

Special Olympics Great Britain

RETURN TO ACTIVITY FRAMEWORK

14 August 2020

Special Olympics
Great Britain



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INTRODUCTION

Welcome

Firstly, I wanted to start by saying a big thank you for your support during these challenging times, as well as your patience during the development of our Return To Activity Framework.

We are all really keen to get back to training, competitions and spending time with our Special Olympics GB family. This Framework sets out the first steps to allow us to do this, as well as protecting the safety and wellbeing of our athletes and volunteers.

This Framework plan is designed to assist Special Olympics GB athletes, clubs, coaches, officials and families in understanding the approach and requirements which need to be met in order for Special Olympics GB sport, events and training to be conducted as safely as possible.

The arrangements set out in this Framework and accompanying resources are intended to prevent the transmission of COVID-19 from Special Olympics GB organised activities among members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community.

The Plan provides the Framework to govern the general operation of Special Olympics GB, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at Special Olympics GB activity.

This Plan includes, but is not limited to, the conduct and implementation of:

- a) Staged training and competition activities (sport operations); and
- b) COVID-19 management of illness protocols

At all times the Plan is subject to all UK, Home Country, Local Government and public health authorities laws, regulations and directions, which could change at any given time.

Our guidelines must be considered in line with National Governing Bodies for specific sports along with the latest regulations, guidelines and directions from all levels of government and public health authorities.

Return to Activity will be different for each sport in each Region. We understand that this will be a complex process taken with many precautions and appreciate that at times it may not be possible to implement the guidance exactly as it is set out in this Framework, however, we must all make a collective effort to follow the guidance as best we can.

The health, safety and wellbeing of our community, especially athletes, will always be at the heart of everything we do and every decision we make.

If after reading the Framework (including the associated Resources) and engaging in the Webinars and Regional Check-ins, you still have questions you can contact me on laura.davies@sogb.org.uk or 07535 690 944.

Many thanks for your continued support.

Laura Davies
Head of Sport and Competition

RESPONSIBILITIES UNDER THE FRAMEWORK

Special Olympics Great Britain retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this Plan.

The Board of Directors and Chief Executive Officer of Special Olympics Great Britain is responsible for:

- Approving the Plan and overseeing the implementation of the arrangements in the Plan; and
- Revising the Plan as required, ensuring it reflects up to date information from Government and public health officials.

COVID-19 Safety Coordinator

The National Board and Chief Executive Officer has appointed the following person as the Special Olympics Great Britain COVID-19 Safety Coordinator to execute the delivery of the Plan and to act as a point of contact for information relating to this Plan:

Name: Paul Lockyer

Contact Email: Paul.Lockyer@sogb.org.uk

Contact Number: +44 (0) 7311 646508

Disclaimer and Compliance

This plan is Special Olympics Great Britain's return to activity plan and recommends following any laws, regulations and directions from relevant Local Authority or Home Country and aligns with Special Olympics and UK Government frameworks. No specific exemptions are being sought to recommence activity outside Government and/or public health authority laws, regulations and directions. Special Olympics Great Britain policies continue to apply and should be considered in addition to these return to activity guidelines.

Message from Special Olympics International

As individuals, communities, and nations around the world resume operations and activities in the time of COVID-19, Special Olympics has developed guidance for its Programs on returning to activities. This guidance is founded on the latest medical information available and guidance from organizations such as the World Health Organization (WHO) and nation-specific health agencies such as the Centers for Disease Control and Prevention (CDC) in the U.S.

Throughout this document “participants” are defined as all athletes, Unified partners, coaches, volunteers, family members, caregivers, staff or others in attendance of an activity.

Guidance on COVID-19 Return to Activities

Information on COVID-19 is changing daily. Transmission rates vary across the country. Special Olympics International, National and Local Government, National Governing Bodies of Sport and health agencies are developing their own guidance and mandates.

These are intended as minimum guidelines for Special Olympics Great Britain clubs as they consider returning to activities. **It is intended to supplement – not replace – any Governmental guidance or health and safety laws, rules and regulations with which similar organisations must comply and as such may change and/or cease at any time.**

Additionally, the information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Special Olympics Great Britain makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about symptoms and/or diagnoses related to COVID-19.

Guiding Principles

The following Framework is based on the Special Olympics International 'Return to Activity protocol' and as such follows the same 5 guiding principles:

1. The health and safety of all members of the Special Olympics movement is paramount.
2. Beyond a sports organisation, Special Olympics is a movement for and by people with intellectual disabilities (ID), and its guidance must be inclusive and directed at the unique needs and abilities of people with ID.
3. Relevant WHO and country-specific (e.g., UK Government and NHS) guidelines should serve as minimum standards. In addition, consideration should be given to local and community authorities in that if there are more conservative/restrictive guidelines, these should be followed.
4. Guidance is based on current medical information available at the time of publication. As knowledge of COVID-19 is changing rapidly, guidance will continue to evolve.
5. Guidance takes a phased approach that is dependent on local transmission rates as well as testing/monitoring/contact tracing/health system capacity.

SPECIAL OLYMPICS GREAT BRITAIN FRAMEWORK

Special Olympics Great Britain expects all members, participants, coaches, officials, administrative staff and volunteers to:

- Follow the health directions of Government and public health authorities as issued;
- Understand and act in accordance with this Plan as amended when appropriate;
- Observe any Return to Activity and COVID-19 management protocols and precautionary measures implemented by Special Olympics Great Britain ;
- Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and
- Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

A Multi-stage Approach

In line with Special Olympics International protocols, Special Olympics Great Britain will adopt a phased approach to return to activity focusing on athlete and volunteer readiness, compliance and practical delivery of sport sessions .

It is important to note there may be times a community will revert to an earlier phase if and when a spread of infection rises in the future.



SPECIAL OLYMPICS GREAT BRITAIN FRAMEWORK

The following Return to Activity phases and associated protocols have been developed with the following considerations:

Compliance

- SOI & SOEE
- UK Government & Home Nation Covid19 restrictions & recommendations
- Insurance
- Risk management process (Local & National)
- National Governing Body of Sport guidance
- Protocol for illness management

Athlete and Volunteer Readiness

- Online Resources
- Webinar on Return to Activity
- Supporting toolkits for Return to Activity for targeted audiences (including Easy Read versions)
- Social Media Campaign
- Potential Virtual Games inspired challenge

Sport Delivery

- Individual Sport Assessments
- Indoor Sport V Outdoor Sport
- Individual Sport V Team Sport
- Facility & Equipment Requirements
- Coaching V Care

With the appreciation that the COVID-19 pandemic and its wider impact is very complex, often confusing and an unpredictable situation, the Return to Activity Framework will be accompanied by a number of resources.

This will ensure that local clubs and coaches can implement the required protocols and deliver activity at each phase safely with confidence and support in line with the guidance.

