



# 2020 Summer Season Guide

*Special Olympics*  
Washington





## **Table of Contents**

Click on the Table of Contents to take you to the desired page.

Page 3.....Summer Season General Statement  
Page 4.....2020 Summer Season Sign Up  
Page 5.....General Summer Guidelines and Sports Offered  
Page 6.....Resources  
Page 7.....Virtual Summer Games Rules & Guidelines  
Page 8.....Virtual Local Participation Rules and Guidelines  
Page 9.....In Person Participation Rules and Guidelines  
Page 13.....Exposure Action Plan – includes requirements for Coaches  
Page 16.....FAQs





## **2020 Summer Season General Statement**

Participation in Special Olympics Washington has changed, and we are adapting to provide quality program in every way we can. Local participation (virtual or in-person) will be very different than Virtual Summer Games, primarily because participants are not qualifying from local participation to complete in Virtual Summer Games.

This Guide will help outline the different requirements and steps to ensure we have a safe and successful summer season. Circumstances are different for all Areas within Washington, so please contact your Area Director with questions regarding registration or participation.

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*We've all been longing for social interaction and physical activity over these past few months. Special Olympics Washington has been working diligently to create new forms of opportunity to provide these outlets. Whether you are still at home, or you're able to begin gathering in small groups, we want you to get active and keep in touch with your community and friends!*

*-Stephen Opland, Director of Sports and Competition*

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## **2020 Summer Season Sign Up**

Individuals or teams may sign up to participate in all facets of summer season beginning, June 19<sup>th</sup> via an online link found [here](#). The registration will ask participants to select which parts of summer season they are interested in participating in. Here are the options for participation (you may select all three):

- 1. Virtual Summer Games:** State-wide virtual events and activities for athletes, unified partners, family members, and coaches to participate in from their own home. Participants may select up to two sports and the fitness challenge for a total of three sports. Requires no in-person meetings and can be done in Phase 1. Any athlete can participate in the Virtual Summer Games. Athletes do NOT need to qualify in order to participate.
- 2. Virtual local participation:** Participation in any local virtual events ran by coaches or Area Leadership Teams. Requires no in person meetings and can be done in Phase 1.
- 3. In-person local participation:** Local practices or gatherings for events. County must be in phase 4 and the In-Person Participation Application (found [here](#)) must be completed by a head coach and submitted to the Area Director for approval.

Registration information will be provided to Area Directors. If an Individual signs up who is not part of a team, Area Directors will match athletes with a virtual coach based on interest.



## **General Summer Season Guidelines**

- The In-Person Participation guidelines and rules must be reviewed prior to ANY in-person gatherings for Special Olympics Washington activities.
- Uniforms are not required for participation at any level during summer season:
  - Recommended to use the same color shirt or existing jerseys
  - No expenses will be permitted for new uniforms

## **Sports Offered**

- View the [Virtual Summer Games Events List](#) for a list of events offered within each sport.
- Local programs may offer other programming at the discretion of the Area Director.



**ATHLETICS**



**FITNESS CHALLENGE**



**GOLF**



**SOCCER**



**SOFTBALL**



## **Resources:**

These resources are here to guide your participation during Summer Season.

- 'Virtual Coaching Course' is a great resource for Coaches to learn how to best reach their athletes virtually. – *This will be available before Friday, June 19<sup>th</sup>.*
- [2020 Summer Season Participation Sign Up](#)
  - Watch this Summer Season Registration [How-To Video](#)
- [2020 Virtual Summer Games Sports and Events](#)
- [COVID High Risk Information](#)
- [COVID Coaches Requirements and Education](#)
- [COVID Coach Checklist for In-Person Participation](#)
- [COVID Athlete Self-Assessment](#)
- [COVID Exposure Checklist](#)
- [COVID Resources](#)
- [In-Person Participation Application](#)
- [Return to Play Timeline – Phase Graphic](#)



## **Virtual Summer Games Rules and Guidelines**

State-wide virtual events and activities for athletes, unified partners, family members, and coaches to participate in from their own home. Participants may select up to two sports and the fitness challenge for a total of three sports. Requires no in-person meetings and can be done in Phase 1. Any athlete can participate in the Virtual Summer Games. Athletes do NOT need to qualify to participate. Registration opens Friday, June 19<sup>th</sup>.

