



## Guidance on COVID-19 Return to Play

Information on COVID-19 is changing daily. Transmission rates vary across Missouri by city and county. State and local governments, schools districts, state and local health agencies, Missouri State High School Activities Association, and Parks & Recreation departments are all developing their own guidelines.

Special Olympics Missouri is dedicated to protecting the health and safety of our athletes, volunteers, coaches, officials, staff, and all who contribute to the success of our athletes in training, competition, and events.

The purpose of this document is to provide all individuals involved with Special Olympics Missouri (SOMO) with information to assist them in returning to training, competition, and events during the current pandemic of COVID-19. These are minimum guidelines for SOMO teams/agencies, local, area, regional, and state competitions. They are intended to supplement – not replace – any state and/or local safety laws, rules, and regulations.

This document is by no means a prescriptive, complete or exhaustive list of Return to Play considerations: We recognize we will all learn, adapt, and adjust as we make our way through this pandemic. Any updates from SOMO on our Return-to-Play protocols will be updated on a regular basis at [www.SOMO.org/ReturnToPlay](http://www.SOMO.org/ReturnToPlay).

Additionally, the information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Special Olympics Missouri makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about symptoms and/or diagnoses related to COVID-19.

**Throughout this document “participants” are defined as all athletes, Unified partners, coaches, volunteers, family members, caregivers, staff or others in attendance of an activity.**

## Guiding Principles

1. The health and safety of all members of the SOMO movement is paramount.
2. Beyond a sports organization, SOMO 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.
3. Relevant World Health Organization (WHO) and Centers for Disease Control and Prevention (CDC) guidelines serve as minimum standards. In addition, consideration should be given to state, local, and community authorities in that if there are more conservative/restrictive guidelines, these should be followed. **Appendix Section 1.3 provides links to easily access this information.**
4. Guidance is based on current medical information available at the time of this publication. As knowledge of COVID-19 is changing rapidly, guidance will continue to evolve.
5. Guidance takes a phased approach that is dependent on local transmission rates as well as testing/monitoring/contact tracing/health system capacity in Missouri.



## Phased Approach to Return to Play

Special Olympics Missouri is adopting a three-phased approach to return to activities. **It is important to note there may be times a community will revert to an earlier phase if and when the spread of infection rises in the future.**

### **Participation Risk Awareness and Acknowledgement**

Prior to returning to any in-person Special Olympics Missouri activity, all participants are to complete an online *Participant Risk Acknowledgement Form* which provides information and guidance on assessing risk and acknowledges that participation could increase risk of contracting or spreading COVID-19. **The link to this form can be found in Appendix: Section 1.5 of this document.**

If participants have tested positive and/or been diagnosed with COVID-19, the participant must provide written proof of clearance from their healthcare professional prior to returning to sport or fitness activities.

## SPECIAL OLYMPICS MISSOURI RETURN TO PLAY PHASES

| Phase 0<br>Stay at home order in place for all individuals.  | Phase 1<br>Stay at home order is lifted, restriction on size of gatherings (<10 people).   | Phase 2<br>Size restrictions on gatherings increased to <50 people.  | Phase 3<br>No restrictions on size of gatherings and public facilities are open.  |
|--|--|--|---|
| No events or activities of any sort to be held in person.<br><br>Individual sport training sessions in own home using own equipment.<br><br>Coaching occurs virtually.<br><br>Fitness and Health programming offered virtually or at home.<br><br>Meetings, conferences or trainings to be held virtually. | <p><b>HIGH-RISK INDIVIDUALS</b> (see appendix 1 ) should continue to remain at home.</p> <p><b>PRACTICES, HEALTH/FITNESS, LEADERSHIP, FUNDRAISING and LOCAL EVENTS</b> (with less than 10 participants) <b>MAY</b> resume if they adhere to strict physical distancing and sanitation protocols. No direct or indirect contact (e.g. through a ball in the hand) should take place.</p> <p>Virtual programming should be made available for those not able to attend in person.</p> <p>Select disciplines of <b>HEALTHY ATHLETES</b> occur for disciplines where risk mitigation and infection control precautions can be put in place.</p> <p><b>SCHOOL</b>-based activities led by schools should comply with guidance from schools/districts.</p> | <p><b>HIGH-RISK INDIVIDUALS</b> (see appendix 1) should continue to remain at home.</p> <p><b>PRACTICES, HEALTH/FITNESS, LEADERSHIP, FUNDRAISING and LOCAL EVENTS</b> (with less than 50 participants), <b>MAY</b> resume if they adhere to physical distancing and sanitation protocols. Indirect contact (e.g. through a ball in the hand) <b>MAY</b> resume. No direct contact should occur in sports.</p> <p>Virtual programming should be made available for those not able to attend in person.</p> <p><b>HEALTHY ATHLETES</b> may occur for disciplines where risk mitigation and infection control precautions can be put in place.</p> <p><b>SCHOOL</b>-based activities led by schools should comply with guidance from schools/districts.</p> | <p><b>HIGH-RISK INDIVIDUALS</b> (see appendix 1) can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.</p> <p><b>LARGE COMPETITION and GAMES</b> (with people traveling from multiple geographic areas who are in same phase) <b>MAY</b> potentially occur, if permitted by WHO, county and local standards.</p> <p>Virtual programming should still be made available for those not able to attend in person.</p> <p><b>HEALTHY ATHLETES</b> may resume activities, with appropriate infection control precautions in place.</p> <p><b>SCHOOL</b>-based activities led by schools should comply with guidance from schools/districts.</p> |