SPECIAL OLYMPICS GB RETURN TO ACTIVITY PHASES

<p>0</p> <p>Prevalence: community transmission occurring Stay at home order in place for all individuals.</p> <p>UK/Home Country/Local Government COVID-19 Alert Level 3 and above</p> <p>No events or activities of any sort to be held in person.</p>	<p>1</p> <p>Prevalence: clusters of cases occurring Stay at home order is lifted, restriction on size of gatherings (less than 6* people).</p> <p>UK/Home Country/Local Government COVID-19 Alert Level 3-2</p> <p>HIGH RISK INDIVIDUALS should continue to remain at home.</p> <p><small>*figure set by UK Government as of 4th July 2020</small></p>	<p>2</p> <p>Prevalence: sporadic cases reported Size restrictions on gatherings increased to less than 30* people.</p> <p>UK/Home Country/Local Government COVID-19 Alert Level 2-1</p> <p>HIGH RISK INDIVIDUALS should continue to remain at home.</p> <p><small>*figure subject to UK Government Guidelines</small></p>	<p>3 - 4</p> <p>Prevalence: No reported cases* No restrictions on size of gatherings and public facilities are open.</p> <p>UK/Home Country/Local Government COVID-19 Alert Level 1</p> <p>HIGH RISK INDIVIDUALS can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed</p>
<ul style="list-style-type: none"> • No events or activities of any sort to be held in person. • Individual sport training sessions in own home using own equipment. • Coaching occurs virtually. • Fitness and Health programming offered virtually or at home. • Meetings, conferences or trainings to be held virtually. 	<ul style="list-style-type: none"> • Local Training for low to moderate risk sports and leadership events/meetings (6 or fewer participants) MAY resume (See Sport Guidance) providing Management of illness protocol is followed • National Governing Body guidance should be followed – See Sport Guidance • Virtual programming and resources should be made available for those not able to attend in person. 	<ul style="list-style-type: none"> • Local Training for ALL SPORTS (facilities permitting) and leadership events/ meetings (30 or fewer participants) MAY resume (See Sport Guidance) providing Management of illness protocol is followed • National Governing Body guidance should be followed – See Sport Guidance • Virtual programming and resources should be made available for those not able to attend in person. 	<ul style="list-style-type: none"> • Training reintroduced with no capacity restrictions • Local and Regional Competitions reintroduced (providing individuals are traveling from multiple geographic areas who are in same phase) MAY potentially occur, if permitted by WHO, country and local standards. • Virtual programming should still be made available for those not able to attend in person.

SPECIAL OLYMPICS GB RETURN TO ACTIVITY PHASES

The phases we are following (1-4) align with Special Olympics International Return to Activity protocol, we have outlined in this document the link between each activity phase and the UK Government COVID-19 Alert system levels.

UK Government COVID-19 Alert System

The Joint Biosecurity Centre (JBC) - set up by the Government in May - has the task of recommending what the alert level should be. JBC scientists identify changes in infection rates using testing, environmental and workplace data. The JBC also has an "insight team" which monitors local spikes of Covid-19 and advises health officials and local authorities.

Their recommendations are then reviewed and agreed by the chief medical officers of the four UK nations.

Risk levels are measured by a five-level, colour-coded alert system.

The Government unveiled the system on 11 May. The prime minister said it would help decide how tough physical distancing measures should be.

There are five levels:

- Level five (red) - a "material risk of healthcare services being overwhelmed" - extremely strict physical distancing
- Level four - a high or rising level of transmission - enforced physical distancing
- Level three - the virus is in general circulation - physical distancing relaxed
- Level two - the number of cases and transmission are low - minimal physical distancing
- Level one (green) - Covid-19 is no longer present in the UK - no physical distancing



AWARENESS OF HIGH RISK AND VULNERABLE GROUPS

High Risk and Vulnerable Groups

The UK Government and Special Olympics International guidance on returning to activity specifically note that [those that are at higher risk of contracting COVID-19](#) may be at increased risk in a return to community sport.

UK Government (updated 31 July 2020):

“The advice for clinically vulnerable groups has changed. If you are in this group you could be at higher risk of severe illness from coronavirus. Although you can meet people outdoors and indoors, you should be especially careful and be diligent about physical distancing and hand hygiene.

If you are classified as clinically extremely vulnerable you should follow the [guidance](#) for those shielding. This has been updated to advise that you can now consider taking safe exercise outdoors and meeting up with one person outside your household, always maintaining physical distancing and robust hand and respiratory hygiene.”

Special Olympics International (updated 2 July 2020):

If you are considered to be at a high risk, you may be putting yourself at risk when you return to activities with Special Olympics. But, you may also put at risk your family and your teammates. If you have these conditions, you should not return to Special Olympics in person activities until Phase 3.

Consideration should also be given to participants that may be considered ‘High Risk’ due to behavioural challenges and understanding of and/or ability to adhere to physical distancing and hygiene measures.

Participation Risk Awareness and Acknowledgement

Prior to returning to any in-person Special Olympics Great Britain activities in Phases 1 through to 2, all participants are required to review the COVID-19 guidance and protocols and must complete and return a **COVID-19 Code of Conduct and Health Form** which provides information and guidance on assessing risk and acknowledges that participation could increase risk of contracting or spreading COVID-19.

If participants have tested positive, been diagnosed with COVID-19 and/or had someone in their household that has contracted COVID-19, the participant should follow [NHS guidance](#) and complete a **COVID-19 [Health Form and Code of Conduct](#)** prior to returning to sport or fitness activities.

Special Olympics clubs should ensure that all participants (e.g. athletes, unified partners, coaches, volunteers, staff, and families) are educated about those that are at higher risk of complications from COVID-19 as well as all procedures and expectations for return to activities.

RISK MITIGATION AND PRECAUTIONS BY PHASE

The foundation for our Return to Activity Framework is the health, safety and wellbeing of our community, especially athletes and volunteers.

We will always:

1. Keep the health and wellbeing of our athletes and volunteers at the centre of every decision.
2. Act to safeguard the entire Special Olympics Great Britain community, including athletes' families, carers and supporters.
3. Support national efforts to preserve public health and minimising the risk of community transmission.
4. Regularly review and update the Framework and it's implementation as appropriate.

Special consideration is being applied to Special Olympics Great Britain athletes. We are applying a phased return to activity, in order to mitigate exposure to both COVID-19 infection and injury risk, understanding that a lack of athlete readiness or sudden increase in training could increase risk of injury.

In the following pages, precautions to mitigate risks are outlined for each phase.

If these considerations cannot be met, clubs should not proceed to the next phase.

It is recommended that clubs take time to evaluate the success of the mitigation and infection control precautions prior to moving on to the next phase.

Special Olympics Great Britain expects the timeline to differ for returning to these phases by local clubs and regions. Provided the club has met the necessary criteria for each phase and has taken the recommended precautions to mitigate risks, the club may choose to proceed to the next phase in accordance to local authority/national guidelines.

In addition, clubs should be prepared to revert from a later phase to an earlier phase if local or national authorities require and/or if clubs are unable to meet the mitigation and precautions.

RISK MITIGATION AND PRECAUTIONS BY PHASE

Phase 0

Prevalence: community transmission occurring Stay at home order in place for all individuals.

UK/Home Country/Local Government COVID-19 Alert level 3 and above
No events or activities of any sort to be held in person.

Comply	National Office	<input type="checkbox"/> Follow local and national restrictions regarding Stay at Home. <input type="checkbox"/> Designate a COVID-19 Coordinator.
Educate	National Office and Regions:	<input type="checkbox"/> Educate all participants on: <ul style="list-style-type: none"> o Benefits and risk of physical activity after COVID-19 infection. o Hygiene, and physical distancing for safety. <input type="checkbox"/> Continue 'at home' activities to maintain fitness and activity levels.
Prepare	National Office: Regions and Local Clubs:	<input type="checkbox"/> Prepare appropriate resources for safe 'at home' activities. <input type="checkbox"/> Prepare participants for participation in virtual activities or virtual competitions. <input type="checkbox"/> Know how to communicate potential cases to local health authorities for testing and to the Special Olympics Great Britain COVID-19 Safety Coordinator while maintaining and respecting privacy laws. <input type="checkbox"/> Share resources digitally and activate participants virtually (or via mailings).
Activity	Regions and Local Clubs:	<input type="checkbox"/> Virtual participants with COVID-19 symptoms should refrain from participating in activities and follow NHS Guidelines .

Phase 1

Prevalence: clusters of cases occurring

Stay at home order is lifted, restriction on size of gatherings (less than 6* people).

