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!

PRACTICE PHYSICAL DISTANCING
We love hugs and high fives as much as you do, but at this time, it is important to stay 6 feet apart. Special Olympics 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, especially if you have a cough, runny nose, or are sneezing. At Special Olympics practice and events, you may be expected to wear a face mask, except during active physical activity.

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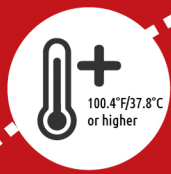
SYMPTOMS

COUGH

SHORTNESS OF BREATH

OR AT LEAST TWO OF THE BELOW SYMPTOMS

FEVER
100.4°F/37.8°C or higher

CHILLS

REPEATED SHAKING WITH CHILLS
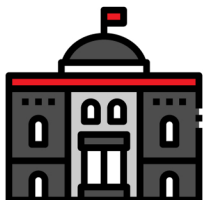
MUSCLE PAIN

HEADACHE

SORE THROAT

NEW LOSS OF TASTE OR SMELL

IF YOU FEEL SICK, OR ARE SHOWING SYMPTOMS, STAY HOME AND CALL YOUR HEALTHCARE PROVIDER FOR EVALUATION

FOR ADDITIONAL INFORMATION AND RESOURCES VISIT WWW.SPECIALOLYMPICS.ORG

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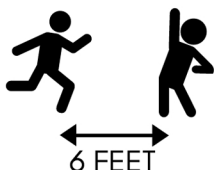
MAINTAIN PHYSICAL DISTANCING
Ensure physical distancing is possible at your practice facility. Mark sections of the field so athletes and volunteers understand and pay attention to distances between each other and between other groups that may be using the practice field.

6 FEET

MAKE HAND WASHING FACILITIES AVAILABLE
Ensure the training facility has adequate hand washing facilities. If not, make sure hand sanitizer is available.

PARTICIPANTS SHOULD WEAR PERSONAL PROTECTIVE EQUIPMENT (PPE)
Athletes, coaches, volunteers and Unified partners should wear PPE if they are able and practice accommodations are made to allow them to do so.
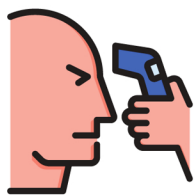
SET ASIDE SPACE TO SCREEN PARTICIPANTS
You must set aside space away from the practice area to collect answers to the symptom survey and take the temperature of all participants. Consider having volunteers dedicated specifically to screening athletes.

KEEP IT CLEAN
Frequently clean commonly touched objects with an antibacterial cleaner. Ensure the faciilty you are using has a consistent cleaning schedule, including for restrooms and hand washing areas.
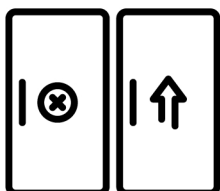
ENTRANCE AND EXITS FROM FACILITY
Participants should be able to get in and out of the facility and still maintain physical distancing. This should include the parking lot. Families may need some guidance on where to park to maintain adequate distance.
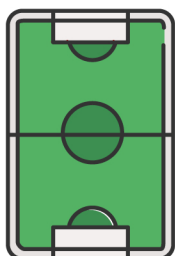
TRAINING FACILITY SPACE
Remember you need enough space within your group to safely maintain the 6 foot physical distancing recommendation between people and you should maintain a reasonable distance between your training group and any other groups who may be using the facility.
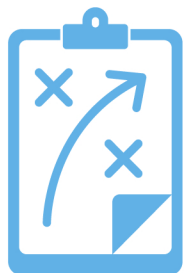
EMERGENCY ACTION PLANNING
Each coach should have an Emergency Action Plan that covers what tasks need to be done and by whom in case of a medical emergency, inclement weather, or if a training participant arrives with or contracts COVID -19 during the training season.

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.