In the following pages, precautions to mitigate risks are outlined for each phase. If these considerations cannot be met, then the decision to proceed to the next phase should not occur.

It is expected the timeline will differ for returning to these phases by county. It is the responsibility of those planning training, competition, and events to seek local public health agency guidance prior to any training, competition or event where athletes are present. A directory of local public health agencies can be found here: <https://health.mo.gov/living/lpha/lphas.php>.

**In addition, SOMO should be prepared to revert from a later phase to an earlier phase if local, state or national authorities require and/or there is not ample opportunity to meet the mitigating criteria.**

## Migrating Criteria and Precautions by Phase

| <b>PHASE 0 – All Individuals Stay at Home</b><br>Size: Stay at home orders. No gatherings of any size, public facilities are closed. |  |
|--|--|
| <b>Phase 0 Comply</b>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Follow local, state and federal restrictions regarding Stay at Home.</li> </ul>  |
| <b>Phase 0 Educate</b>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Educate all participants on:                             <ul style="list-style-type: none"> <li>o Those at high risk for being infected with COVID-19 (See Appendix: Section 1.1 for high-risk information)</li> <li>o PPE, hygiene, and physical distancing for safety.</li> </ul> </li> <li><input type="checkbox"/> Continue 'at home' activities to maintain fitness and activity levels.</li> </ul> |
| <b>Phase 0 Prepare</b>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Prepare appropriate resources for safe 'at home' activities.</li> <li><input type="checkbox"/> Prepare participants for participation in virtual activities or virtual competitions.</li> <li><input type="checkbox"/> Know how to communicate potential cases to local health authorities for testing and to Special Olympics Missouri, while maintaining and respecting privacy laws.</li> </ul>       |
| <b>Phase 0 Activity</b>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Share resources digitally and activate participants virtually (or via mailings).</li> <li><input type="checkbox"/> Virtual participants <b>with COVID-19 symptoms</b> should refrain from participating in activities and consult with a healthcare professional for further evaluation.</li> </ul>  |