UK/Home Country/Local Government COVID-19 Alert Level 3-2

HIGH RISK INDIVIDUALS should continue to remain at home.

***figure set by UK Government as of 4th July 2020**

Comply	National Office: Regions and Local Clubs:	<ul style="list-style-type: none"><input type="checkbox"/> Ensure local and national regulations permit change of phase - including for participation of individuals at high risk.<input type="checkbox"/> Ensure that the Board (including a medical professional, if possible) approves of the plan to return to activities.<input type="checkbox"/> Designate a COVID-19 Coordinator for the club/region
Educate	National Office and Regions: Regions and Local Clubs:	<ul style="list-style-type: none"><input type="checkbox"/> Prior to attendance, educate all participants on 'High-risk' individuals and the risks of participation.<ul style="list-style-type: none">o Requirement that anyone who has symptoms must stay home and to follow NHS Guidance.<input type="checkbox"/> Requirements for in-person gathering, including hygiene, and physical distancing.<input type="checkbox"/> Following this education (e.g. video or handouts), all participants should acknowledge receiving education and confirm understanding of risks and participation procedures by signing COVID-19 Code of Conduct
Prepare	Regions and Local Clubs:	<ul style="list-style-type: none"><input type="checkbox"/> Have COVID-19 screening protocol in place and coaches/staff/volunteers prepared (see Appendix)<input type="checkbox"/> Ensure that hygiene and physical distancing protocol has been followed<input type="checkbox"/> Use of outdoor, well-ventilated facilities<input type="checkbox"/> No shared supplies such as towels and water/beverage bottles).<input type="checkbox"/> Minimize shared equipment. Equipment should never be used by one participant and then another without disinfection between uses. If equipment is to be used by multiple people during the activity, prepare a cleaning protocol and supplies to disinfect equipment between uses.<input type="checkbox"/> Remind participants to bring their own water bottle, towel, and equipment.

Phase 1 (continued)

Prevalence: clusters of cases occurring

Stay at home order is lifted, restriction on size of gatherings (less than 6* people).

UK/Home Country/Local Government COVID-19 Alert Level 3-2

HIGH RISK INDIVIDUALS should continue to remain at home.

***figure set by UK Government as of 4th July 2020**

Prepare	Regions and Local Clubs:	<input type="checkbox"/> Where possible and if not provided by facilities place reminders/signage posted that reinforces appropriate use of hygiene and physical distancing protocol.
Activity	Regions and Local Clubs:	<input type="checkbox"/> Remind participants that during transport to activities, it is recommended that participants should wear a facemask if they are able to on public transport, such as a bus, metro, tube or if carpooling which includes someone not living with them. <input type="checkbox"/> On arrival, conduct screening for ALL PARTICIPANTS (<i>see screening protocol below</i>). All participants with symptoms or a history of recent (last 14 days) COVID-19 exposure must not proceed to the activity <input type="checkbox"/> Continue to provide a safe participation option for those who are at high risk and thus unable to participate in person (e.g. virtual/training at home). <input type="checkbox"/> Activities must comply with physical distancing guidelines at all times. <ul style="list-style-type: none">o <u>See Sports Guidance</u>o Maintain physical distancing and avoid close contact (e.g. high fives, hugs, huddles) during and after activity <input type="checkbox"/> Coaches and volunteers should minimize changes in personnel - groups should stay together and not change. <input type="checkbox"/> Provide reminders to participants on standard infection prevention measures (e.g. frequent handwashing, avoid touching face, cover mouth when sneezing/coughing, etc.) at the start and throughout event. <input type="checkbox"/> No spectators should be allowed to congregate on the sidelines of activities. <input type="checkbox"/> Individuals providing transportation for participants should remain in vehicles until sessions are over. If participants need assistance, caregivers may remain provided they also maintain physical distancing and hygiene <input type="checkbox"/> Maintain a list of all participants with contact details. This will allow for contact tracing should a participant be later diagnosed as having COVID-19 during the activity.

PHASE 2

Prevalence: Sporadic cases reported

Size restrictions on gatherings increased to less than 30 people.

UK/Home Country/Local Government COVID-19 Alert Level 2-1

HIGH RISK INDIVIDUALS should continue to remain at home.

Comply	National Office: Regions and Local Clubs:	<ul style="list-style-type: none"><input type="checkbox"/> Ensure local and national regulations permit change of phase - including for participation of individuals at high risk.<input type="checkbox"/> Ensure that the Board (including medical professional, if possible) approves the plan for a return to activities<input type="checkbox"/> Designate a COVID-19 Coordinator person for the club/region.
Educate	National Office and Regions	<ul style="list-style-type: none"><input type="checkbox"/> Prior to attendance, educate all participants on 'High-risk' individuals and the risks of participation.<ul style="list-style-type: none">o Requirement that anyone who has symptoms must stay home and to follow NHS Guidance.<input type="checkbox"/> Requirements for in-person gathering, including hygiene, and physical distancing.<input type="checkbox"/> Following this education (e.g. video or handouts), all participants should acknowledge receiving education and confirm understanding of risks and participation procedures by signing COVID-19 Code of Conduct
Prepare	Regions and Local Clubs:	<ul style="list-style-type: none"><input type="checkbox"/> Check that the venue is following relevant hygiene guidelines including appropriately disinfected or sanitized.<input type="checkbox"/> No shared supplies such as towels and water/beverage bottles.<input type="checkbox"/> Minimise shared equipment. If shared equipment must be used, prepare a cleaning protocol and supplies to disinfect shared equipment between uses.<input type="checkbox"/> Remind participants to bring their own water bottle, towel, and equipment.<input type="checkbox"/> Where possible and if not provided by facilities place reminders/signage posted that reinforces appropriate use of hygiene and physical distancing protocol.<input type="checkbox"/> Ensure there are adequate hand sanitizer or handwashing facilities available at venue.<input type="checkbox"/> Know how to communicate potential cases to the local health authorities for testing and to the Special Olympics Great Britain via COVID-19 Coordinators (within privacy laws).

PHASE 2 (continued)

Prevalence: Sporadic cases reported

Size restrictions on gatherings increased to less than 30 people.

UK/Home Country/Local Government COVID-19 Alert Level 2-1

HIGH RISK INDIVIDUALS should continue to remain at home.

Activity	Regions and Local Clubs:	<ul style="list-style-type: none"><input type="checkbox"/> Remind participants that during transport to activities, it is recommended that participants should wear a mask if they are able to on public transport, such as a bus, train, underground/metro or if carpooling which includes someone not living with them.<input type="checkbox"/> On arrival, conduct screening for ALL PARTICIPANTS (<i>see screening protocol below</i>). All participants with symptoms or a history of recent (last 14 days) COVID-19 exposure must not proceed to the activity<input type="checkbox"/> Activities must comply with physical distancing guidelines at all times.<ul style="list-style-type: none">o See Sports Guidanceo Maintain physical distancing and avoid close contact (e.g. high fives, hugs, huddles) during and after activity<input type="checkbox"/> Coaches and volunteers should minimize changes in personnel - groups should stay together and not switch up if possible.<input type="checkbox"/> Provide reminders to participants on standard infection prevention measures (e.g. frequent handwashing, avoid touching face, cover mouth when sneezing/coughing, etc.) at the start and throughout event.<input type="checkbox"/> Participants may share equipment when circumstances require it (i.e. soccer ball on the field). If shared equipment must be used, prepare a cleaning protocol and supplies to disinfect shared equipment between uses.<input type="checkbox"/> Maintain a list of all participants with contact details. This will allow for contact tracing should a participant be later diagnosed as having COVID-19 during the activity.
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PHASE 3 - 4

Prevalence: No reported cases*

No restrictions on size of gatherings and public facilities are open.