- Athletes do not qualify from participating in local season to Virtual Summer Games. This is important to note as a major difference from the 'norm'.
- It is highly recommended that athletes are training locally in the sport they hope to compete at for Virtual Summer Games.
- AFPs are NOT required.





## **Virtual Local Participation Rules and Guidelines**

Participation in any local virtual events ran by coaches or Area Leadership Teams. Requires no in person meetings and can be done in Phase 1. Registration opens Friday, June 19<sup>th</sup>.

- AFPs are NOT required.
- Online registration is required.
- Virtual practices are happening now, join our Stay-Fit challenge! Area Directors may offer other organized virtual experiences approved by their Area Manager (virtual bingo, etc.).
- Coaches are not required for virtual participation. Providing coaching is ideal, but we want to encourage participation and not limit participation due to lack of coaches.
- Coaches who are participating in virtual or in-person participation need to complete a [Background Check](#) and [Protective Behaviors](#) course. Please refer to [Coach's Education](#) requirements.







## In-Person Participation Rules and Guidelines

Special Olympics Washington is identifying as part of the [high-risk population](#). We recognize that every person is different, but the standard for participation needs to remain the same for all participants across the organization to remain safe and healthy.

### Special Olympics Washington Phase Timeline

Phase Level	Estimated Time Span	Requirement
Phase 1	May 5-May 26	Stay Home
Phase 2	May 26-June 16	Stay Home
Phase 3	June 16-July 7	Stay Home
Phase 4	July 7-July 28	Groups of 5 (1 Coach, 4 Athletes)
SO Phase 5	July 28-August 18	Groups of 5-50
SO Phase 6	August 18-September 8	As Normal

*\*Note-this is subject to change and only a guideline. This is a combined CDC/Washington State order/SOWA phased approach to ensure safety and control of in-person numbers gathering for our athletes. Two additional phases accommodate SOI recommendations. When a county reaches phase 4, a program may apply to have group of 5 participations.*

- Please refer to the table above for different phases of participation, including dates and group numbers permitted:
  - **Phase 1-3** are 'stay-at-home' orders. You can participate virtually during this time.
  - **Phase 4** (groups of 5 or less permitted)- To prevent transmission from one group to another, certified coaches may only coach one group of 4 athletes through Phase 4. Programs must be approved by SOWA prior to any gatherings! See below for application.



- **Phase 5** (groups of 5-50 permitted) -Programs may introduce new coaches, volunteers or athletes into this group. It is recommended that if you are gathering larger groups, that you still practice social distancing guidelines.
  - Ex: Soccer and Track being in the same location, but at separate ends.
- **Phase 6** participants may be able to participate in larger group as 'normal'. We will be evaluating fall season around the end time of Phase 6 and will notify participants of any changes.
- Programs or teams must apply to participate in-person and send that application to their Area Director for approval. See [here](#) for the In-Person Participation Application.
- Coaches responsible for hosting in-person activities will be required to educate and follow COVID19 protocols provided to you ([coaches requirements and education](#), including: symptom checklist for each athlete, maintaining emergency contact lists, etc.).
- AFPs are required for in-person participation. AFP status for participation:
  - **Current AFP**-may participate as normal once we verify your form.
  - **Expired AFP**-Participants whose AFP expire before January 1, 2020 will not be able to participate unless they complete a new AFP (with doctor signature) due to unknown medical status. Any participant who expired between January 1, 2020 and the current date can complete a new [AFP](#) with any updated medical information, sign the consent page, and be eligible. You do not need a doctor's signature if your AFP is expired between January 1, 2020 and the current date.