| <b>PHASE 1</b><br>Size: Local gatherings restricted to <10 people, individuals at high risk should remain safe at home |   |
|--|---|
| <b>Phase 1 Comply</b>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Ensure compliance with all local, state and national regulations, including for participation of individuals at high risk.</li> </ul>   |
| <b>Phase 1 Educate</b>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Prior to attendance, educate all participants on:                             <ul style="list-style-type: none"> <li>○ High-risk conditions and the risks of participation (See Appendix: Section 1.1 for high-risk information).</li> <li>○ Requirement that anyone who has symptoms must stay home and to contact their own health provider if they are sick for further evaluation.</li> <li>○ Requirements for in-person gathering, including PPE, hygiene, and physical distancing.</li> <li>○ SOMO coaches must take the COVID-19 training provided on the Special Olympics North America Learning Portal at <a href="https://learn.specialolympics.org/">https://learn.specialolympics.org/</a></li> <li>○ Instructions for how to register and access the portal are in Appendix: Section 1.4.</li> </ul> </li> <li><input type="checkbox"/> All participants should acknowledge receiving education and confirm understanding of risks and participation procedures by signing an online <i>Participant Risk Acknowledgement Form</i> (See Appendix: Section 1.5).</li> </ul>  |
| <b>Phase 1 Prepare</b>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Have COVID screening protocol in place and coaches/staff/volunteers prepared to implement prior to or upon arrival at event (see additional guidance on screening protocol below).</li> <li><input type="checkbox"/> Ensure that the venue is disinfected or sanitized, especially bathrooms.</li> <li><input type="checkbox"/> Highly recommend use of outdoor, well-ventilated facilities. Where possible instruct participants to use single entry point (to allow for screening process) and separate exit.</li> <li><input type="checkbox"/> No shared supplies such as towels and water/beverage bottles.</li> <li><input type="checkbox"/> Minimize shared equipment. Equipment should never be used by one participant and then another without disinfection between uses. If equipment is to be used by multiple people during the activity, prepare a cleaning protocol and supplies to disinfect equipment between uses.</li> <li><input type="checkbox"/> Remind participants to bring PPE and, if used, their own water bottle, towel, and equipment. Have facemasks/PPE available for those who are unable to bring.</li> <li><input type="checkbox"/> Have reminders/signage posted that reinforces appropriate use of PPE relevant to the activity, hygiene and physical distancing.</li> </ul> |



|   |   |
|---|---|
| <p><b>Phase 1<br/>Prepare<br/>Continued</b></p> | <ul style="list-style-type: none"> <li>❑ Have hand sanitizer or handwashing facilities available at venue.</li> <li>❑ Know how to communicate potential cases to the local health authorities for testing and to the Special Olympics Accredited Program (within privacy laws).</li> <li>❑ Remind participants that during transport to activities, it is recommended that participants should wear a mask if on public transport, such as a bus, trolley, subway or if carpooling which includes someone not living with them.</li> <li>❑ If Special Olympics is providing transportation, participants must wear facemasks during travel.</li> </ul>  |
| <p><b>Phase 1<br/>Activity</b></p>              | <ul style="list-style-type: none"> <li>❑ On arrival, conduct screening for ALL PARTICIPANTS (<i>See Appendix: 1.2 for screening protocol</i>). All participants with symptoms, a history of recent (last 14 days) COVID exposure, or temperature &gt;100.4F/37.8C must not proceed to the activity</li> <li>❑ Continue to provide a safe participation option for those who are at high risk and thus unable to participate in person (e.g. virtual/training at home).</li> <li>❑ Activities must comply with distancing guidelines at all times.             <ul style="list-style-type: none"> <li>○ <b>No</b> activities that involve direct or indirect contact (e.g., through a ball in the hand) can occur. Consider spacing for drills, etc. using visual guides such as tape, chalk, cones, etc.</li> <li>○ Maintain physical distancing and <b>avoid</b> close contact (e.g. high fives, hugs, huddles) during and after activity</li> <li>○ Wear facemasks throughout the activity, except during exercise, including upon arrival and departure</li> </ul> </li> <li>❑ Coaches and volunteers should minimize changes in personnel---groups should stay together and not change.</li> <li>❑ At competitions, Program staff must provide reminders to participants on standard infection prevention measures (e.g. frequent handwashing, avoid touching face, cover mouth when sneezing/coughing, etc.) at the start and throughout event.</li> <li>❑ No spectators should be allowed to congregate on the sidelines of activities. Individuals providing transportation for participants should remain in vehicles until sessions are over. If participants need assistance, caregivers may remain provided they also maintain distancing, hygiene and use PPE, including masks.</li> <li>❑ Maintain a list of all participants with contact details. This will allow for contact tracing should a participant be later diagnosed as having COVID-19 during the activity.</li> </ul> |



## PHASE 2

Size: Local gatherings restricted to <50 people, individuals at high risk should remain safe at home