UK/Home Country/Local Government COVID-19 Alert Level 1

HIGH RISK INDIVIDUALS can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed

Comply	National Office: Regions and Local Clubs:	<input type="checkbox"/> Ensure that local and national restrictions allow holding of mass activities. <input type="checkbox"/> Ensure that Board (including medical professional, if possible) approve of plan to return to these activities. <input type="checkbox"/> If participants are traveling from different geographic areas, ensure all communities meet criteria of “no reported cases.” If not, provide virtual opportunities for those communities/individuals to join. <input type="checkbox"/> Designate a COVID Coordinator point person for the activity.
Educate	Regions and Local Clubs:	<input type="checkbox"/> Educate participants on standard hygiene practices. <input type="checkbox"/> Inform participants showing signs or symptoms of illness to stay home and contact their own health provider for evaluation.
Prepare	Regions and Local Clubs:	<input type="checkbox"/> Where possible and if not provided by facilities place reminders/signage posted that reinforces appropriate use of hygiene and physical distancing protocol. <input type="checkbox"/> Know how to communicate potential cases to the local health authorities for testing and to the Special Olympics Accredited Program (as per applicable privacy laws).
Activity	N/A	<input type="checkbox"/> No pre or onsite screening required.

EXPECTED TIMELINES



2

Preparing for Sport
– Ensuring Athlete
& Volunteer
readiness

August 2020 – Introduction of Framework to Regions and Clubs to prepare for Phase 1. Regional Check ins, support calls and Webinar.



3

3 Phased re-
introduction of
sport sessions &
club activity

September – October 2020 (Dependent on Government advice) – Introduction of Compliance Process and Phase 1 activity. Once entered into Phase 1, clubs may work through phases accordingly (COVID-19 threat level and localised restrictions permitting).



4

Reintroduction of
competitions

To be confirmed – 8-12 weeks following introduction of Phase 3.

Prior to entering into Phase 1, each club and region must:

- Complete and submit [Return to Activity Compliance Form](#) confirming:
 - Appointment a Club/Regional COVID-19 Coordinator
 - Completed Return to Activity Risk Assessment
 - Completed Active Member Register
 - Estimated date of restart per Sport
- Check localised lockdown restrictions permit progression into Phase 1
- Ensure ALL Athletes and Volunteers have received relevant resources for illness management
- Ensure ALL Athletes and Volunteers have understood and agree to follow the appropriate COVID-19 Return to Activity protocols (via COVID-19 [Health Form and Code of Conduct](#)) to ensure safety and wellness when taking part in activity
- Receive approval from Special Olympics GB National Office Team to proceed to Phase 1 of activity.

APPENDIX

1. Risk Assessment Guidance
2. COVID-19 Returning to Activity Health Form and Code of Conduct
3. Sport Guidance
4. Additional Sport Resources
5. Protocol of management of illness (including COVID-19 illness reporting)
6. SOI - Preventing the spread of COVID-19
7. SOI - COVID-19 – Training in a safe environment
8. Athlete Guide for Returning to Activity
9. Athlete COVID-19 Resources

RISK ASSESSMENT

A risk assessment is a simple and effective tool that Special Olympics GB clubs must use to ensure that all of their activities, equipment and facilities are as safe as possible as we resume activity.

Having a risk assessment in place is a way of controlling the risk of accidents or injuries to everyone involved in your activities, from athletes and volunteers to visitors. The risk assessment process can be used to record, identify, and assess risks in order to develop safe practices or flag further actions needed to help control and manage those risks.

Carrying out a risk assessment is necessary in order to comply with health and safety law and is a requirement of Special Olympics GB's Return to Activity Framework and forms part of our compliance process.

The main purposes of the COVID-19 risk assessment is to:

- Identify any risks associated with all of your club's activity, equipment and facilities
- Demonstrate and evaluate the effectiveness and suitability of existing control measures
- Ensure additional controls and safe practices are developed to help mitigate and manage against any identified risks
- Prioritise further resources or training needed to ensure all activities are safe
- Provide your club or organisation with a record of all known risks and the mitigating actions.

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Special Olympics Great Britain – Return to Activity - COVID-19 Risk Assessment

Club name:

Region:

Appointed COVID-19 Club Coordinator:

Assessment carried out by:

Date of next review:

Date assessment was carried out:

What is the Activity?	What are the hazards?	How high is the risk? High/Medium/Low	Who might be at risk and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
CLUB EXAMPLE: Club Steering Group Meeting	Risk of spread of COVID-19	Low	Steering Group Members	<ul style="list-style-type: none"> • Sharing and following illness management protocols • Ensuring anti-bacterial hand sanitiser is available at venue • Social distancing. 	Remind club members of code of conduct – individuals should not to attend if showing symptoms/exposed to COVID-19	COVID-19 Coordinator	<input type="text"/>	<input type="text"/>
SPORT EXAMPLE: Football Session	Lack of social distancing	Medium	Athletes at risk of too much physical contact and potential COVID-19 transmission	<ul style="list-style-type: none"> • Reinforce information in Athlete Resources • Athletes will not hug or make contact when scoring goals. Introduce alternative celebration gestures 	Reminders at the start of football training and games to not shake hands or hug.	Club coach, official, and Team captain.	<input type="text"/>	<input type="text"/>

COVID-19 RETURN TO ACTIVITY HEALTH FORM AND CODE OF CONDUCT

COVID-19 Return to Activity Health Form and Code of Conduct

Athletes, Unified Partners and Volunteers



All Athletes, Unified Partners and Volunteers must complete this form **BEFORE** participating in any Special Olympics GB activity.
This form can be completed electronically or printed as a hard copy.
Please note, this form should be completed again when returning to activity should you have developed symptoms of, have been exposed to or tested positive for COVID-19.

If you require help to fill in this form, please ask a parent, carer or guardian to help you.

About You



My name is:



I was born on (date dd/mm/yyyy):



My telephone number is:



My Email address is:



My full address is:

COVID-19 RETURN TO ACTIVITY HEALTH FORM AND CODE OF CONDUCT

COVID-19 Return to Activity Health
Form and Code of Conduct
Athletes, Unified Partners and Volunteers



About your Parent / Carer / Guardian (use as appropriate)



Their name is:



Their Email address is:



Their telephone numbers are:



Daytime:



Evening:



Mobile:

I know that before or when I get to a Special Olympics GB activity, they will ask me some questions about symptoms and exposure to COVID-19. I will answer truthfully and participate fully.

(please check box or circle)

Yes - ☐



No - ☐






COVID-19 RETURN TO ACTIVITY HEALTH FORM AND CODE OF CONDUCT

COVID-19 Return to Activity Health Form and Code of Conduct

Athletes, Unified Partners and Volunteers



(Please check box or circle)




Important Questions about your Health		YES	NO	UNKNOWN
<p>1. Have you experienced symptoms of COVID-19?</p> <p>The main symptoms of COVID-19 are:</p> <ul style="list-style-type: none"> 1. a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature) • a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual) • a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal <p>Most people with coronavirus have at least 1 of these symptoms.</p>	 <p>feeling hot</p> <p>cough</p> <p>lost your sense of taste and smell</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>2. Have you tested positive for COVID-19?</p>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>3. Has anyone in your household experienced symptoms and/or tested positive for COVID-19?</p>	 <p>Has anyone in your house been feeling unwell or have COVID-19?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

