



SPECIAL OLYMPICS ONTARIO

COVID-19

RETURN TO PROGRAM

COMMUNITY PLAN

September 11, 2020

TABLE OF CONTENTS

SECTION	PAGE
Section 1: Introduction	3
Section 2: Individual Health	5
Section 3: Protocol for Suspected/Confirmed Case of COVID-19	7
Section 4: Sport Specific Training Guidelines	8
Section 5: Facility Specific Training Environments (template)	9

SECTION 1: INTRODUCTION

Our guidelines have been developed in line with SOI's "Return to Activities Protocol". This protocol is founded on the latest medical information available and guidance from organizations such as the World Health Organization (WHO) and nation-specific health agencies (e.g. Public Health Agency of Canada).

The guidance on Return to Activities is based upon five Guiding Principles. The five principles are:

- ❖ The health and safety of all members of the Special Olympics movement is paramount.
- ❖ 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 unique needs and abilities of people with ID.
- ❖ Relevant WHO and country-specific (e.g., Public Health Agency of Canada) guidelines should 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.
- ❖ 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.
- ❖ Guidance takes a phased approach that is dependent on local transmission rates as well as testing/monitoring/contact tracing/health system capacity.

Special Olympics Canada expects all Chapters, athletes, coaches, officials, staff, programs and volunteers to:

- ❖ Comply with the health directives of government and public health officials as issued from time to time;
- ❖ Understand and act in accordance with these guidelines as amended from time to time;
- ❖ Comply with any screening measures implemented by Special Olympics Canada and its Chapters;
- ❖ Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and
- ❖ Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

For more detail, [click here to go to our Return to Program](#)

Key Messages for our Return to Program Guidelines:

Note: For the purpose of the SOO Return to Program Guidelines, “participant” refers to all athletes, coaches, volunteers, support persons, parents/guardians and spectators.

Physical Distancing:

Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. Participants must adhere to physical distancing in accordance with requirements of public health authorities and facility operators.

Hygiene:

In addition to physical distancing, handwashing and cough etiquette add another layer of protection against the spread of COVID-19. Special Olympics Ontario will educate and enforce participants on appropriate personal hygiene best practices.

Equipment Cleaning:

Equipment touched with hands are most likely to be contaminated. Participants must bring their own equipment to the facility to remove the need to share. Appropriate disinfecting at home will reduce the risk of the virus spreading.

Program / Facility equipment must be cleaned before and after each training session. Additionally, any equipment that is used by more than one participant must be cleaned between touches.

Health Monitoring:

Health monitoring process will be implemented for all participants. Public Health Guidelines will be followed for those individuals who feel unwell, have had contact with a person who has tested positive for COVID19 or have travelled outside the province in the past 14 days.

Safe Sport Environment:

An open and observable environment will be maintained at all times. We will ensure all aspects of a safe sport environment (including the Rule of Two) will be implemented and followed.

Planning and Communications:

A robust Return to Program plan that includes ongoing communication and updates will ensure all our participants feel comfortable with their decision to Return to Program.

SECTION 2: INDIVIDUAL HEALTH

It is the responsibility of all individuals (and guardians if athletes is under 18 years of age) to assess their own personal risk and determine whether they are ready to return to program.

Prior to attending the training environment, all participants are required to self-monitor for symptoms of COVID-19 using the Government of Canada Self-Assessment Tool:
<https://ca.thrive.health/covid19/en>

Before returning to the program, all participants (parents/guardians of athletes under the age of 18), and coaches must complete and submit the [Special Olympics Waiver and COVID-19 Declaration Form](#).

Athletes or coaches should not attend a program session if, in the last 14 days, the individual, or anyone in their household has:

- ✓ Experienced symptoms or signs of COVID-19, even if mild (including fever, sore throat, dry cough, fatigue, chills and body aches, shortness of breath, diarrhea, pink eye, or loss of smell or taste)
- ✓ A confirmed case of COVID-19, or are waiting to hear the results of a lab test for COVID-19
- ✓ Had close contact with someone with COVID-19
- ✓ Been told by public health that they may have been exposed and need to quarantine
- ✓ Travelled outside of Canada
- ✓ If they or any member of their family does not feel well, even if mild symptoms.

