Phased Approach to Return to Activities

Special Olympics Alaska is adopting a three (3) phased approach to return to activities. These phases and protocols are in line with the recommendations and guidelines set forth by Special Olympics International and the State of Alaska.

Information on COVID-19 is changing daily. Special Olympics Alaska will continually monitor this ever-changing situation and will adjust decision-making accordingly. It is important to note there may be times we revert to an earlier phase if the spread of infection rises in the future.

*Each sport/activity will have a detailed return to play protocol, which will include proper social distancing guidelines, PPE requirements or recommendations, sanitization and screening methods, etc. All coaches and volunteers will receive training on the protocols prior to their sport season.*

Participation Risk Awareness and Acknowledgement

Prior to returning to any in-person Special Olympics activities in Phases 1 through 2, all participants must complete and return a COVID Participant Code of Conduct and Risk Acknowledgement Form, which provides information and guidance on assessing risk and acknowledges that participation could increase risk of contracting or spreading COVID-19. Additionally, all participants must sign and return a Communicable Disease Waiver.

If participants have tested positive and/or been diagnosed with COVID-19, the participant must provide written proof of clearance from their healthcare professional prior to returning to sport or fitness activities. The team associated with the participant must also cease activities for 14 days.

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

Guiding Principles

1. The health and safety of all members of the Special Olympics movement is paramount.
2. Beyond a sports organization, Special Olympics is a movement for and by people with intellectual disabilities (ID), and its guidance must be inclusive and directed at the needs and abilities of people with ID.
3. Relevant WHO and CDC guidelines must 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. Information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

Special Olympics Alaska COVID-19 Response Contact Person:
Emily Tymick, Director of Sports Development & Competition
Email: emily@specialolympicsalaska.org  Phone: 907-222-7625 ext. 608
**SPECIAL OLYMPICS ALASKA RETURN TO ACTIVITIES PHASES**

<table>
<thead>
<tr>
<th>Phase 0</th>
<th>Phase 1</th>
<th>Phase 2</th>
<th>Phase 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>COVID Risk Level: 25+ cases per 100,000 people on rolling 14-day average.</td>
<td>COVID Risk Level: 10-24 cases per 100,000 people on rolling 14-day average. Restriction on size of gatherings is ≤10 people.</td>
<td>COVID Risk Level: 1-9 cases per 100,000 people on rolling 14-day average. Restriction on size of gatherings is ≤50 people.</td>
<td>COVID Risk Level: Less than 1 case per 100,000 people on rolling 14-day average. No restrictions on size of gatherings.</td>
</tr>
<tr>
<td>No events or activities of any sort to be held in person.</td>
<td><strong>High Risk Individuals</strong> are unable to participate in person and should continue to train/compete from home. Practices, health/fitness programs, fundraising and local events, with ≤10 people MAY resume if they adhere to strict physical distancing and sanitization protocols.</td>
<td><strong>High Risk Individuals</strong> are unable to participate in person and should continue to train/compete from home. Practices, health/fitness programs, fundraising and local events, with ≤50 people MAY resume if they adhere to strict physical distancing and sanitization protocols.</td>
<td><strong>High Risk Individuals</strong> 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.</td>
</tr>
<tr>
<td>Individual sport training sessions in own home using own equipment. Coaching occurs virtually.</td>
<td>No direct or indirect contact (e.g. through a ball in the hand) should take place. <strong>Virtual programming</strong> will continue to be made available for those not able to attend in person.</td>
<td>Indirect contact (e.g. through a ball in the hand) MAY resume. No direct contact should occur in sports. <strong>Virtual programming</strong> will be made available for those not able to attend in person.</td>
<td>Large Competitions and Events (with people traveling from multiple communities who are in same phase) MAY potentially occur, if local and federal restrictions allow holding of mass activities. <strong>Virtual programming</strong> should still be made available to those not able to attend in person.</td>
</tr>
<tr>
<td>Fitness and health programming offered virtually or at home. Meetings, conferences or trainings to be held virtually.</td>
<td><strong>School-based</strong> activities led by schools should comply with guidance from schools/districts.</td>
<td><strong>School-based</strong> activities led by schools should comply with guidance from schools/districts.</td>
<td></td>
</tr>
</tbody>
</table>

We follow daily case count data provided by the [Alaska Department of Health and Human Services](https://www.doh.gov) to determine which phase a community is in. These case counts are based on cases per 100,000 people on rolling 14-day average.

**Precautions for Each Phase**

In the following pages, precautions to mitigate risks are outlined for each phase. If these considerations cannot be met, we will not proceed to the next phase.