COVID-19 RETURN TO ACTIVITY HEALTH FORM AND CODE OF CONDUCT

COVID-19 Return to Activity Health Form and Code of Conduct

Athletes, Unified Partners and Volunteers



<p>If you have answered NO to questions 1, 2 and 3 you can start to train with Special Olympics GB. If you have answered YES, please proceed to questions 4, 5 and 6.</p>				
(Please check box or circle)				
Important Questions about your Health		YES	NO	UNKNOWN
<p>4. Have you stayed home for a minimum of 10 days following experiencing symptoms/positive COVID-19 test?</p> <p>(14 days if you live with other people)</p>	 <p>10 days or longer</p> <p>have you stayed home for 10 days or longer?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>If you have answered YES to question 4, you can start to train with Special Olympics GB. If you have answered NO to question 4, you cannot return to activity until you have self-isolated for a minimum of 10 days. (14 days if you live with other people)</p>				
<p>5. Did you require further medical assistance?</p>	 <p>phone your GP</p> <p>did you need to speak to/get help from a doctor?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>6. Have there been any changes to any pre-existing conditions and/or prescribed medication you have as a result of COVID-19</p>	 <p>medication advice</p> <p>any changes to medication or other conditions?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>If you have answered NO to question 5 and 6, you can start to train with Special Olympics GB. If you have answered YES to questions 5 and 6 please complete a Special Olympics GB Health and Information Form</p>				

COVID-19 RETURN TO ACTIVITY HEALTH FORM AND CODE OF CONDUCT

COVID-19 Return to Activity Health Form and Code of Conduct

Athletes, Unified Partners and Volunteers







Code of Conduct

I agree to the following to help keep me and my fellow participants safe:

I understand I could be at a higher risk of getting COVID-19 through sports, training, competition and/or any group activity at Special Olympics GB. I am choosing to participate in sports, competition and/or other Special Olympics GB activities at my own risk.

Please check box/circle





<p>If I (or anyone in my household) have or get COVID-19 symptoms, I will stay at home, self-isolate and NOT go to any activities for a minimum of 10 days after all of my symptoms are over. If I am exposed to COVID-19 and have no symptoms, I can return 10 days after exposure.</p>	<p>If I or anyone I live with have COVID-19 or have symptoms I will stay at home for 10 days or longer</p>  	<input type="checkbox"/>
<p>I have been given information on the COVID-19 guidance from Special Olympics GB</p>	<p>I have had information shared with me</p>  	<input type="checkbox"/>

COVID-19 RETURN TO ACTIVITY HEALTH FORM AND CODE OF CONDUCT

COVID-19 Return to Activity Health Form and Code of Conduct

Athletes, Unified Partners and Volunteers



<p>I know that if I have a high-risk condition, it may be a longer time before it is safe for me to go back to activity. I should not go to Special Olympics GB activity in person, until there is little or no Coronavirus in my community.</p>	<p>It may take me longer to go back to Special Olympics GB if I am high risk, I cannot go back until it is safe for me</p> 	<input type="checkbox"/>
<p>I will try to keep at least physically distant from all participants at all times.</p>		<input type="checkbox"/>
<p>I will wash my hands for 20 seconds and use hand sanitizer before any activities. I will wash my hands any time I sneeze, cough, go to the bathroom or get my hands dirty. I will try to sneeze or cough into my elbow</p>	<p>I will wash my hands and cough and sneeze into my elbow</p> 	<input type="checkbox"/>
<p>I will not share drinking bottles with other people.</p>	<p>I will only use my own water bottle</p> 	<input type="checkbox"/>

COVID-19 RETURN TO ACTIVITY HEALTH FORM AND CODE OF CONDUCT

COVID-19 Return to Activity Health Form and Code of Conduct

Athletes, Unified Partners and Volunteers



<p>I understand that if I do not try to follow all of these rules, I may not be allowed to participate in Special Olympics GB activities during this time.</p>	<p>I will do my best to follow the rules and understand that if I do not, I may not be able to take part in and GB.</p>	<input type="checkbox"/>
<p>If you do not understand, please ask your coaches for help.</p>		

COVID-19 RETURN TO ACTIVITY HEALTH FORM AND CODE OF CONDUCT

COVID-19 Return to Activity Health Form and Code of Conduct

Athletes, Unified Partners and Volunteers



Declaration:

I have read this Health Form and Code of Conduct (or have been supported/had it read to me) and agree to follow these actions so I can take part in Special Olympics GB activity

- If you are over 18 years old, please sign below.
- If you are under 18 years old, or would like someone else to sign this for you, please ask a Parent, Carer or Guardian to sign below on your behalf.



Signature or Personal Mark:

I



Name:

I



If you are signing on behalf of the athlete or Unified Partner, what is your relationship to them?

I



Date:

I

IMPORTANT INFORMATION:

This form should be completed by Athletes, Unified Partners and Volunteers ahead of their return to Special Olympics GB activity.

Individuals must inform their relevant Coaches and COVID-19 Coordinator if there is any change to their health status. It is the Club's responsibility to ensure a new Health and Information Form is completed if this happens.

The information given in this form will be kept by relevant parties in accordance with the Data Protection Act. Special Olympics GB may, from time to time, make this information available to a third party to enable the athlete to participate in training and competitions or in the interests of the health and safety of the athlete. Such a third party would be either an international Special Olympics programme, or an organisation endorsed by and authorised to act on behalf of Special Olympics GB.

SPORT GUIDANCE

Each sport will present a varying level of risk and have modifications that may to be considered in order for that sport to be delivered.

If precautions and mitigating criteria (e.g. physical distancing, no shared equipment and/or disinfection, staggered starts, etc.) can be implemented, then most sports may be offered in some capacity (e.g. individual skills or drills or small internal scrimmage) during all phases of return.

It is recommended that, in addition to the minimum precautions detailed within this document, Clubs adhere to sport-specific precautions and mitigation in determining how to resume sport activities and guidance from National Governing Bodies of Sport.

Sport Risk Levels:

Low Risk	Sports that can take place outdoors with physical distancing, individually with no contact or sharing of equipment or the ability to clean the equipment between use by athletes.
Moderate Risk	Sports that involve close, sustained contact, but with protective equipment or guidelines that can introduce physical distancing between participants, intermittent close contact, or sports that use equipment that can't be cleaned between participants.
High Risk	Sports that involve close, sustained contact between participants (and their supporters), lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

*** Moderate and high risk sports could still be active during early phases through individual skills training and development – Would need prior approval.**

SPECIAL OLYMPICS SPORTS		
Low Risk	Moderate Risk	High Risk
Athletics - Running and Field (Jumps) Events	Athletics - Field Events (Throws) / Relays	Judo
Bowls (Outdoor)	Bocce – Singles and Doubles*	Basketball*
Cycling	Boccia – Singles and Doubles*	Netball*
Equestrian	Badminton – Singles and Doubles*	Gymnastics (Artistic)*
Golf	Table Tennis – Singles and Doubles*	MATP*
Open Water Swimming	Cricket	Swimming
Alpine Skiing	Gymnastics (Rhythmic)*	
Tennis	Ten-Pin Bowling	
Kayaking	Powerlifting*	
Sailing	New Age Kurling	
Tennis	Bowls (Short Mat/Carpet)	
	Football	
	Figure Skating	

The majority of National Governing Bodies have return to activity information and are constantly updating. Please continue to check websites for updates on sport specific information. See table below for links to sport specific national governing bodies and Government guidelines.

