



May 26, 2021

Dear SOMO Coaches,

Could it be....is it really happening....YES, YES IT IS....WE ARE FINALLY HAVING A STATE SUMMER GAMES after canceling in 2019 for a tornado and 2020 for a pandemic. While this past year has been one that none of us care to remember, we certainly have learned one thing, we all realize the power that sport has on each of us! We will continue to take safety precautions as we come together to celebrate our athletes on June 5 in Columbia at Hickman High School.

Thank you for taking the time to be a Special Olympics Missouri coach, for taking the time to train your athletes, and for making it possible for them to attend the State Summer Games.

The following is a Coaches' Handbook, which is full of information and details about the Special Olympics Missouri State Summer Games. Please take the time to read it completely to ensure you are properly prepared for the games and to make sure your athletes have the best time possible. **Especially since this is a ONE day event so the schedule will be different than in previous years.**

If you have any questions, comments or suggestions please contact your area program staff or myself.

Don't forget that when the athletes aren't competing, there are plenty of other activities such as the Healthy Athlete Park and Sports Zone.

Our website, <https://somo.org/competitions/> will have up to date information and maps.

Thanks for being a SOMO Coach!

Sincerely,

*Tim Schuster*

Tim Schuster  
Sports and Training Director



## COVID SAFETY PROTOCOLS

- Per the recent guidelines by the Centers for Disease Control and Prevention (CDC), SOMO recommends that all individuals who are NOT fully vaccinated wear masks while indoors or when social distancing is not possible.
- Masks are not required during physical activity (i.e. while competing inside or out).
- We will follow the guidelines of the venues that host SOMO events (competition, training and fundraising). If the venue requires masks, we will respect their requirement.
- Per HIPAA guidelines, we will never ask anyone for proof of vaccination.
- For additional information about the CDC guidelines, please visit their website: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>.

We thank everyone for observing this recommendation to mitigate risk of transmission and to keep everyone safe.

**REGISTRATION – all registration and information tables will all be together – look for the SOMO Arch!**

### *FAMILIES & FANS REGISTRATION TABLE – HICKMAN HIGH SCHOOL*

As a service to our families and fans, we will have a fan table on Saturday, June 5

- Family & Fans Things to Know
- How to stay connected during the games

### *COACHES' REGISTRATION – HICKMAN HIGH SCHOOL – CIRCLE DRIVE ENTRANCE*

- **Saturday, June 5 – opens at 8:30 am**
- **What will be in your packet:**
  - Athletics (Track & Field) must have bib cards which are necessary to compete.
  - Please put bib cards on the front of the athlete's shirt.
  - Bracket Revisions
  - Meal information
  - Any last minute information
  - Last minute athlete Photo IDs
  - Wristbands for Chaperones

## COMMUNICATION DURING THE GAMES

- **Emergency Number**
  - The emergency number is 660.537.5557.
- **Website & Facebook**
  - Any announcements during the Games will be posted on the website [www.somo.org/summergames](http://www.somo.org/summergames) and on the SOMO Facebook page at [www.facebook.com/specialolympicsmo](http://www.facebook.com/specialolympicsmo)
- **What's App Group – SOMO State Summer Games**
  - Your area program staff will be sending you a link to join the What's App Group. If you do not have the app, please download it to your smart phone. You may then invite/add any families or athletes to the group.



## DRIVING DIRECTIONS

The only venue we will be using for the games is Hickman High School. To google directions, the address is: **1104 N Providence Rd, Columbia, MO 65203.**

## PARKING

**There should be enough parking at the high school for everyone.**

- Buses may park anywhere in the parking lot and then unload.

## FIRST AID

- Missouri Orthopedic Institute (MOI) athletic trainers will be onsite to provide first aid. They will be clearly identified in specified locations.

## LUNCH

Jersey Mike's will be providing lunches. The menu includes:

Turkey Sandwiches  
Chips  
Cookie  
Water

## CONCESSIONS

A concession stand will be open from 9 am – 3:30 pm with a limited selection of items (hot dogs, chips, snacks, water, soda and Gatorade).