There will be no penalty for missing practice if an athlete, or any member of their family does not feel well, as they should stay home.

Prior to the start of each weekly program session, participant's attendance will be tracked and all participants will undergo a [COVID-19 screening](#) to ensure safety of all participants in the program.

High Risk Factors:

Having an intellectual disability alone may not put someone at a higher risk for getting COVID-19 or having a severe illness if they do get COVID-19. However, some people with intellectual disabilities might be at a higher risk of infection or severe illness because of their age or underlying medical conditions, which could put them at greater risk of being exposed and acquiring the infection.

What that means for Special Olympics Participants:

As programs approach return to play initiatives there are potential interventions worth considering for high-risk athletes/other personnel including:

- Delaying a return to sport/programs
- Greater focus on individual training or virtual training
- Maintaining social distancing measures
- Delay the return of 'high risk' athletes/other personnel from the training environment
- Consideration given to timelines and the need to be adjusted based on a vulnerable sector (Return to sport might look different than that of generic return)
- Selecting sports based on minimal risk, human contact and opportunity for sharing of equipment

The foundation for our guidelines to return to sport and programs is the health, safety and wellbeing of our community, especially athletes and volunteers. It is recommended, that the final decision for involvement by High-Risk participants be done in consultation with a healthcare provider, caregiver (if applicable), the Chapter, and be based on the guidelines and recommendations from the P/T Government and Health agency.

SECTION 3: PROTOCOL FOR SUSPECTED / CONFIRMED CASE OF COVID-19

Protocol for anyone who becomes symptomatic while in the training environment:

- The participant must notify the Head Coach that they are sick. The participant must be isolated immediately.
- The participant must collect their belongings, contact their parent or emergency contact and isolate in their vehicle or in a location specified by the coach, until a coach speaks with them.
- The ill participant must remain at the training location until a parent or emergency contact is satisfied that they are safe to drive or picks them up.
- A coach will put on a Face Shield, Mask and Gloves and attend to the participant as needed.
- The coach may provide support to help the athlete contact Telehealth at 1-888-797-0000
- The participant will retrace their steps to identify any surfaces touched and any close contact (persons within 2 meters for 15 minutes or longer).
- The Head Coach will wear a Face Shield, Mask and Gloves and clean all surfaces identified by the ill participant – including the sports equipment used.
- If the participant tests positive for COVID-19, proceed with the procedures below.
- The Head Coach will contact the Community Coordinator to notify of the event.

Protocol for anyone who tests positive for COVID-19:

Upon confirmation of a positive test for COVID-19, within 24 hours of notification, the athlete, parent/caregiver, coach, or volunteer must:

- Inform the Head Coach or Program Consultant of the positive COVID-19 test.
- Follow the Provincial Health Authority guidelines for self-isolation and remain self-isolated until their doctor or Regional Health Authority advises that it is safe to return to normal activities.
- Head Coach will notify the Program Consultant and Community Coordinator
- Program Consultant to notify Chapter Designate and subsequently the Chapter Executive team.

SECTION 4: SPORT SPECIFIC TRAINING GUIDELINES

To view the Special Olympics Ontario Sport Specific Training Guidelines, please refer to our [Return to Program website](#) and click on the individual sport.

SECTION 5: FACILITY SPECIFIC TRAINING ENVIRONMENT

(the following pages are to be completed by the Head Coach)

NAME AND ADDRESS OF FACILITY:

NAME OF FACILITY: _____

ADDRESS: _____

CITY, PROV: _____

POSTAL CODE: _____

TRAINING SESSION OUTLINE TO ENSURE PHYSICAL DISTANCING:

TRAINING SESSION OUTLINE TO ENSURE HAND AND PERSONAL HYGIENE:

TRAINING SESSION OUTLINE TO ENSURE SAFE USE OF EQUIPMENT:

**USE THIS SPACE TO PROVIDE ANY DIAGRAMS TO ASSIST IN DESCRIBING YOUR
OUTLINES ON PREVIOUS PAGE:**