

## Return to Play/Practice Guidelines



11/1/2020- Return to Play/Practice Update:

Having successfully implemented Phase 1 of our Return to Play we developed next steps in order to move to Phase 2. With athlete safety as our top priority, we want to ensure that athletes have a full season to train prior to competing in competition. Below will detail out our plans as of 11/1/2020.

Once all COVID-19 education team requirements are met and the coach receives state office approval, athletes may begin practice/training in the following sports in-person: Alpine skiing, Snowboarding, XC skiing, and Snowshoe.

*\*Any coach that has hosted practices for fall and successfully completed step 1 may move to step 2 with approval of the state office. The state office will contact coaches and area directors to let them know they may move to phase 2.*

*\* New coaches will begin at step 1. Prior to starting coaches must receive official communication from the state office that they can start.*

### Phase 1- released on September 1<sup>st</sup>, 2020

- **Step 1** – No more than 10 people in one location at a time
  - **All coaches/chaperones/Volunteers must attend and complete the following:**
  - Attend a return to play webinar hosted by SOMI staff on pre-determined dates/times
  - Notify Field Service: What sport starting, submit coaches contact information, list of athletes returning
  - Submit COVID-19 Code of Conduct for coach(es) and athletes
  - Take SOI online trainings
  - Be cleared by Field service before first gathering/practice
  - Begin practice and submit weekly sign in sheets
- **Step 2**- having successfully completed and executed **Step 1 for a minimum of 4 weeks**, have No documented COVID-19 Cases and held consistent weekly practices
  - **Increase to 25 people in one location at a time**
  - **If a change of seasons or new/different athletes: submit new roster of athletes/coaches/chaperones to Field Service**
  - **If new chaperones are needed with the growth in numbers, they must attend the online SOI trainings and submit a COVID-19 Code of Conduct**
  - **All new athletes need current medicals on file and signed COVID-19 Code of Conduct submitted**
  - **Once cleared by Field Service, may expand their numbers to 25 people attending practice**
  - **Regional events/gatherings maybe held with groups of 50, however need to be approved/cleared by Field service prior to date of the event. Regional events/gatherings will not occur until you have gone through 8 weeks of training. Subject to change based on State of Michigan and SOMI guidance.**



#### Forms/Trainings:

- Return to Activities: <https://learn.specialolympics.org/Default.aspx?ClientId=1>
- Coronavirus Outbreak: What you need to know: <https://learn.specialolympics.org/>
- Sign in Sheet: <https://www.somi.org/sites/default/files/resources/SOMI%20Practice%20Sign-In%20Sheet.pdf>
- COVID-19 Code of Conduct: <https://powerforms.docusign.net/5e58efcd-92ef-446e-a9a4-f45671dd6e95?env=na2&acct=c4907068-448c-47f5-974c-8b12f50d9d83>

#### Head Coaches Need the following completed and file prior with State office prior to start of any practices:

- Attend prearranged webinars
- Return to Activities: <https://learn.specialolympics.org/Default.aspx?ClientId=1>
- Coronavirus Outbreak: What you need to know: <https://learn.specialolympics.org/>
- COVID-19 Code of Conduct: <https://powerforms.docusign.net/5e58efcd-92ef-446e-a9a4-f45671dd6e95?env=na2&acct=c4907068-448c-47f5-974c-8b12f50d9d83>
- Pre-season completed Sign in Sheet as well as submit each week after practice: <https://www.somi.org/sites/default/files/resources/SOMI%20Practice%20Sign-In%20Sheet.pdf>

#### Volunteer/Chaperone Need the following completed and on file with State office prior to start of any practices:

- Attend prearranged webinars
- Return to Activities: <https://learn.specialolympics.org/Default.aspx?ClientId=1>
- Coronavirus Outbreak: What you need to know: <https://learn.specialolympics.org/>
- COVID-19 Code of Conduct: <https://powerforms.docusign.net/5e58efcd-92ef-446e-a9a4-f45671dd6e95?env=na2&acct=c4907068-448c-47f5-974c-8b12f50d9d83>

\*All other coach/volunteer requirements apply, see SOMI.org for additional information.

\*Subject to State of Michigan and Department of Health and Human Services guidelines and restrictions

\*In the event the State of Michigan Updates Restrictions, SOMI will assess those changes and follow up with all areas to ensure we are following State of Michigan guidelines.

\*In the event a Facility has safety requirements different that SOMI's, teams should default to those safety requirements (i.e. SOMI may not require a mask, however if the venue does require masks then Participants should wear a mask.)