## WHAT TO BRING

- Bag Chairs
- Coolers for snacks and water for your team
- Sunscreen
- Rain gear (just in case)
- Tents (can be put up on the back row of the bleachers or in out of the way locations around the track).



**AGENDA**

<b>Saturday, June 5</b>	
8:30 am	Coach Registration Opens
9:30 am	Opening Ceremony/Torch Run
10:00 am	All Competition Begins
10:00 am – 3:00 pm	Health Athletes – Hickman High School Gym
10:00 am to 4:00 pm	Sports Zone – Outside – Hickman High School
11:30 am to 1:30 pm	Lunch Served – Hickman High School
10:00 am to 4:00 pm	Souvenirs
5:30 pm	Competition Ends

**IMPORTANT COACH INFORMATION**

**COACHES' MEETING**

A Zoom Coaches meeting is scheduled for Wednesday, June 2 from 6 to 7 pm. Please fill out this jot form to register for the Zoom link and password. <https://form.jotform.com/plutz97/ssg-coaches-meeting>

**COACHES' HOURS**

We appreciate all you do as coaches. By tracking the hours you spend coaching athletes, traveling to and from competition and handling paperwork, SOMO is able to book this time as a contributed service. In addition, any training facilities in which you utilize for free or get at a discounted rate is important to capture as well as in kind services.

Please follow these simple instructions to capture your hours and training facility in kind contributions.

- We are asking ALL coaches to please fill out your coach's hours and in kind facility info on line at [www.somo.org/coachhours](http://www.somo.org/coachhours).
- Once on the coaches' hours page, you will choose the summer games sports season to report your hours.
- There is a section for each sport. So if you coach multiple sports, you will need to fill out each section.
- If you are unable to record your hours on line prior to the event, paper forms will be available on site or you may turn in paper forms on site which is included in this packet.

We will have a report at coaches' registration listing all coaches who filled out the information on line.

**Coach hours must be received before registration packets will be given to the agencies.**

**ATHLETE PARTICIPATION**

Athletes may participate in an individual sport (track, swimming, powerlifting) AND Volleyball.



## COACH GUIDELINES & REMINDERS

**NO SMOKING (including Electronic Cigarette) ON HICKMAN HIGH SCHOOL CAMPUS WHICH INCLUDES PARKING LOTS** (must smoke on sidewalk on Providence Road)

For the safety of our athletes and YOU, and to ensure everyone has a pleasant experience, please remember to follow these guidelines:

- **Ensure you have copies of all physicals and release forms with you at all times. It is recommended that you make copies of all physicals and releases for all coaches and chaperones so each person has a copy.**
- **Please ensure your athletes wear their IDs at ALL times when they are not competing. Especially at Opening Ceremony and the Dance. This is so if they get separated from their team, security can easily locate their coach or area staff.**
- **Ensure EVERYONE has a face mask if they are not fully vaccinated or if the venue requires face masks and their own water bottle.**
- YOU are responsible for your athletes from the time you leave home with them until you return them to their homes, parents and/or guardians.
- All Coaches and Chaperones must be at least 18 years old with at least one Coach/Chaperone 21 years old or older for each agency.
- There is a minimum of 1 Coach/Chaperone per 4 Athletes (Unified® Sports Partners may act as chaperones if they are 18 or older).
- Report all accidents, injuries or illness to medical first aid volunteers or SOMO Staff immediately.
- Please report disorderly behavior, alcohol or drugs to any SOMO Staff member as soon as possible.
- To ensure a positive experience for your athletes, please be sure they are at their scheduled event(s) on time.
- Please ensure your athletes are chaperoned at all times.
- Any participant that causes a false fire alarm will be immediately dismissed, and it will be the coach/parent's responsibility to get the participant home.
- Follow all SOMO and Hickman High School Regulations at all times.
- Make sure your athletes are wearing appropriate attire for the predicted weather for the day.
- Make sure your athletes apply plenty of sunscreen and make sure to re-apply it as needed throughout the day.
- Encourage your athletes to drink plenty of liquids throughout the day. Try to limit their intake of soft drinks especially before they compete.