|                               |  |
|-------------------------------|--|
| <p><b>Phase 2 Comply</b></p>  | <ul style="list-style-type: none"> <li>□ Ensure compliance with all local, state and national restrictions, including for participation of high-risk individuals.</li> <li>□ If participants are traveling from different geographic areas, ensure all communities meet state guidelines and local health agencies have not enforced more strict guidelines. This information can be found at <a href="https://www.arcgis.com/apps/opsdashboard/index.html#/59135fbe6eb24581b8d5dd78964ec1e4">https://www.arcgis.com/apps/opsdashboard/index.html#/59135fbe6eb24581b8d5dd78964ec1e4</a>.</li> <li>□ If participants are traveling from an area with more strict guidelines or isolated outbreaks in their community or county, they should be advised not to travel out of their community or county. Advice on traveling can be found at <a href="https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html">https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html</a>.</li> </ul>  |
| <p><b>Phase 2 Educate</b></p> | <ul style="list-style-type: none"> <li>□ Prior to attendance, educate all participants on:             <ul style="list-style-type: none"> <li>○ High-risk conditions and the risks of participation (See Appendix: Section 1.1 for high-risk information).</li> <li>○ Requirement that anyone who has symptoms must stay home and to contact their own health provider if they are sick for further evaluation.</li> <li>○ Requirements for in-person gathering, including PPE, hygiene, and physical distancing.</li> <li>○ SOMO Coaches must take the COVID-19 training provided on the Special Olympics North America Learning Portal at <a href="https://learn.specialolympics.org/">https://learn.specialolympics.org/</a></li> <li>○ Instructions for how to register and access the portal are in Appendix: Section 1.4.</li> </ul> </li> <li>□ All participants should acknowledge receiving education and confirm understanding of risks and participation procedures by signing an online <i>Participant Risk Acknowledgement Form</i> (See Appendix: Section 1.5).</li> </ul> |



## **Phase 2 Prepare**

- Have COVID screening protocol in place and coaches/staff/volunteers prepared to implement prior to or upon arrival at event (see additional guidance on screening protocol below).
- Ensure that the venue is disinfected or sanitized, especially bathrooms.
- No shared supplies such as towels and water/beverage bottles.
- Minimize shared equipment. If shared equipment must be used, prepare a cleaning protocol and supplies to disinfect shared equipment between uses.
- Remind participants to bring PPE and, if used, their own water bottle, towel, and equipment. Have facemasks/PPE available for those who may want/need one.
- Have reminders/signage posted that reinforces appropriate use of PPE relevant to the activity, hygiene and physical distancing.
- Have hand sanitizer or handwashing facilities available at venue.
- Know how to communicate potential cases to the local health authorities for testing and to the Special Olympics Missouri (within privacy laws).
- Remind participants that during transport to activities, it is recommended that participants should wear a mask if on public transport, such as a bus, Metrolink, train or if carpooling which includes someone not living with them.
  - If Special Olympics is providing transportation, participants are encouraged to wear facemasks during travel.



## Phase 2 Activity

- On arrival, conduct screening for ALL PARTICIPANTS (See Appendix 1.2 for protocol questions) All participants with symptoms, a history of recent (last 14 days) COVID exposure, or temperature >100.4F/37.8C must not proceed to the activity.
- Activities must comply with distancing guidelines at all times.
  - Indirect contact (e.g., through a ball in the hand) MAY resume. Direct contact may NOT resume yet.
  - Maintain physical distancing and avoid close contact (e.g. high fives, hugs, huddles).
  - It is recommended to wear facemasks throughout the activity, except during exercise, including upon arrival and departure
- Coaches and volunteers should minimize changes in personnel---groups should stay together and not switch up if possible.
- At competition, Program staff must provide reminders to participants on standard infection prevention measures (e.g. frequent handwashing, avoid touching face, cover mouth when sneezing/coughing, etc.) at the start and throughout event.
- Participants may share equipment when circumstances require it (i.e. soccer ball on the field). If shared equipment must be used, prepare a cleaning protocol and supplies to disinfect shared equipment between uses.
- Maintain a list of all participants with contact details. This will allow for contact tracing should a participant be later diagnosed as having COVID-19 during the activity. **A contact tracing form can be downloaded at [www.somo.org/returntoplay](http://www.somo.org/returntoplay).**



## PHASE 3

Size: No restrictions on size of mass gatherings and public facilities are open.