Sport	NGB	Covid-19 Guidelines Strategy Name and Link
Alpine Skiing	Snowsport	England / Scotland (not available for Wales)
Athletics	UK Athletics	Phase 2
Badminton	Badminton England	Road to Play
Basketball	British Basketball	Play it safe
Bocce	N/A	N/A
Boccia	GB Boccia/ Boccia England	https://www.bocciaengland.org.uk/Listing/Category/coronavirus-covid-19
Bowls	Bowls England	Return to Play
Cricket	England Cricket Board	Getting your clubhouse ready
Cycling	British Cycling	Coronavirus Updates and FAQs
Equestrian	British Equestrian	Government guidelines on Horse Riding
Figure Skating	British Ice Skating	Covid Information and resources
Football	FA	Grassroots guidance
Golf	England Golf	Play Safe
Gymnastics (Artistic)	British Gymnastics	Step Forward Plan
Gymnastics (Rhythmic)	British Gymnastics	Step Forward Plan
Judo	British Judo	Covid-19 Hub
Kayaking	British Canoeing	Covid-19 – Return to Competition and Events Guidance
MATP	Special Olympics GB	N/A
New Age Kurling		
Netball	England Netball	Covid-19 Support
Powerlifting	British Powerlifting	https://www.britishpowerlifting.org/info@britishpowerlifting.org
Sailing	Royal Yachting Association	Covid-19 Guidance and FAQs
Swimming	British Swimming	Log In required
Table Tennis	Table Tennis England	Guidance on where you can play
Ten-Pin Bowling	British Tenpin Bowling Association	https://btba.org.uk/2020/07/24/important-covid-19-return-to-bowling-update/
Tennis	Lawn Tennis Association	Return to Managed Play

ADDITIONAL SPORT RESOURCES

Home Country	England	Department of Culture Media and Sport	Guidance for the public on the phased return of outdoor sport and recreation in England Guidance for Team Sports
		Activity Alliance	Reopening Activity
		Sport England	Club Matters
	Scotland	Scottish Disability Sport	Covid-19 Updates
		Sport Scotland	https://sportscotland.org.uk/covid-19/coronavirus-covid-19-and-sport-faq/
	Wales	Welsh Sports Association	Covid-19 Support
		Welsh Government	GUIDANCE Sport, recreation and leisure: guidance for a phased return

Special Olympics International have produced a series of videos and resources that may also support the preparation for Returning to Activity. These can be found on the Special Olympics International Resources website [here](#)

MANAGEMENT OF ILLNESS PROTOCOL

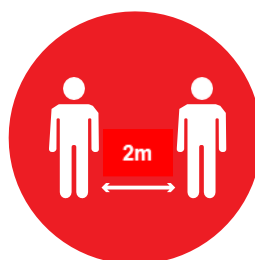
Prevention



Complete attendance register



Practice personal hygiene



Enforce physical distancing



Sanitise shared equipment

Management

If someone feels ill...



Do not attend training



Advise your coach and or carer



Seek appropriate medical treatment



Complete Return to Activity [Health Form and Code of Conduct](#)



Follow NHS and Government guidelines for isolation, if required





COVID-19: WHAT YOU NEED TO KNOW

SYMPTOMS



COUGH



SHORTNESS OF BREATH

OR AT LEAST TWO OF THE BELOW SYMPTOMS



FEVER



CHILLS



REPEATED
SHAKING
WITH CHILLS



MUSCLE
PAIN



HEADACHE



SORE
THROAT



NEW LOSS
OF TASTE
OR SMELL



Anyone concerned that they have experience symptom of COVID-19 should follow [NHS Guidelines](https://www.nhs.uk) /contact their healthcare provider

PROTOCOL FOR MANAGEMENT OF ILLNESS

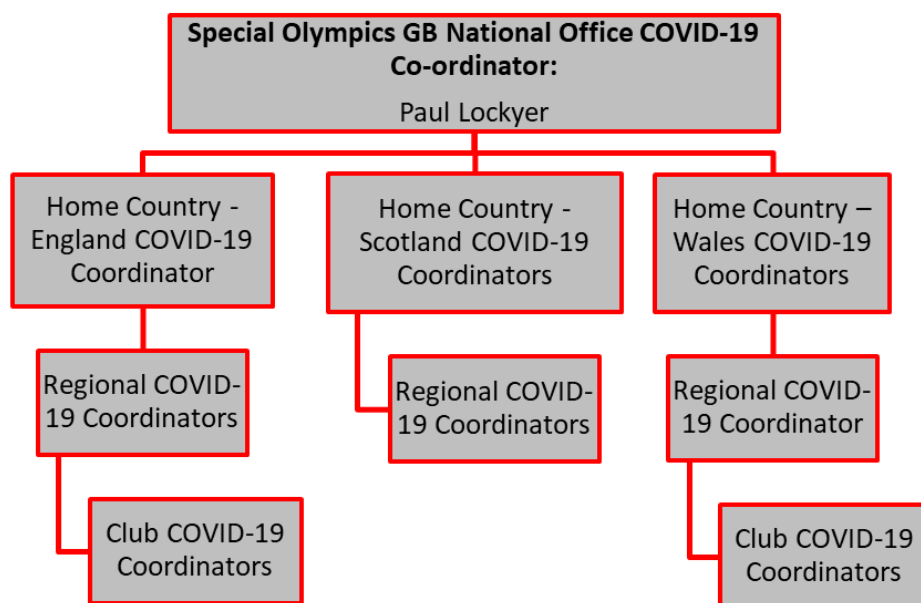
COVID-19 Coordinator

The COVID-19 Coordinator is the point of contact within a Club/Region that ensures COVID-19 protocols; as detailed in Return to Activity, are followed at a Local/Regional level. A COVID-19 Coordinator is required at each level of the organisation to ensure the illness management protocol is implemented effectively throughout.

He/she is responsible for ensuring that the notifications of reported cases of COVID-19 are escalated through to the appropriate channels (see diagram below) and that the information relating to COVID-19 from Special Olympics GB National Office is circulated and implemented appropriately.

Responsibilities:

- Along with the Club/Regional Steering Group, ensure all Return to Activity procedures are implemented including:
 - Completion of Return to Activity Form
 - Completion of Return to Activity Risk Assessment(s)
 - Completion Active Member Register
 - Ensure ALL Athletes and Volunteers have received relevant resources for illness management
 - Ensure ALL Athletes and Volunteers have understood and agree to adhere the appropriate COVID-19 Return to Activity protocols (via COVID-19 Code of Conduct and Athlete Guide) to ensure safety and wellness when taking part in activity
 - Ensure ALL athletes and Volunteers have completed the COVID-19 Return to Activity Health Form prior to participating in any Special Olympics activity
- Ensure any cases of COVID-19 are reported through the appropriate channels and the relevant action is taken as per the Protocol for Management of Illness
- Communicate localised prevalence of COVID-19 and status lockdown restrictions through relevant channels in order to identify and seek approval on whether Club/Region are able to progress later phase of Return to Activity
- Be an active member of the Steering Group, contributing to discussions and action any relevant tasks/processes in line with Return to Activity



PRE-ACTIVITY SCREENING PROTOCOL

Regular education and support must be provided to all athletes, staff, volunteers, coaches, families and caregivers reminding them to stay at home if they have a temperature/fever or any signs and symptoms (cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea).

Individuals must not participate in any activities if they are sick, for their own health and to reduce transmission of any infections to others. Instruct anyone who is ill to contact their own health provider for further evaluation.

However, in addition to this education, before or prior to entering an activity, practice, event, or gathering (in phases 1-2), for **all participants, the club**:

As per the COVID-19 Return to Activity [Health Form and Code of Conduct](#):

Clubs should ask the following questions (reinforced through visuals and verbally, such as a paper with icons):

1. In the last 14 days, have you had contact with someone who has been sick with COVID-19?
 2. Have you had a high temperature in the last week (temperature of 100.4°F/37.8°C or higher)?
 3. Do you have a cough and/or difficulty breathing?
 4. Do you have any other signs or symptoms of COVID-19 (fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea)?
- If yes to any questions, participants **MUST** be isolated from the group (at minimum, kept 2metres apart from others), be sent home, and instructed to follow [NHS Guidelines](#)/contact their healthcare provider
 - Participants who are found to have COVID-19 symptoms must wait a minimum of 10 days [Health Form and Code of Conduct](#) after symptoms resolve to return to activity and complete a COVID-19 Return to Activity prior to returning to activity.
 - Participants who test positive for/have COVID-19 must complete a COVID-19 Return to Activity [Health Form and Code of Conduct](#) before returning to sport and fitness activities.

