers on the signs and symptoms of COVID-19 and have a mechanism of communication should one of your group become ill.

PHYSICAL DISTANCING

Can you maintain physical distancing at your practice facility? That includes marking sections of the field, so athletes and volunteers understand and pay attention to distances between each other and between groups if there is more than one on the practice field.

HAND WASHING FACILITIES AVAILABLE

Does the training facility have adequate handwashing facilities for your athletes, partners, coaches, and volunteers?

PARTICIPANTS CAN WEAR PPE

Athletes, partners, coaches, and volunteers can wear PPE if they choose to do so and practice accommodations are made to allow them to do so

SPACE TO SCREEN PARTICIPANTS

You must have space away from the practice area to collect answers to the symptom survey of all participants attending practices.

TRAINING FACILITY SPACE

Remember, you need enough space within your group to safely maintain the 6-foot physical distancing recommendation between people. You should maintain a reasonable distance between your training group and any other groups who may be using the facility or additional training groups that may be sharing space.

KEEP IT CLEAN

Sanitize. Sanitize. Sanitize! Frequently clean commonly touched objects with an antibacterial cleaner. Does the facility you are using have staff and a consistent schedule of cleaning the facility, restrooms, and handwashing areas

ENTRANCE AND EXITS FROM FACILITY

Can your participants enter and exit the training facility maintaining the required social distancing? Participants should be able to get in and out of the facility and still maintain physical distancing. This should include the parking lot, and families may need some guidance on where to park to maintain adequate distance.

EMERGENCY ACTION PLANNING

Each coach should have an Emergency Action Plan that covers what tasks need to be accomplished and by whom should a medical emergency occur, should the weather become an issue, or if a training participant should arrive with or contract COVID -19 during the training season.

PARTICIPANTS BRING THEIR OWN EQUIPMENT

All participants should bring their own equipment to the training sessions. This includes sports equipment, water bottles, towels, and any other item that would come in contact for prolonged times by an individual.

APPENDIX IV - COVID-19 Daily Self Checklist

Special Olympics Wyoming participants should review this document before attending any Special Olympics Wyoming training session. Each coach must ask these questions of each of their athletes, partners, coaches, and volunteers before athletes enter the training area. If you reply YES to any of the questions below, STAY HOME, do not attend any group training sessions, and contact your healthcare provider for further advice. If athletes arrive at a training session and answers yes to any of these questions, they should not attend the training session until cleared by a physician to do so.

Do you have a fever (temperature over 100.30F) without having taken any fever-reducing medications?

Yes

No

Loss of Smell or Taste?

Yes

No

Muscle Aches?

Yes

No

Sore Throat?

Yes

No

Cough?

Yes

No

Shortness of Breath?

Yes

No

Chills?

Yes

No

Headache?

Yes

No

Have you been asked to self-isolate or quarantine by a medical professional or a local public health official?

Yes

No

Have you experienced any gastrointestinal symptoms such as nausea/ vomiting, diarrhea, loss of appetite?

Yes

No

Have you, or anyone you have been in close contact with, been diagnosed with COVID-19, or been placed on quarantine for possible contact with COVID-19?

Yes

No