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|--------------------------------|--|
| <p><b>Phase 3 Comply</b></p>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Ensure that local, state and federal restrictions allow holding of mass activities.</li> <li><input type="checkbox"/> If participants are traveling from different geographic areas, ensure all communities meet state guidelines and local health agencies have not enforced more strict guidelines. This information can be found at <a href="https://www.arcgis.com/apps/opsdashboard/index.html#/59135f6e6eb24581b8d5dd78964ec1e4">https://www.arcgis.com/apps/opsdashboard/index.html#/59135f6e6eb24581b8d5dd78964ec1e4</a>.</li> <li><input type="checkbox"/> If participants are traveling from an area with more strict guidelines or isolated outbreaks in their community or county, they should be advised not to travel out of their community or county. Advice on traveling can be found at <a href="https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html">https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html</a>.</li> </ul>  |
| <p><b>Phase 3 Educate</b></p>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Prior to attendance, educate all participants on:             <ul style="list-style-type: none"> <li>o High-risk conditions and the risks of participation.</li> <li>o Requirement that anyone who has symptoms must stay home and to contact their own health provider if they are sick for further evaluation.</li> <li>o Educate participants on standard hygiene practices (e.g. frequent handwashing, avoid touching face, cover mouth when sneezing/coughing, etc.)</li> <li>o SOMO Coaches must take the COVID-19 training provided on the Special Olympics North America Learning Portal at <a href="https://learn.specialolympics.org/">https://learn.specialolympics.org/</a></li> <li>o Instructions for how to register and access the portal are in Appendix: Section 1.4.</li> </ul> </li> <li><input type="checkbox"/> All participants should acknowledge receiving education and confirm understanding of risks and participation procedures by signing an online <i>Participant Risk Acknowledgement Form</i> (See Appendix 1.5).</li> </ul> |
| <p><b>Phase 3 Prepare</b></p>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Have reminders/signage posted and announced that reinforces hygiene practices.</li> <li><input type="checkbox"/> Know how to communicate potential cases to the local health authorities for testing and to the Special Olympics Accredited Program (as per applicable privacy laws).</li> </ul>   |
| <p><b>Phase 3 Activity</b></p> | <ul style="list-style-type: none"> <li><input type="checkbox"/> No pre- or on-site screening required.</li> </ul>  |

In Phase 3, it is recommended to consider employing sub-phases that will allow for safe growth back to normal operations. For example, start with size <250 people, larger events that do not require overnight stays and/or are single sport events, rather than larger, or multiple sports occurring within one Games or venue. Additionally, there may be some sports that are returned to in this phase sooner than others.

**Development of a vaccine may result in further or revised guidance.**



## Risk Assessment and Risk Mitigation: Functional Area Considerations

Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way of completely eliminating the risk of infection, especially since many within the Special Olympics movement (with and without intellectual disabilities) are at greater risk for complications from COVID-19.

### Sport Risk Assessment

|                      |  |
|----------------------|--|
| <b>Low Risk</b>      | Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.  |
| <b>Moderate Risk</b> | Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants. |
| <b>High Risk</b>     | Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.  |

**Moderate and High Risk sports can still be active during early phases through individual skills training and development.**

| SPECIAL OLYMPICS SPORTS      |                                   |                   |
|------------------------------|-----------------------------------|-------------------|
| Low Risk                     | Moderate Risk                     | High Risk         |
| Athletics - Running Events   | Athletics - Field Events / Relays | Judo              |
| Swimming - Individual Events | Swimming - Relays                 | Competitive Cheer |
| Bocce - Singles              | Bocce - Doubles / Team*           | Handball          |
| Tennis - Singles             | Tennis - Doubles                  | Basketball*       |
| Badminton - Singles          | Badminton Doubles                 | Netball           |
| Table Tennis - Singles       | Table Tennis - Doubles            | Flag Football*    |
| Cycling                      | Gymnastics (Artistic)*            | Dance Sport       |
| Equestrian                   | Gymnastics (Rhythmic)*            | Floor Hockey      |
| Golf                         | Bowling                           | Floorball         |
| Open Water Swimming          | Powerlifting*                     |                   |
| Triathlon                    | Roller Skating                    |                   |
| Alpine Skiing                | Cricket                           |                   |
| Cross Country Skiing         | Baseball*                         |                   |
| Figure Skating               | Softball*                         |                   |
| Snowboarding                 | Volleyball                        |                   |
| Snowshoeing                  | Sailing                           |                   |
| Speed Skating                | Football - Soccer                 |                   |
|                              | Speed Skating Relays              |                   |

\*Could be potentially considered lower risk with appropriate cleaning of equipment and use of masks by participants.



## **SCHOOLS & COMMUNITY PARTNERS (parks & recreation and other sports venues)**

With regards to activities in schools and other sports venues, the protocols and guidance in terms of when and how activities may resume should be followed. If school activities transition into Special Olympics Missouri (SOMO) community activities (e.g., the final competition/tournament is hosted by SOMO), then proper return to play guidelines and necessary precautions for SOMO events, as outlined in this document, must be followed.