It is the responsibility of all participants to follow the procedures involved in this document, for reporting any unsafe or unsanitary conditions and for immediately self-reporting and self-quarantining if they have any illness symptoms. All participants are also responsible for helping to maintain a safe, clean and healthy practice/competition environment.
**PHASE 0 – All Individuals Stay at Home**

COVID Risk Level – 25+ cases per 100,000 people on rolling 14-day average.

Size: Stay at home orders. No gatherings of any size, public facilities are closed.

| Phase 0 Educate | - Educate all participants on:
|                 |   - Benefits and risk of physical activity after COVID-19 infection.
|                 |   - PPE, hygiene, and physical distancing for safety.
|                 |   - Continue ‘at home’ activities to maintain fitness and activity levels. |

| Phase 0 Prepare | - Prepare appropriate resources for safe ‘at home’ activities.
|                 | - Prepare participants for participation in virtual activities or virtual competitions.
|                 | - Know how to communicate potential cases to local health authorities for testing and to the Special Olympics Accredited Program, while maintaining and respecting privacy laws. |

| Phase 0 Activity | - Share resources digitally and activate participants virtually (or via mailings).
|                 | - Virtual participants with COVID-19 symptoms should refrain from participating in activities and consult with a healthcare professional for further evaluation. |

**PHASE 1**

COVID Risk Level: 10-24 cases per 100,000 people on rolling 14-day average.

Size: Local gatherings restricted to ≤10 people, individuals at high risk are unable to participate in-person and should continue to participate in the virtual training and competition opportunities.

| Phase 1 Educate | - Prior to attendance, educate all participants on:
|                 |   - High-risk conditions and the risks of participation.
|                 |   - Requirement that anyone who has symptoms must stay home and to contact their own health provider if they are sick for further evaluation.
|                 |   - Requirements for in-person gathering, including PPE, hygiene, and physical distancing.
|                 | - Following this education (e.g. video or handouts), all participants should acknowledge receiving education and confirm understanding of risks and participation procedures by signing the COVID-19 Participant Code of Conduct and Risk Acknowledgement Form (see supplemental material). |

| Phase 1 Prepare | - Ensure all participants are properly registered.
|                 | - Have COVID screening protocol in place and coaches/staff/volunteers prepared to implement prior to or upon arrival at event (see additional guidance on screening protocol below).
|                 | - All activities must take place outdoors. Where possible, instruct participants to use single entry point (to allow for screening process) and separate exit.
|                 | - Remind participants to bring PPE and, if used, their own water bottle, towel, and equipment.
|                 | - Have facemasks/PPE available for those who are unable to bring.
|                 | - Have reminders/signage posted that reinforces appropriate use of PPE relevant to the activity, hygiene and physical distancing.
|                 | - Have handwashing facilities or hand sanitizer available during activities.
|                 | - Know how to communicate potential cases to the local health authorities for testing and to Special Olympics Alaska (within privacy laws).
|                 | - Remind participants that during transport to activities, it is recommended that participants should wear a mask if on public transport, such as a bus, trolley, subway or if carpooling which includes someone not living with them. |

| Phase 1 Activity | - On arrival, conduct screening for ALL PARTICIPANTS (see screening protocol below). All participants with symptoms, a history of recent (last 14 days) COVID exposure, or temperature >100.4F/37.8C must not proceed to the activity.
|                 | - An accurate log must be maintained for each activity that tracks screening results for all participants.
|                 | - Programs must 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.
|                 | - Activities must comply with distancing guidelines at all times. |
No activities that involve direct or indirect contact (e.g., through a ball in the hand) can occur. Consider spacing for drills, etc. using visual guides such as tape, chalk, cones, etc.

- Sports offered during Phase 2: golf, bocce, alpine skiing, snowboarding, figure skating, cross country skiing, snowshoeing, small group fitness activities, track and field, swimming, powerlifting, gymnastics, basketball skills - The list of sports offered is subject to change.
- Maintain physical distancing and avoid close contact (e.g. high fives, hugs, huddles) during and after activity
- Wear facemasks throughout the activity, except during exercise, including upon arrival and departure

- Coaches and volunteers should minimize changes in personnel—groups should stay together and not change.
- Local competitions may be offered in person, in a modified format and must meet the safety measures and protocols within Phase 1; State competitions will be held virtually (if possible) for individual sports only, no team sports competition.
- Special Olympics Alaska staff will 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 the Phase.
- No spectators should be allowed to congregate on the sidelines of activities. Individuals providing transportation for participants should remain in vehicles until sessions are over. If participants need assistance, caregivers may remain provided they also maintain distancing, hygiene and use PPE, including masks.
- Special Olympics Alaska will 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). Local Programs are encouraged to offer their own virtual programming as well.