Clubs should also ensure they record all names, results and contact information and keep in case needed for contact tracing or reporting (Active Member Register).

PROTOCOL FOR MANAGEMENT OF ILLNESS - CLUBS

If someone tests positive for COVID-19?

If an athlete tests positive for COVID-19, **within 24 hours of notification**, the athlete or parent/carer must:

1. Inform Special Olympics Great Britain Club Coach COVID-19 of positive COVID-19 test.
2. Coach **MUST** then report this to Special Olympics Great Britain Club COVID-19 Coordinator
3. Remain in your home or accommodation for a minimum of 10 days or until a medical professional advise that it is safe to return to normal activities.
4. Follow Government guidelines for isolation.
5. Complete a Return to Activity Health Form prior to returning to Special Olympics events.

If a coach, official or spectator tests positive for COVID-19, within 24 hours of notification, the participant must:

1. Follow same steps outlined for 'If an athlete tests positive' from Step 2...

When a Coach is informed of a positive COVID-19 case, the coach must:

1. Respect privacy laws and adhere to member protection policy.
2. Inform the Club's COVID-19 Coordinator.
3. Inform all attendees of any impacted training sessions. This includes:
 - a) Other Special Olympics athletes
 - b) Officials
 - c) Parents, carers or support workers
 - d) Venue manager

When a Club COVID-19 Coordinator is informed of a positive COVID-19 case, the Club COVID-19 Coordinator must:

1. Respect privacy laws and adhere to member protection policy.
2. Inform the Club Leadership Team who will in turn follow the COVID-19 Management Protocol
3. Confirm with the Coach that all attendees and potentially impacted athletes have been informed.
4. Shut down the impacted sport training for a minimum of 14 days.
5. Advise all persons from the impacted sport they must complete a COVID-19 Return to Activity Health Form prior to returning to sport.



BE AWARE

If you need to sneeze or cough, use the inside of your elbow or a tissue instead of your hands. Try not to touch your face. If you do, wash your hands or use hand sanitizer before and after!



PHYSICAL DISTANCING

We love hugs and high fives as much as you do, but at this time, it is important to stay 2 metres apart. Special Olympics Great Britain events will look a little different for a while to help everyone stay safe.



WASH YOUR HANDS

Wash your hands for 20 seconds with soap and water. You can also use hand sanitizer with an alcohol content of 60% or more.



KEEP IT CLEAN

Frequently clean and sanitize commonly touched objects with an antibacterial cleaner.



FACE MASKS

Wear a face mask outside of your home as recommended by UK/Home Country Government, especially if you have a cough, runny nose, or are sneezing.



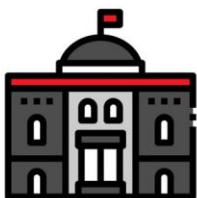
STAY HOME

If you feel sick, or are showing symptoms, stay home and call your healthcare provider for evaluation.



COVID-19: What you need to know

Training in a safe environment



FOLLOW LOCAL GOVERNMENT GUIDANCE

Follow your local Government's activity guidance. 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, unified partners, coaches and volunteers on the signs and symptoms of COVID-19. Set up a communication mechanism should one of your group become ill.



2m

MAINTAIN PHYSICAL DISTANCING

Ensure physical distancing is possible at your practice facility. Mark sections of the field so athletes and volunteers understand and pay attention to distances between each other and between other groups that may be using the practice field.



MAKE HAND WASHING FACILITIES AVAILABLE

Ensure the training facility has adequate hand washing facilities. If not, make sure hand sanitizer is available.



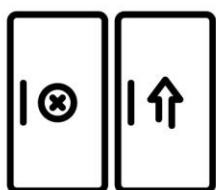
WHERE/WHEN RECOMMENDED PARTICIPANTS SHOULD WEAR FACEMASKS

Athletes, coaches, volunteers and Unified partners should wear Facemasks as recommended by UK/Home Country Government when travelling via transport.



KEEP IT CLEAN

Frequently clean commonly touched objects with an antibacterial cleaner. Ensure the facility you are using has a consistent cleaning schedule, including for restrooms and hand washing areas.



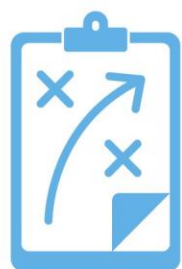
ENTRANCE AND EXITS FROM FACILITY

Participants should be able to get in and out of the facility and still maintain physical distancing. This should include the car park. Families may need some guidance on where to park to maintain adequate distance.



TRAINING FACILITY SPACE

Remember you need enough space within your group to safely maintain the 2 metres physical distancing recommendation between people and you should maintain a reasonable distance between your training group and any other groups who may be using the facility.



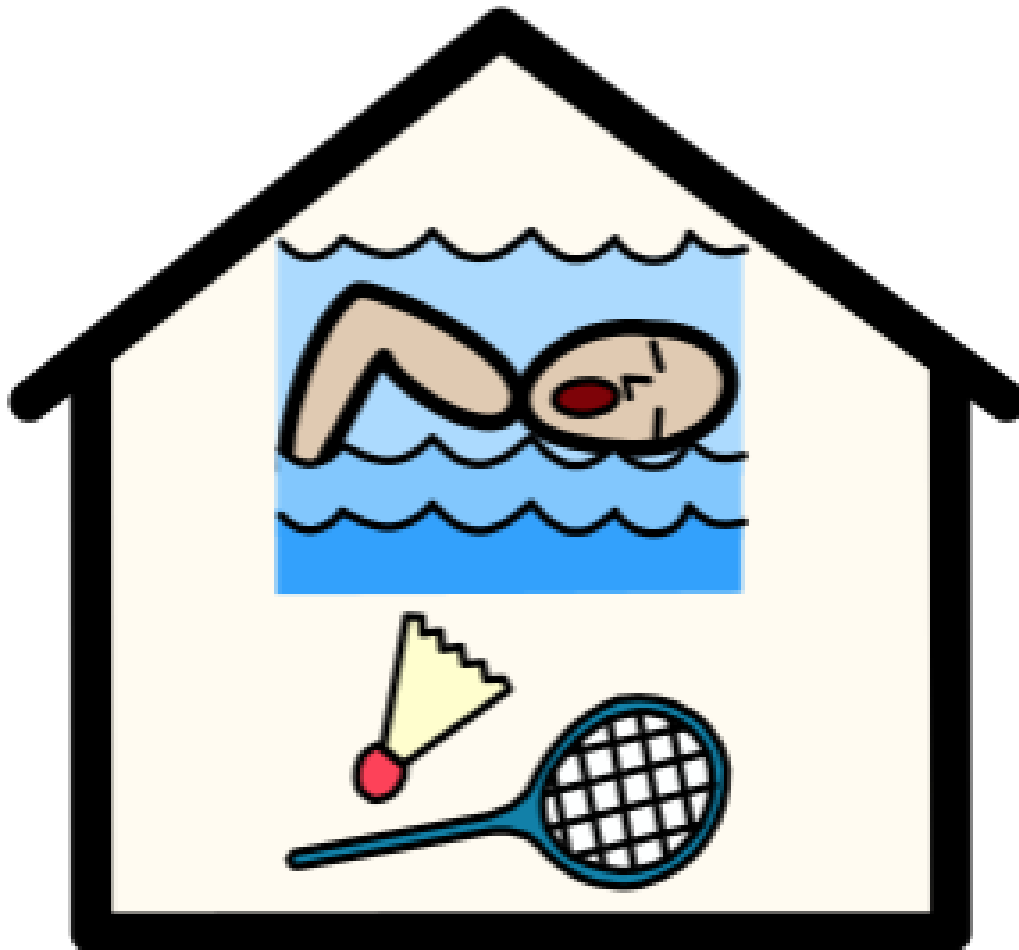
EMERGENCY ACTION PLANNING

It is recommended that each coach should have an Emergency Action Plan that covers what tasks need to be done and by whom in case of a medical emergency, inclement weather, or if a training participant arrives with or contracts COVID -19 during the training session.