## EMERGENCY PLANS

- **LOST ATHLETES**

- During Competition
  - Lost athletes will be taken to the Information Table located at Hickman High School
  - Area staff will be notified and an announcement will be made asking for the coach to meet the athlete at the Information Table.

**If you are unable to locate an athlete please call the emergency number at [660-537-5557](tel:660-537-5557) before doing anything else.**

- **WEATHER EMERGENCY INFORMATION**

- It is strongly suggested that each agency pick a location at the school for their team to meet at in the event of an emergency.
- Each Agency should locate all of their athletes, coaches, and chaperones as quickly as possible and take a head count.
- Stay in your designated area until you are told otherwise and remain calm. The best thing for you to do is to stay out of the way and keep your team quiet and calm.
- In the event of **EXTREME** weather conditions during any of the events, ALL participants will be shelter inside Hickman High School or in vehicles.
- In the event of light or moderate rain, everything will go on as scheduled unless deemed unsafe by the facility managers.
- If there is a heavy downpour, all events will be postponed temporarily.
- If there is lightning, athletes and coaches at the track will take cover in Hickman High School.
- In the event that it becomes necessary to cancel outdoor activities, all events will be cancelled.
- Check [www.somo.org/summergames](http://www.somo.org/summergames) for any cancellations.

**What's app messages will be sent to communicate weather situations. Please download the What's app and search SOMO State Summer Games.**



## **SPECIAL EVENTS**

### **OPENING CEREMONY**

Opening will be short and sweet to accommodate the one day schedule. There will be a Torch Run!

### **HEALTHY ATHLETES PARK**

- **Saturday, June 5, 10 am – 3 pm, Hickman High School Gymnasium**
- The mission of these screenings developed by Special Olympics, Inc. is to improve, through better health and fitness, each athlete's ability to train and compete in Special Olympics. All screenings are free.
- **PLEASE SEE THE FLIER WITH THE DISCIPLINES BEING OFFERED.**
- **Coaches, please encourage the athletes to participate. A health card will be available (example is attached) to guide them to the different health disciplines and checked off by our volunteer doctors and medical clinicians. Those participating in all screenings, will be entered into a drawing to win prizes.**

### **SPORTS ZONE**

- Saturday, June 5, 10 am – 4 pm, Hickman High School (outside)
- **Please see the flier with all the fun activities at Sports Zone.** We will have a mini dance area for the athletes because we know how much they love to dance!

### **CONCESSIONS AND MEALS FOR FANS**

- Concession stands with snacks and beverages will be available at Hickman High School.
- There are a multitude of restaurants located near Hickman (Taco Bell, McDonald's, Burger King and Popeye's Chicken are within walking distance).

### **FANWEAR**

A variety of SOMO fanwear, LETR shirts and much more, all ranging in price from \$1-\$40, will be available for purchase from 10 am to 4 pm.

### **AWARDS**

All awards for all sports will be presented outside by the baseball field.



## DISCIPLINARY ACTION

- The Games Rules Committee has the right to suspend any individual or team deemed guilty of violating any rules and to evict them from their residence halls.
- It will be the head coach's responsibility to make arrangements for the individual or team to be transported home, should they be evicted from the Games.