**PHASE 2**

COVID Risk Level: 1-9 cases per 100,000 people on rolling 14-day average.

Size: Local gatherings restricted to ≤50 people, **individuals at high risk are unable to participate in-person and should continue to participate in the virtual training and competition opportunities.**

### Phase 2 Educate

- Prior to attendance, educate all participants on:
  - High-risk conditions and the risks of participation.
  - Requirement that anyone who has symptoms must stay home and to contact their own health provider if they are sick for further evaluation.
  - Requirements for in-person gathering, including PPE, hygiene, and physical distancing.
- Following this education (e.g. video or handouts), all participants should acknowledge receiving education and confirm understanding of risks and participation procedures by signing the [COVID-19 Participant Code of Conduct and Risk Acknowledgement Form](#) (see supplemental material).

### Phase 2 Prepare

- Have COVID screening protocol in place and coaches/staff/volunteers prepared to implement prior to or upon arrival at event (see additional guidance on screening protocol below).
- No shared supplies such as towels and water/beverage bottles.
- Minimize shared equipment. If shared equipment must be used, prepare a cleaning protocol and supplies to disinfect shared equipment between uses.
- Remind participants to bring PPE and, if used, their own water bottle, towel, and equipment.
- Have facemasks/PPE available for those who are unable to bring.
- Have reminders/signage posted that reinforces appropriate use of PPE relevant to the activity, hygiene and physical distancing.
- Have handwashing facilities or hand sanitizer available during activities.
- Know how to communicate potential cases to the local health authorities for testing and to the Special Olympics Accredited Program (within privacy laws).
- Remind participants that during transport to activities, it is recommended that participants should wear a mask if on public transport, such as a bus, trolley, subway or if carpooling which includes someone not living with them.
### Phase 2 Activity
- On arrival, conduct screening for ALL PARTICIPANTS (see screening protocol below). All participants with symptoms, a history of recent (last 14 days) COVID exposure, or temperature >100.4F/37.8C must not proceed to the activity.
- An accurate log must be maintained for each activity that tracks screening results for all participants.
- Programs must 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.
- Activities must comply with distancing guidelines at all times.
  - Indirect contact (e.g., through a ball in the hand) **MAY** resume. Direct contact may **NOT** resume yet.
  - Sports offered during Phase 2: golf, bocce, bowling*, alpine skiing, snowboarding, figure skating, cross country skiing, snowshoeing, floor hockey team*, group fitness activities, track and field, swimming, powerlifting, gymnastics, basketball skills, basketball team* - The list of sports offered is subject to change.
  - See sport specific return to play guidelines (separate documents)
  - Maintain physical distancing and avoid close contact (e.g. high fives, hugs, huddles).
  - Wear facemasks throughout the activity, except during exercise, including upon arrival and departure.
- Participants may share equipment when circumstances require it. If shared equipment must be used, prepare a cleaning protocol and supplies to disinfect shared equipment between uses.
- Coaches and volunteers should minimize changes in personnel—groups should stay together and not switch up if possible.
- All local competitions meeting group size restrictions (≤50 participants) may take place in person. All state competitions will be held virtually.
- Special Olympics Alaska must 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.
- Special Olympics Alaska will 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). Local Programs are encouraged to offer their own virtual programming as well.

*These sports are considered high risk and are under review to be offered during Phase 2. Should it be determined that these sports are able to be offered, it will be with a great degree of modifications.

### PHASE 3
**COVID Risk Level:** Less than 1 case per 100,000 people on rolling 14-day average.
**Size:** No restrictions on size of mass gatherings.

| Phase 3 Educate | - Educate participants on standard hygiene practices.  
- Inform participants showing signs or symptoms of illness to stay home and contact their own health provider for evaluation. |
|-----------------|-------------------------------------------------|
| Phase 3 Prepare | - The COVID-19 Participant Code of Conduct and Risk Acknowledgement Form (see supplemental material) may still be utilized.  
- Have reminders/signage posted and announced that reinforces hygiene practices.  
- 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). |
| Phase 3 Activity | - No pre or onsite screening required.  
- 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. |
APPENDIX

1. Factsheet on High Risk Participants
2. COVID-19 Participant Code of Conduct and Risk Acknowledgement Form (must be completed by all participants prior to participating in in-person training)
3. Communicable Disease Waiver (must be completed by all participants prior to participating in in-person training)
4. COVID-19 Screening and Tracking Form
Who is at higher risk of COVID-19?

