



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

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

## TRAINING

1. 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.
2. Athletes/Unified Partners/Coaches/Volunteers (training group participants) with underlying health conditions should not attend any in-person training sessions.
3. Athletes/Unified Partners may train in the presence of a coach/volunteer in small groups (< 25 people) as long as a safe training environment can be secured.
4. If a training group participant has had a case of documented COVID-19 infection, a physician's note indicating they are clear to participate in training is required.  
**\*Please notify Special Olympics Wyoming if you have an athlete, partner, or volunteer that has a confirmed case of the coronavirus.**
5. Training group participants should travel independently to training sessions or travel with individuals from their at-home environment only.
6. Participants must use their own equipment during training. This includes the participant's personal sports equipment, water bottle, towel, etc. where applicable.
7. All participants should arrive wearing a mask.

8. 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.
9. 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.
10. No activities at training that require contact between participants should occur. Participants should avoid post-practice contact (high fives, huddles) and maintain physical distancing as they depart the training facilities.
11. If the environment requires it, rigorous and frequent cleaning of equipment with disinfectant before, during, and after training should occur.
12. Standard infection prevention measures (e.g., wear a mask, 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.
13. Coaches and volunteers should minimize changes in personnel in the training groups, so monitoring of current conditions can be more productive. If a group is living in a specific group home together, consider putting them all in one training group.
14. No spectators should be allowed to congregate at practices. Volunteers providing transportation for athletes should remain in vehicles until training sessions are over.  
\* Refer to Appendix II for additional information.

# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



When in public, wear a cloth face covering over your nose and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

2020-4 April 2020 12PM

## APPENDIX – II COVID-19 and Environmental Safety

The following guidance document serves as a tool for local programs 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: The local program is responsible for educating their stakeholders on the signs and symptoms of COVID-19. This education should include preventative tips to follow, and a mechanism on how to communicate when a member 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. Just a reminder that spectators are discouraged at training sessions.

Coaches should have materials to mark fields with appropriate social distancing markers for athletes and unified partners to follow. Use cones or other devices 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 are expected to wear face coverings and any PPE 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 at each facility should someone become injured or develop symptoms while under your care at a training session.

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.

## APPENDIX III - 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