## GENERAL COMPETITION RULES

- Coaches, parents or fans are NOT allowed on the track or field, pool deck, volleyball court, or powerlifting competition area unless an **Exceptions Form** has been completed and approved. Event Managers will have these forms at their respective venues.
- Examples of reasons for exceptions are:
  - Due to a physical disability is unable to swim a stroke properly
  - An athlete with a behavior disorder who needs a coach/chaperone with him/her at all times
  - A powerlifting athlete has a physical disability that does not allow the athlete to make a proper lift.
- It is recommended that if an athlete needs constant supervision, it should be a coach or chaperone that is not the parent of the athlete when possible.
- For track and field, coaches and/or chaperones with the proper credentials will be allowed to take their athletes to the staging area and pick them up from the awards pick up area after their awards are presented.
- Athletes may NOT wear medals or ribbons during competition.
- Athletes may NOT wear any jewelry while competing, except Medic Alert necklaces or bracelets. The Medic Alert necklace or bracelet MUST be taped down during competition.
- Athletes may NOT wear any type of face painting or fake tattoos while competing.
- Athletes MUST wear their bib cards on the front of their shirts.





## SPORT- SPECIFIC RULES

Sports-specific rules can be found on the website at [www.somo.org/sports](http://www.somo.org/sports).

## COMPETITION UNIFORMS

### Swimming

- All swimwear MUST be of one-piece.
- All swimwear must be approved swimming attire.
- The final authority will be the Swimming Sports Commissioner or a member of the SOMO Sports Team.

### Track and Field

#### Athletes may wear:

##### Shorts

- Running Shorts
- Basketball Shorts
- Biker Shorts
- Sweatpants
- Jogging Pants

##### Shirts

- T-shirts
- Tank Tops
- Sweatshirts

##### Footwear

- Athletic Shoes
- Tennis Shoes
- Basketball Shoes
- Running Shoes
- Cross-Trainers

#### Athletes may NOT wear:

##### Shorts

- Denim Slacks or Shorts
- Casual Wear
- Dress Slacks or Shorts
- Tennis Shorts
- Any Pants or Shorts with Buttons and/or Zippers

##### Shirts

- Button-down Casual Shirts
- Golf Shirts
- Shirts with Collars

##### Footwear

- Hard-soled Shoes
- Sandals
- Hiking Boot Style

## POWERLIFTING

- All powerlifters shall wear a one-piece, full length lifting suit of one-ply stretch material without patches or padding.
- A non-supportive weightlifting/wrestling type suit is also a legal suit.
- The straps of the suit must be worn over the shoulders at all times while lifting in competition.
- The lifting suit shall also be subject to the following requirements. (See Rule 2 Costume and Personnel Equipment)
- All powerlifters will wear belts while lifting.

## VOLLEYBALL

- All volleyball teams shall wear the MSHSAA approved uniforms.
- ALL individual skills competitors shall wear any short that conforms to the Competition Uniforms Rules, or sweat pants, a T-shirt, tank-top, or sweatshirt, and any footwear that conform to the Competition uniforms Rules.



## SWIMMING SCHEDULE

### Hickman High School

**10:15 am**

Coaches Meeting & Warm Up

**10:45 am**

Competition Begins

## TENTATIVE SCHEDULE OF EVENTS

- .... 10/15/25-Meter Floatation Race
- .... 10-Meter Unassisted/Assisted Swim
- .... 15-Meter Unassisted/Assisted Swim
- .... 15-Meter Walk
- .... 800/1500-Meter Freestyle
- .... 25 Meter Freestyle
- .... 25-Meter Breaststroke
- .... 25-Meter Butterfly
- .... 25-Meter Backstroke
- .... 50-Meter Butterfly
- .... 100-Meter Butterfly
- .... 200-Meter Butterfly
- .... 50-Meter Breaststroke
- .... 100-Meter Breaststroke
- .... 200-Meter Breaststroke
- .... 400-Meter Freestyle
- .... 50-Meter Freestyle
- .... 100-Meter Freestyle
- .... 200-Meter Freestyle
- .... 50-Meter Backstroke
- .... 100-Meter Backstroke
- .... 200-Meter Backstroke
- .... 100/200-Meter Individual Medley
- 4x100-Meter Medley Relay
- 4x50-Meter Freestyle, Medley & Unified Relay
- 4x25-Meter Freestyle, Medley, Unified & Unified Medley Relay

## POWERLIFTING SCHEDULE

All powerlifting athletes need to weigh in 10:00 am. Competition is from 10:30 am.