PARTICIPANTS BRING THEIR OWN EQUIPMENT

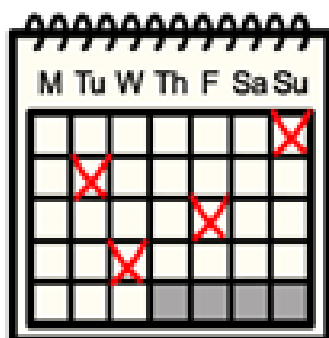
All participants should bring to training sessions their own sports equipment, water bottles, towels and any other personal items. Have sanitizing supplies, if there is a situation where shared equipment might be used and sanitize in between uses.



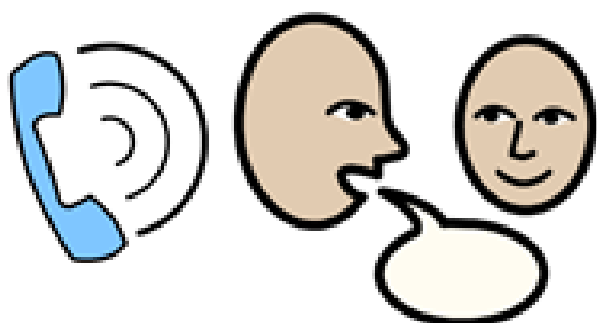
Athlete Guide for Returning to Activity

13th August 2020

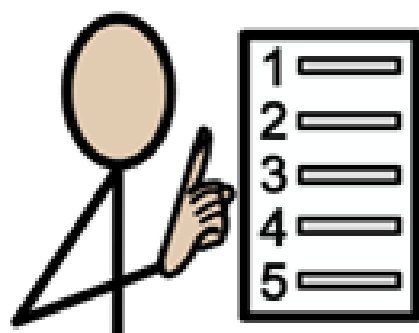
This form is about doing things with **Special Olympics Great Britain**



Your sport will start again soon.

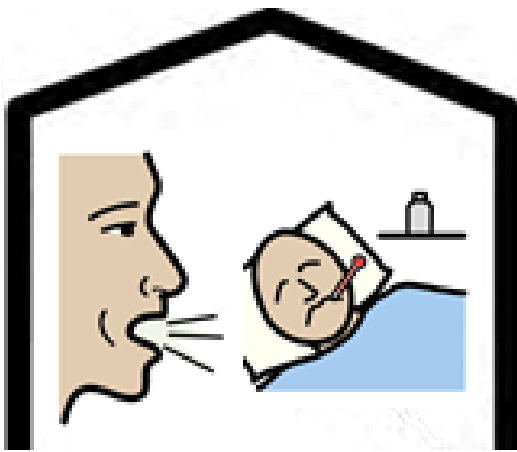


Your coach will talk to you soon
and tell you when you will start
training.



There are 10 rules to follow.

These will help stop the spread
of COVID-19



1. Stay at home if you feel sick or have a bad cough.



2. Shower before and after training at home.



3. If you can, please wear a face mask when travelling to and from training.

Especially when using public transport.



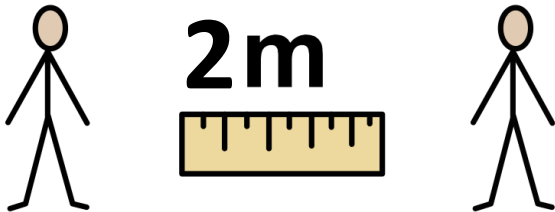
4. Only use your water bottle.



5. Wash your hands before and after training



6. Cough and sneeze into your elbow.



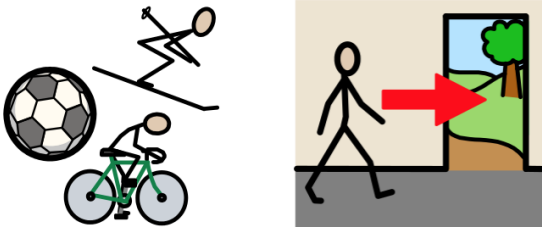
7. Try to stay 2 metres away from each other.



8. Do not hug, high five or shake hands with other athletes.



9. Wash or Sanitise your hands after using shared equipment.



10. Leave once training has finished

FOR ATHLETES

Things to do all the time

Hygiene



[Handwashing poster and video](#)

Face Covering/Masks



Some people with a intellectual (learning) disability do not need to wear a face mask/face covering if they are not able to. Our friends at Mencap have developed some great resources to support athletes to understand the use of face masks and coverings as well as printable and downloadable forms – [Click Here for more information](#)



Not all disabilities are clear to see, for many of our athletes their intellectual (learning) disability is hidden. [Hidden Disabilities](#) is an organisation that provides support information as well as lanyards, cards and other support tools with a sunflower on to help show that you have a hidden disability

Things you can do now to get ready for sport to begin

Ideas to Stay Active During the Coronavirus Lockdown

Covid-19 Resources Strong Minds Ideas to Stay Active During the Coronavirus Lockdown MATP goes Virtual!

#StayFit #StayHealthy #StayInWorkOut

As you are now aware it has been decided that **NO Special Olympics activity is to take place in any club until further notice** as a precautionary measure against the spread of Covid-19. This was announced on Monday, March 16, 2020.

If you'd like to read more about this and find some guides and helpful resources to understand what is going on please click [HERE](#).

During this period of lockdown it's really important that we try and **stay fit and healthy** while we are all at home. We all know the benefits of sport on the body but it's also good for your mind and can really help when you're feeling a bit down.

Please find below some ideas and videos to help get you moving

From joining Special Olympics GB's very own **Kiera Byland for Fitness Friday** starting April 3, to learning how to dance with **Strictly Come Dancing's Oti Mabuse** and **Karen Hauer** - or doing some daily exercises with The Body Coach, **Joe Wicks** - there are lots of fun things we can all do safely within our homes.

[Ideas to stay Active at Home](#)

Things you can do now to get ready for sport to begin

Covid-19 Resources

[Covid-19 Resources](#)[Strong Minds](#)[Ideas to Stay Active During the Coronavirus Lockdown](#)[MATP goes Virtual!](#)

[COVID-19 Resources](#)

Helpful Resources Around Coronavirus

As you are now aware, it has been decided that **NO Special Olympics activity is to take place in any club until further notice** as a precautionary measure against the spread of Covid-19.

This was announced on Monday, March 16, 2020 and is in line with the directives received from Mary Davis, CEO, Special Olympics International.

If you'd like to read the full statement from our Chief Operating Officer Paul Lockyer, please click [HERE](#).

You can also watch a video from Michelle Carney, CEO of Special Olympics GB to our athletes explaining what's happening.

This can be found here: <https://www.youtube.com/watch?v=Silg3IMxPdY>

We understand this is an unsettling time for our athletes and volunteers who are worried about what they are seeing in the news and on social media.

If you are an athlete and you have any questions, you can email us at athletes@sogb.org.uk or if you prefer, you could speak to someone at your local club who we are sure will be happy to



Strong Minds



[Tips for maintaining a Strong Mind](#)



[Strong Minds Sessions with Kiera Byland and Niamh Mourton](#)