



### **Local Program GENERAL Guidance & Protocol for Return to Activity/Play**

Return to activity will be phased-in slowly in the same way the State is reopening. SOKY will release sport-specific documents that will provide guidance in more detail. In addition, athletes and coaches should expect there to be additional restrictions on participation in cases of physical conditions which would make individuals more vulnerable to the disease. The following applies to all participants; athletes, coaches, volunteers & family members who are directly involved with the local program.

### **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 will have more complications. Based on currently available information and clinical expertise, people with intellectual and developmental disabilities may be at higher risk of a 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 the 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 licensed long-term care facilities

Regardless of age, individuals with underlying conditions, such as the following, are or may be at increased risk of severe illness from COVID-19:

- 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 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](https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html)
- People with diabetes (Type 1 and Type 2)
- Chronic kidney or liver disease
- People with dementia

**\*The list may change as more is learned about COVID-19.**

**COVID-19 DISCLAIMER - ALL Participants (athletes, unified partners, coaches, chaperones, etc.)** must have a dated, and signed **COVID-19 Disclaimer** on file with the SOKY office to participate. (Disclaimer is a separate document)

### **Required Personal Protective Equipment (PPE):**

- Face coverings (mask) – individual must provide own mask
- Hand sanitizer – individual is encouraged to bring but delegation/team should also have available
- Disinfecting wipes (to wipe down surfaces and any equipment) – to be provided by team/delegation

### **General Protocol to follow:**

Please communicate the following to all participants prior to any event/activity:

- Participants should travel independently to practices/training sessions, etc. or travel with individuals from their at-home environment. No large passenger vans allowed for group transportation.
- Spectators (family members, supporters) – Spectator guidelines will be included in sport-specific documents – depending on group sizes allowed per Gov. Beshear, there will likely be limits on who/how many can attend practices/activities
- If you are sick (coughing, sneezing and/or shortness of breath) stay at home
- If you have two of the following, stay at home:
  - > Chills
  - > Repeated shaking chills
  - > Muscle Pain
  - > Headache
  - > Sore Throat
  - > New loss of taste or smell

### **Travel out of state/country protocol**

On July 20, 2020, the Kentucky Department for Public Health issued a travel advisory with the recommendation of a **14-day self-quarantine** for travelers who travel to a “hot spot”, which is any area that has a COVID positivity rate of 15% or higher. To find current list visit;

<https://coronavirus.jhu.edu/testing/testing-positivity>

### **While at activity, meeting and/or event, everyone must adhere to the following:**

- Protective masks – must be worn for indoor activities and is strongly recommended for outdoor activities
- Practice Social Distancing always (6 ft between individuals not from same household)
- Wash Hands frequently and/or use hand sanitizer
- Sport-specific documents will address group sizes and protocol to follow
- Individuals must use their own equipment – no sharing
- Individuals will use own water bottle and/or towel – no sharing
- There is to be no sharing of food/snacks

### **Check-in questions to ask all participants (athletes, coaches & volunteers):**

As participants arrive for each Special Olympics activity, one person should be designated to ask Health Screening questions. Local Programs should utilize the SOKY COVID Health Screening Questions document that can be found on the Special Olympics Kentucky website in the COVID-19 Resource section. You can also call the SOKY Office to request the document.