If the school or community partner's guidelines are less stringent or in conflict with the guidelines of Special Olympics Missouri, the following guidance applies:

1. The school/partner leaders/authorities should be informed of the Special Olympics Missouri guidelines for determining return to play.
2. The possibility of high-risk conditions in populations within the movement is conveyed to leaders/authorities.
3. Decision-making and options are provided to individuals with and without ID to provide for equal treatment.
4. Parents, guardians, or other caregivers of participants are provided with education on SOMO guidelines and relevant acknowledgements.
5. Participants involved in SOMO branded/sanctioned activities are given the option to opt out without penalty and are provided options for safe at home activities.

## **HEALTHY ATHLETES®**

Because of the nature of Healthy Athlete screening events which are often conducted indoors, may require close contact with decreased opportunity for physical distancing, and some interactions may be high risk without proper PPE and precautions in place, SOMO should not resume Healthy Athlete screenings in person until Phase 1 and only with limited numbers and for select disciplines. Additional guidance from Special Olympics, Inc. will be forthcoming on safety precautions for returning to in-person Healthy Athlete events. Virtual health programming and education should be offered throughout all phases.

## **LEADERSHIP ACTIVITIES**

Each leadership activity (e.g. Athlete Leadership University/workshops, Regional or Program leader meetings, Board meetings, Leadership Academy, Athlete Input Councils) will present a varying level of risk, and determination of what modifications are feasible should be considered. However, if precautions and mitigation for infection control (e.g. PPE, physical distancing, no shared equipment/supplies, and/or disinfection, staggered starts, etc.) can be implemented, then leadership activities may resume following the size limits for each phase (less than 10 for Phase 1 and less than 50 for phase 2). If travel of participants occurs, the participants must be coming from an area in which they are in the same phase as the host site and follow local regulations on travel for both the originating location and the host location. Virtual programming and participation will be encouraged and available through all phases, as is feasible.



# APPENDIX

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## **Appendix: Section 1.1**

### **U.S. CDC Guidance on High-Risk for COVID-19**

Current clinical guidance and information from the U.S. CDC lists those at high-risk for severe illness or death from COVID-19 as:

- People 65 years and older
- People who live in a nursing home or long-term care facility (like a congregate or group home)

People of all ages with underlying medical conditions, particularly if not well controlled, are also at high risk:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions (including heart failure, coronary artery disease, congenital heart disease, cardiomyopathy)
- 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 severe obesity (body mass index [BMI] of 40 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 2)
- People with chronic kidney disease
- People with liver disease
- People with dementia

The list may change as evidence is learned. Please review the latest list of conditions that put individuals at increased risk available at <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>.

If you are at a high risk, you may be putting yourself, your family and teammates at risk when you return to activities with Special Olympics Missouri. If you have these conditions, it is recommended that you should not return to Special Olympics Missouri in person activities until Phase 3.

**If you have been diagnosed with COVID-19, you should consult with a healthcare professional for written medical clearance before returning to Special Olympics Missouri in person activities as serious cardiac, respiratory, and neurological issues may develop as a result of COVID-19.**



## Appendix: Section 1.2

### Onsite Screening Protocol for COVID-19

Regular education must be provided to all athletes, staff, volunteers, coaches, families and caregivers reminding them to stay home if they have any of the following symptoms:

- Have a fever
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting and/or diarrhea

Individuals must not participate in any activities if they are sick. This is for their own health and to reduce transmission of any infections to others. Instruct anyone who is ill to contact their own health provider for further evaluation.

However, in addition to this education, before or prior to entering an activity, practice, event, or gathering (in phases 1-2), for all participants, the following must be done:

