



## 2021 Track Season - Return to Play (R2P)

This document has been developed utilizing guidance from SOI, CDC and state of Kentucky Governor's Office. All content is subject to change.

### **PHASE 1 (Practices only)**

**March 1<sup>st</sup>:** – Special Olympics Kentucky Track & Field practices may begin at this time.

**NOTE: All active participants** must have a signed and dated SOKY COVID-19 Disclaimer on file at the SOKY office to participate. Participants include athletes, coaches, unified partners, volunteers, etc.

**Travel Advisory:** *If you travel internationally, you must quarantine for 14 days upon your return. You may not attend or participate in any Special Olympics activities for 14 days. For further guidance please refer to [CDC International Travel Guidance](#)*

### **SOKY Track & Field Protocol – these are in addition to facility protocols**

- **Arrival:** All participants and spectators should be shown/asked the COVID-19 Health Screening questions. Coaches should already have this document. If you do not, it can be found on the SOKY website under the COVID-19 Resources tab. The questions can be sent out prior to each practice asking participants to review, or questions can be asked as participant is being picked-up or participants can be asked as they enter the facility.
  - Participants are asked to stay home from any track & field activity if they are feeling unwell or are immunocompromised and need to limit exposure.
  - All participants will be required to sanitize their hands prior to the start of practice.
  - Congregating of athletes, coaches, or other persons should be limited as 6 ft social distancing should be practiced, and all participants **must** wear a mask.
- **Education prior to Activity:** Each track practice should begin with a reminder to all participants to wear a mask and practice social distancing. Coaches should also properly educate athletes on proper handwashing, coughing into arm, etc. You are encouraged to hang signage to help remind participants about the mandatory mask rule, social distancing expectation, etc. You can download signs from the COVID-19 Resource page on the SOKY website.
- **Mask/Face Coverings:** All participants (athletes, coaches, volunteers, Unified Partners) must wear a mask from the time they enter the facility to when they exit the facility. Athletes should continue to wear a mask while stretching, warming-up and participating in mild exercise. Athletes may remove masks when participating in a long run or a hard sprint or exercise. Once the run/exercise is completed, athlete must wear a mask.
- **Equipment:** No equipment should ever be shared unless you are from the same household. This includes towels, water bottles, softballs, shot puts, tennis ball, and stop watches. If any equipment is shared, it must be thoroughly sanitized between users.
- **Attendance Tracking:** Coaches should use an Attendance Tracking Form to keep an accurate attendance record for all practices. Coach should keep forms from all practices as this will allow for contact tracing should an occurrence of COVID-19 occur.

- **Symptoms:** Any participant that experiences COVID-19 symptoms (shortness of breath, fever, cough, etc.) should be immediately removed from the track activity and instructed to seek medical attention. At this time, the SOKY **COVID-19 Exposure Protocol** should be followed (form can be found on SOKY website/COVID Resource page) which includes contacting the SOKY State Office immediately.
- **Practice Specifics:** Each Track facility will have a different layout and each facility will provide their COVID protocols that you must follow. In addition to facility protocols and the SOKY R2P protocols outlined in this document:
  - Athletes should come dressed and ready for practice.
  - Each athlete should bring his/her own towel and water bottle – no sharing.
  - Each athlete should bring their own hand sanitizer. In addition, each team should provide sanitizer for hands **and** to clean equipment between users. The purchase of these items is an approved local program expense.
  - Six-foot distancing of all participants should always be enforced. Coaches should mark spots on track/bleachers to indicate assigned spots for each participant.
  - At this time, relay events will **not** be offered; therefore, relay practice should not be included in practices - use of relay batons are prohibited.
  - Athletes should be spaced out accordingly on the track. When practicing group races, use every other lane (i.e., use lanes 2-4-6-8 or 1-3-5-7).
- **Celebratory Best Practices:** To encourage sportsmanship coaches and volunteers should encourage alternative, socially distanced, signs of mutual respect (wave, salute, or bow).
- **Virtual Meetings:** Team meetings can occur in-person, but we strongly encourage virtual meetings. If meetings are in-person, all protocols regarding social distancing and wearing masks should be practiced.
- **Spectators:** Any individual not essential for the conduct of any track practice is encouraged **not** to attend. Any parent/guardian attending a track activity (if allowed by you or the facility) must adhere to the physical six-foot distancing guidelines **and** wear a mask/face covering at all times.
- **Departing:** At the conclusion of each track practice, participants will be required to sanitize hands prior to leaving the facility. Congregating of athletes, coaches, families, or other persons prior to or following track practices is not allowed.
- **Transportation:** Bus and/or large Passenger Vans (church vans, 15-passenger vans, etc.) are not allowed. All participants are encouraged to either drive, ride independently or with those from the same household. **If ridesharing is necessary, then all passengers in the vehicle must wear a mask.**
- **Concessions/Food Services:** If/when the facility offers food services, they will be responsible for following current orders and guidelines provided by the local/state authority. If you allow individuals to bring food/snacks, drinks to practice, they may **not** be shared amongst participants. If a team meal is necessary after practice and away from the facility, all guidelines and protocols should be followed regarding restaurants.
- **Restrooms/Locker Rooms: Restrooms:** Follow all facility restroom rules/guidelines as provided – you should monitor the number of individuals in the restroom at the same time.