- **New participant**-is not able to participate unless medical form is complete by a physician.
- Extensions for those that qualify will only be valid through summer season.
- Fall season participation and required forms will be evaluated in August.
- Participants must stay within the county that they are located.
  - Example: If Bobby heard that a neighboring county is hosting in-person practice, he may not travel to join them. He needs to wait to reduce risk of transmission. Once the neighboring county hits phase 4, Bobby may contact the coach to participate but needs to follow the coach's rules (requirements for mask, etc.).
- Virus protection requirements is highly recommended, but not required. Please follow your local and state guidelines to ensure a safe environment for participants. Use of protective equipment is determined by the Area Director, Program Coordinator or Coach. Area Directors or coaches who are conducting practices can mandate that in-person participation requires masks.
- Protocols for wiping equipment are based on [CDC guidelines](#). Participants may use each other's equipment but should be cleaned between use if possible. Area Directors or Coaches may ask that participants bring their own (or may be provided) equipment, if available, to reduce the risk of exposure. Participants may use each other's equipment but should be cleaned between use if possible. Area Directors or Coaches may ask that participants bring their own (or may be provided) equipment, if available, to reduce the risk of exposure.
- No awards will be given for local participation. If you want to host a jamboree/invitational (within CDC guidelines), please reach out to your Area Manager for approval.



- Please remember, we are in a pandemic. For participants to remain safe and healthy, we are asking that everyone closely monitor your health, your distance from one another, and [self-monitor for symptoms of COVID19](#). If you are not feeling well, do not go to practice.
- Fundraising events follow the above guidelines. Fundraising events without athletes in attendance will be considered on a case by case basis before a county reaches Phase 4. Apply [here](#).





## **Exposure Action Plan**

We ask that you educate yourself and your participants on the seriousness of COVID19, the symptoms to watch for, and ready yourself in case of exposure.

### ***What can you do to prepare for in person practice?***

- [Educate yourself on how the virus spreads and what the symptoms are](#)
- Create quick use contact list for all participants on your team that includes their emergency contacts.
- Pay attention to local and CDC guidelines on what is required to get together in-person (masks, etc.)
- Help educate parents, caregivers, coaches, unified partners and athletes on watching for symptoms before participants come to practice reducing the risk of exposure
- Know any protocols for wiping down equipment as necessary

### ***How will SOWA prepare you for in person practice?***

Special Olympics will be providing many different types of resources for all participants. Coaches are responsible for the well-being of the athletes at practices.



## **Requirements for Coaches**

Before beginning practice, coaches are responsible for educating themselves on **all** requirements for in-person participation. This includes reading, understanding and utilizing all aspects of the [Requirements for Coaches packet](#). Coaches are accountable for the safety of participants. Please familiarize yourself with the following and bring this sheet with you to all practices:

1. Complete [Coaches Education requirements](#): complete WSP background check, protective behaviors course, and the 'Virtual Coaching' course.
2. Coach needs to be in possession of AFP medical forms for all participants.
3. Create quick use contact list for all participants on your team that includes their emergency contacts.
4. Communicate with and educate caregivers/families on what to watch for to deter athletes from coming to practice if they are sick. Resources for education are in this document above (see: Resources, page 6).
5. Conduct pre-practice pulse check using '[COVID19 Coaches Checklist](#)': If yes to any of the questions, the participant needs to be sent home and symptoms monitored by participants care team.
6. Have participants bring their own equipment for practice (if possible) and/or wipe down equipment as often as you can.