COVID-19 is a new disease and information is changing on who is more likely to get COVID-19 and who is will have more complications. Based on currently available information and clinical expertise, people with intellectual and developmental disabilities may be at higher risk of severe illness resulting in death from COVID-19.

Current clinical guidance and information from the U.S. Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) lists those at high-risk for severe illness from COVID-19 as:

- People 65 years and older. Risk increases with age.
- People who live in a nursing home or long-term care facilities

People of all ages with underlying medical conditions, particularly if not well controlled, are also at high risk:

- People with chronic lung disease, chronic obstructive pulmonary disease or moderate to severe asthma
- People who have serious heart conditions (including heart failure, coronary artery disease, congenital heart disease, cardiomyopathy, hypertension)
- People who are immunocompromised
  - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 30 or higher). To calculate BMI, refer to: https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html
- People with diabetes (Type 1 and 2)
- People with chronic kidney disease
- People with liver disease
- People with dementia

This list may change as evidence is learned. Please review the latest list of conditions that put individuals at increased risk available at the CDC website (https://bit.ly/2VEJcSK)

If you are 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 there is little to no COVID-19 in your community.

If you have been diagnosed with COVID-19, you should consult with a healthcare professional for written medical clearance before returning to Special Olympics in person activities as serious cardiac, respiratory, and neurological issues may develop as a result.
I understand I could get Coronavirus through sports, training, competition and/or any group activity at Special Olympics. I am choosing to participate in sports, competition and/or other Special Olympics activities at my own risk.

During the time these precautions are needed, I agree to the following to help keep me and my fellow participants safe:

- If I have COVID-19 symptoms, I will stay at home and NOT go to any activities until 7 days after all of my symptoms are over. If I am exposed to COVID-19 and have no symptoms, I can return 14 days after exposure.

- Special Olympics gave me education on Special Olympics rules for COVID-19 and who is at high-risk.

- I know that if I have a high-risk condition, I have more risk that I could get sick or die from COVID-19. If I have a high-risk condition, I should not go to Special Olympics events in person, until there is little or no Coronavirus in my community.

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

- I will keep at least 6 ft/2m from all participants at all times.

- I will wear a mask at all times while at Special Olympics activities. I may not have to wear it during active exercise.

- I will wash my hands for 20 seconds or 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 avoid touching my face. I will cover my mouth when I cough or sneeze and immediately wash my hands after.

- I will not share drinking bottles or towels with other people.

- I will only share equipment when instructed to. If equipment must be shared, I will only touch the equipment if it is disinfected first.

- If I get or have had COVID, I will not go to any in-person Special Olympics events until 7 days after my symptoms end. I will go to my doctor and get written clearance before returning to any sport or fitness activities.

- I understand that if I do not follow all of these rules, I may not be allowed to participate in Special Olympics activities during this time.
I HAVE READ ALL OF THIS AGREEMENT OR HAVE HAD IT READ TO ME AND AGREE TO FOLLOW THESE ACTIONS.

PARTICIPANT FULL NAME: ________________________________________________________________

Phone: __________________________ Email: __________________________

Circle one: Athlete  Unified Partner  Coach/Volunteer  Family/Caregiver  Staff

PARTICIPANT SIGNATURE (required for adult (age 18+) participants, including adult athlete with capacity to sign documents)

By signing this, I acknowledge that I have completely read and fully understand the information in this form.

Signature: __________________________ Date: __________

PARENT/GUARDIAN SIGNATURE (required for participant who is a minor (younger than age 18) or lacks capacity to sign documents)

I am a parent or guardian of the athlete/participant named above. I have read and understand this form and have explained the contents to the participant as appropriate. By signing, I agree to this form on my own behalf and on behalf of the participant.

Parent/Guardian Signature: __________________________ Date: __________

Printed Name: __________________________

Relationship: __________________________
WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNIFICATION AGREEMENT FOR COMMUNICABLE DISEASES
(“Agreement”) for
SPECIAL OLYMPICS
In consideration of being allowed to participate in any way in Special Olympics sports training, competition or fundraising activities, the undersigned acknowledges, appreciates, and agrees that:

1. Participation includes possible exposure to and illness from infectious and/or communicable diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,

2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,

3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,

4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Special Olympics, Inc, Special Olympics Alaska, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (“RELEASEES”), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of Participant:  ___________________________
Participant Signature: ___________________________
Date signed: ____________________

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child’s/ward’s presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Name of parent/guardian: ______________________
Parent guardian/signature: ______________________
Date signed: ____________________