## VOLLEYBALL SCHEDULE

Volleyball Competition will start at noon.



## **SOMO CODE OF CONDUCT**

**THE PURPOSE OF THE SOMO CODE OF CONDUCT (THE "CODE") IS TO ENCOURAGE ALL ATHLETES, COACHES, FAMILY MEMBERS, SPECTATORS, CHAPERONES, VOLUNTEERS, MEMBERS OF THE SOMO BOARD OF DIRECTORS, AND OFFICIALS PARTICIPATING IN A SOMO-SPONSORED ACTIVITY ("PARTICIPANTS") TO CONDUCT THEMSELVES IN A WAY THAT BRINGS CREDIT AND HONOR TO THEMSELVES AND TO SOMO. THE CODE ALSO ESTABLISHES A UNIFORM PROCEDURE FOR RESOLVING CONDUCT INFRACTIONS TO ENSURE THAT ALL PARTICIPANTS ARE TREATED FAIRLY.**

Nothing in this Code will be deemed to restrict the individual freedom of a Participant in matters not affecting SOMO, his/her status as a SOMO Participant or the well-being of the team. Participants will have complete freedom in choices of appearance, life-style, behavior, or speech while not traveling or participating in a SOMO-sponsored activity, provided their statements and actions do not adversely affect the name and reputation of SOMO.

### **All SOMO Participants will:**

1. Conduct themselves in a sportsmanlike manner at all times, showing respect for other Participants through words and actions.
2. Respect the spirit of fair-play and non-violence, and behave accordingly in competition.
3. Maintain dignity at the Opening, Closing, and Awards Ceremonies at all SOMO activities.
4. Be responsible for their personal belongings at all times and assist in maintaining the cleanliness, safety, and security of their assigned areas.
5. Refrain from smoking in competition or athlete training venues.
6. Fully abide by the rules of SOMO and the Games Management Team of any SOMO-sponsored activities.
7. Fully abide by the provisions of the Athlete Code of Conduct Pledge or Coach Code of Conduct Pledge, if applicable.

**SOMO Participants understand that if they violate the Code, they will be subject to the SOMO disciplinary procedures, including being held financially and legally responsible for any damage that they purposely or knowingly cause.**



## **ATHLETE CODE OF CONDUCT PLEDGE**

### **Sportsmanship**

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team and Special Olympics.
- I will maintain dignity at the Opening, Closing, and Awards Ceremonies at all Special Olympics activities.
- I will not use curse words.
- I will not insult other persons.
- I will not fight with other athletes, coaches, volunteers or staff.

### **Training and Competition**

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coach and the officials and ask questions when I do not understand.
- I will always try my best during training, divisioning and competitions.
- I will not "hold back" in preliminary competition just to get into an easier finals competition division.

### **Responsibilities for My Actions**

- I will not make inappropriate or unwanted physical, verbal or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics activities.
- I will not take drugs for the purpose of improving my performance.
- I will be responsible for my personal belongings at all times and will assist in maintaining the cleanliness, safety, and security of my team's assigned area.
- I will obey all laws and Official Special Olympics Sports Rules for my respective sport(s).



## COACH CODE OF CONDUCT PLEDGE

### Respect for Others

- I will respect the rights, dignity and worth of athletes, coaches, other volunteers, friends and spectators in Special Olympics.
- I will treat everyone equally, regardless of sex, ethnic origin, religion or ability.
- I will be a positive role model for the athletes I coach.

### Ensure a Positive Experience

- I will ensure that for each athlete I coach, the time spent with Special Olympics is positive.
- I will respect the talent, developmental stage and goals of each athlete.
- I will ensure each athlete competes in activities that challenge that athlete's potential and are appropriate to that athlete's ability.
- I will be fair, considerate and honest with athletes, using simple, clear language.
- I will ensure that accurate scores are provided for entry of an athlete into any event.
- I will instruct each athlete to perform to the best of the athlete's ability at all competitions (including preliminary events) in accordance with the Official Special Olympics Sports Rules.