1. Must set-up a space for screening that maintains physical distance (6ft/2m) during screening.
2. Must ask the following questions (reinforced through visuals and verbally, such as a paper with icons):
  - a. In the last 14 days, have you had contact with someone who has been sick with COVID-19?
  - b. Have you had a fever in the last week (temperature of 100.4°F/37.8°C or higher)?
  - c. Do you have a cough and/or difficulty breathing?
  - d. Do you have any other signs or symptoms of COVID-19 (fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea)?
3. Should conduct onsite measurement of temperature using thermometer (preferred non-touch thermal scanning thermometer if possible).
  - Fever equals temperature of 100.4°F/37.8°C or higher.
  - If high, may re-test after 5 minutes to ensure temperature is accurate.
4. Must record all names, results and contact information and keep in case needed for contact tracing or reporting (Special Olympics Missouri will provide this form).
  - a. If yes to any questions, participants MUST be isolated from the group (at minimum, kept 2m/6ft apart from others and with mask on), be sent home, and instructed to contact their healthcare provider for evaluation.
  - b. Participants who are found to have COVID-19 symptoms must wait 7 days after symptoms resolve to return to activity OR must provide written proof of physician clearance to Special Olympics Missouri to return earlier.
  - c. Participants who test positive for/have COVID-19 must provide written medical clearance before returning to Special Olympics Missouri activities.



## **APPENDIX: SECTION 1.3**

### **RESOURCES TO LINKS IN REGARDS TO COVID-19**

- This site is the Missouri COVID dashboard and gives up to date information on stats related to COVID in Missouri. You can see by county the numbers, etc.  
<http://mophep.maps.arcgis.com/apps/MapSeries/index.html?appid=8e01a5d8d8bd4b4f85add006f9e14a9d>
- This one gives recommendations for those traveling outside your home community.  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>
- This site will give you a directory of contact information for every Local Public Health Agencies (LPHA).  
<https://health.mo.gov/living/lpha/lphas.php>
- This site will show you what counties have different guidelines than what the state has in place at any given time.  
<https://www.arcgis.com/apps/opsdashboard/index.html#/59135fbe6eb24581b8d5dd78964ec1e4>
- State of Missouri Show Me Strong Recovery Plan  
<https://showmestrong.mo.gov/>
- White House and CDC Guidelines for Opening Up America Again  
<https://www.whitehouse.gov/openingamerica/>



## APPENDIX: SECTION 1.4

### **COVID -19 COACH TRAINING & EDUCATION – LEARNING PORTAL**

Special Olympics Missouri is dedicated to protecting the health and safety of our athletes, volunteers, coaches, officials, staff and all that contribute to the success of our athletes in training, competition and events.

Special Olympics Missouri is requiring all coaches to complete an on-line COVID-19 training through the Special Olympics Learning Portal before they begin training. Below are instructions to register for the learning portal to complete the training. The training should only take you 10-15 minutes with a 3-question quiz at the end.

#### **Instructions for Learning Portal:**

1. Go to <https://learn.specialolympics.org/>
2. Click on “register” (if you have already registered, you can just click “log in”)
3. Follow the instructions to register.
4. You will create a user name and password. It is recommended you write this down and put in so you can find it at a later date 😊.
5. Once you are registered you can get into the learning portal.
6. Click on the tab on the black menu bar that says “catalogue”.
7. All the courses they have in the learning portal will show up (you can take these other courses as well at a later date).
8. Look for the course entitled: “Coronavirus outbreak: What You Need to Know”
9. This will take you to another screen. In the right corner below the logo, click “access”.
10. You will then see a play button ▶ on the right from the picture with the title of the course.
11. Click on the play button ▶
12. This will take you to another screen with a button that says “start course”. Click that button.
13. Another screen will pop up that looks similar to a PowerPoint.
14. Read through each slide and when you scroll down, you will find a “continue” button.
15. Click continue after each slide. Note: there may be other instructions to follow on each slide to click icons, etc. as part of the training.
16. Take the 3 question quiz at the end.
17. Once you have completed the training and CLOSED THE SESSION, you will receive an email from “SO Learning Portal”. It may take 20-30 minutes to receive. If you do not see it in your inbox, then check your junk mail. If you do not receive it, you can print of a certificate from the learning portal.
18. If you get the email, please forward to your area program staff and they will get it to headquarters to be entered into the system.
19. If you do not get an email, please send an email to your area staff with the date you took the training and your name. We are able to contact Special Olympics North America (SONA) and check and see if they have you recorded.
20. SOMO also receives monthly reports from SONA on who has taken which training in the portal.