### ***In Case of Exposure, Coaches are to:***

1. Notify all participants and their emergency contacts
2. Recommend other participants contact their healthcare providers and get tested.
3. Fill out SOWA Incident Report form
4. All team members must self-quarantine for 14 days
5. Follow up with all participants or caretakers in subsequent days
6. Approval from healthcare provider required before returning to practice



***Reminder of Coaches Responsibilities:***

1. If there is a need to transport an athlete to the hospital, a coach, chaperone, or family member must accompany the athlete.
2. Limit 1v1 time with athletes, always have another adult or chaperone present.
3. If an injury occurs, fill out an Incident/Accident form and turn into Area Director for submission.
4. If you have any health or safety concerns, inform the Venue Manager or a member of the SOWA staff immediately.
5. Discuss safety guidelines emergency procedures and evacuation plans with your athletes, chaperones, and family members. Even for practice!





## **Summer Season Practices FAQ**

<b>Requirements</b>	<b>Local Partic. Virtual</b>	<b>In-Person Partic.</b>	<b>Virtual Summer Games</b>
Qualifying	No	No	No
Anyone Can Register	Yes	Yes	Yes
AFP Medical Forms	No	Yes	No
WSP for Coaches	Yes	Yes	Yes
Coach Required	No (Recommended)	Yes	No (Recommended)

### **Who should I contact if I am interested in participating in summer season?**

- Follow this link to register as an individual or as a team:
  - [Summer Season Participation Sign Up](#)
  - Registration opens Friday, June 19<sup>th</sup>
- If you are unsure if your team is participating, contact your coach or Area Director for more information.
- Call this number if you need support registering online: 206-681-9378

### **What does virtual practice look like?**

- Local Virtual Practices will replace regular in person practices. Athletes can practice in their own home in order to follow social distancing and stay at home orders. Virtual Interactions with teams through email, social media, phone calls, video chats etc. are highly encouraged to keep athletes connected and active! Coaches and Unified Partners can still help athletes improve their skills while remaining virtual.

### **What will the registration process look like for local practices?**

- Virtual practices can begin as soon as athletes register through this [link](#). If you do not have access to a computer or someone who can help you register online, you can also call to register over the phone here: 206-681-9378





### **When can virtual practices start?**

- Virtual practices can begin as soon as participants register (refer to question 1 for ways to register). Local virtual practices will be organized by the Area or Coach.

### **When can we start in person practices?**

- When your county reaches Phase 4, programs can [apply](#) to do in-person participation and send that application to their Area Director.

### **Do I need to practice with a team to qualify for the Virtual Summer Games?**

- No. Any athlete can register for up to 2 sports and is not required to practice competing. However, we strongly encourage that athletes who want to compete at their best practice with their coach leading up to the Games.

### **Can I practice in person with another county's program if they reach phase 4 before the county I live in?**

- No. Athletes need to stay in their county. Once their county is in phase 4, they can be considered for participation with another county's program but must follow the rules laid out by the coach (requirements for social distance, mask, etc.)

### **Are AFPs required to participate?**

- Virtual practices/competition - NO
- In person practices - YES
  - *Current AFP* – good to go, SOWA just needs to verify that we have AFP on file
  - *Expired AFP*-Participants whose AFP expires before January 1, 2020 will not be able to participate until they complete a new AFP due to unknown medical status. Any participant who expired between January 1, 2020 and the current date



can complete a new [AFP](#) with any updated medical information and be eligible. You do not need a doctor's signature, nor is going into the doctor required.

- *New participant*-would not be able to participate unless medical form is complete by a physician. If restrictions are lifted and they can visit a doctor, they may obtain a form and participate in the local program after doing so.

### **What protective equipment is required for in person practices?**

- Personal protective equipment is highly recommended but is not required. Please follow your local and state guidelines to ensure a safe environment for participants. The use of masks will be left to the discretion of the Area Director or coach. If masks are required locally, participants will be given a mask or can bring their own.

### **Is Special Olympics Washington considered high risk?**

- Yes. Special Olympics Washington is identifying as part of the high-risk population. We recognize that every person is different, but the standard for participation needs to remain the same for all participants across the organization to remain safe and healthy.

### **What if I get injured during virtual participation?**

- Complete an [incident report form](#) and send it to your coach, Area Director, or SOWA staff for submission.