### Act professionally and Take Responsibility for My Actions

- My language, manner, preparation, appearance and presentation will demonstrate high standards.
- I will display control, respect, dignity and professionalism to all involved in the sport (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc), and encourage athletes to demonstrate the same qualities.
- I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions or during competition.
- I will refrain from any form of personal abuse towards athletes and others, including verbal, physical and emotional abuse.
- I will be responsible for supervising the conduct of athletes in my care at SOMO-sponsored activities.
- I will be alert to any form of abuse from other sources directed toward athletes in my care.
- I will be on hand and available at all times during any SOMO activity or event in which I have chosen to participate, and will remain responsible for the athletes in my care from the time of my arrival until the time of my departure.

### Quality Service to the Athletes

- I will seek continual improvement through performance evaluation and ongoing coach education.
- I will be knowledgeable about the skills and techniques of the sport(s) I coach.
- I will provide a planned training program.
- I will keep copies of the medical, training, and competition records for each athlete I coach.
- I will teach and follow the Official Special Olympics Sports Rules for the sport(s) I coach.

### Health and Safety of the Athletes

- I will ensure that the equipment and facilities at practice sites and SOMO-sponsored activities are safe to use.
- I will ensure that the equipment, rules, training and the environment are appropriate for the age and ability of the athletes I coach.
- I will review each athlete's medical form and be aware of any limitations on that athlete's participation noted on that form.
- I will encourage athletes to seek medical advice when required.
- I will maintain the same interest and support towards sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.



**ATHLETE POLICY: ALLEGATIONS OF SEXUAL MISCONDUCT  
and/or Placement on Sex Offenders' Registry Involving an Athlete  
Board Approved April 28, 2007  
Revised April 15, 2011**

Special Olympics Missouri (SOMO) wishes to provide a safe environment for participants at all SOMO events.

The following policy will apply to all athletes participating in SOMO.

For purposes of this policy, the term "crime of a sexual nature" refers, without limitation, to sexual acts and sexual contact offenses and is meant to include all criminal offenses that have an element involving a sexual act or sexual contact with another. The offenses covered include all sexual offenses whose elements involve: (i) any type or degree of genital, oral, or anal penetration, or (ii) any sexual touching of or contact with a person's body, either directly or through the clothing.

It also includes sexual trafficking or sexual exploitation of a minor, possession, importation, production, distribution, or receipt of child pornography, manufacturing or promoting pornography for minors and furnishing pornographic materials to minors as defined by Missouri or federal law.

The above definition although comprehensive, is not exclusive. SOMO, in its sole discretion, reserves the right to consider and include other or additional acts, violations, or crimes not specified in this definition.

Any SOMO athlete who is or becomes aware of any athlete, volunteer, or other staff member who is alleged to have committed, or is under investigation for committing a crime of a sexual nature or who witnesses or observes any athlete, volunteer, or other staff member commit a crime of a sexual nature must notify SOMO immediately in person, by telephone or in writing, to include email. Failure to perform the notification obligation may be grounds for disqualification from the program or disciplinary action.

Anyone who has been alleged to have committed, or is under investigation for committing a crime of a sexual nature will be suspended indefinitely from participating in any SOMO activity, pending resolution of that allegation or investigation.

Any person who is required by state or federal law to register with any Sex Offenders Registry is permanently barred from participating as an athlete in any SOMO activity. All athletes are screened against the Missouri Sex Offender's Registry through the Missouri State Highway Patrol every three (3) years.

Any person who has been or is hereafter convicted of, been found guilty of, or pled guilty or *nolo contendere* to committing, attempting to commit, or conspiring to commit a crime of a sexual nature, including the receiving of a suspended imposition or execution of sentence following a plea or finding of guilty, is also permanently barred from participating as an athlete in any SOMO activity. SOMO will aggressively pursue all legal remedies available to it against any individual (or that individual's parent(s) or legal guardian(s) covered by this policy who fails to comply with this policy's reporting and suspension requirements.