## APPENDIX: Section 1.5

### Special Olympics Missouri COVID-19 Risk Acknowledgement Form for Athletes, Unified Partners & Coaches/Chaperones

|  |  |
|--|--|
| First Name   | Last Name  |
| Address  |  |
| City/State   | Zip  |
| Email  |  |
| Cell Phone   | Home Phone   |
| Check one:<br><input type="checkbox"/> Athlete<br><input type="checkbox"/> Unified Partner<br><input type="checkbox"/> Coach/Chaperone   | Area Program:<br><input type="checkbox"/> Central <input type="checkbox"/> Southeast<br><input type="checkbox"/> Kansas City Metro <input type="checkbox"/> Southwest<br><input type="checkbox"/> North <input type="checkbox"/> St. Louis Metro |
| Team/Agency Name(Please provide agency code if you know it. Ex. 66.099):   |  |
| <p>I understand I could be exposed to or contract Coronavirus (COVID-19) through sports, training, competition and/or any group activity at Special Olympics Missouri. I am choosing to participate in sports, competition and/or other Special Olympics Missouri activities at my own risk.</p> <p>During the time these precautions are needed, I agree to the following to help keep me and my fellow participants safe:</p> <ul style="list-style-type: none"> <li>• If I have COVID-19 symptoms, I will stay at home and NOT go to any activities until 7 days after all of my symptoms are over. If I am exposed to COVID-19 and have no symptoms, I can return 14 days after exposure.</li> <li>• I have received information in regards to COVID-19 and who is at high-risk.</li> <li>• I understand that if I have a high-risk condition, I have more risk that I could get sick or die from COVID-19.</li> <li>• I understand it is recommended that if I am high-risk to avoid in-person training, competition or SOMO activities to minimize my risk of exposure to COVID-19.</li> <li>• I understand that before or when I get to a Special Olympics Missouri training, competition or activities, they may ask me some questions about symptoms and exposure to COVID-19. They may also take my temperature. I will answer truthfully and participate fully.</li> <li>• I understand that physical distancing of at least 6ft from others will help minimize my risk of potential exposure to COVID-19.</li> <li>• I understand it is recommended to wear a mask when it is not possible to maintain a physical distancing of 6ft or more from others to help minimize my risk of potential exposure to COVID-19. I may not have to wear it during active exercise.</li> <li>• I understand that washing my hands with soap and water for 20 seconds or using hand sanitizer before any activities will minimize my risk of potential exposure to COVID-19.</li> <li>• I understand I will wash my hands any time I sneeze, cough, go to the bathroom or get my hands dirty to minimize my risk of potential exposure to COVID-19.</li> <li>• I understand that I should avoid touching my face, to include my mouth, nose and eyes to minimize my risk of potential exposure to COVID-19.</li> <li>• I will not share drinking bottles or towels with other people.</li> <li>• I will only share equipment when instructed to. If equipment must be shared, I will only touch the equipment if it is disinfected first.</li> <li>• If I get or have had COVID, I will not go to any in-person Special Olympics Missouri events until 7 days after my symptoms end. I will go to my doctor and get written clearance before returning to any sport or fitness activities during this time.</li> <li>• I understand by following these guidelines that I am helping to minimize the risk of exposure of myself and others to COVID-19.</li> <li>• I understand that if I am a coach that I must complete the COVID-19 education and training via the Special Olympics Learning Portal.</li> </ul> |  |



**APPENDIX: Section 1.5 (continued)**  
**Special Olympics Missouri COVID-19 Risk Acknowledgement Form**  
**for Athletes, Unified Partners & Coaches/Chaperones**

I HAVE READ THIS RISK ASSESSMENT FORM COMPLETELY OR HAVE HAD IT READ TO ME AND AGREE TO FOLLOW THESE GUIDELINES.

**Participant Signature (required for participant adult (age 18+) participants, including adult athletes with capacity to sign documents)**

By signing this, I acknowledge that I have completely read and fully understand the information in this form. Please note if you need to sign the section for parent/guardian, just put an N/A in the signature box so you can move on.

Participant Signature

Date

**Parent/Guardian Signature (required for participant who is a minor (younger than age 18) or lacks capacity to sign documents)**

I am a parent or guardian of the athlete/participant named above. I have read and understand this form and have explained the contents to the participant as appropriate. By signing, I agree to this form on my own behalf and on behalf of the participant.

Parent/Guardian First Name

Parent/Guardian Last Name

Signature of Parent/Guardian

Date

Online form can be accessed by clicking this link:

<https://form.jotform.com/SpecialOlympicsMO/covid-19-risk-assessment-form---ath>



## APPENDIX: SECTION 1.6

### **SOMO Program Staff Contact Information**

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