



## 2021 Athletics Return to Activity Guidelines

Updated 3/26/2021

### Screening Process

- All Return to Activity (RTA) pre-event screening protocols must be followed. Protocols may be found at <https://www.sonj.org/sports/sonj-return-to-activity-guidelines/>. The screening process includes athletes, coaches, volunteers and any family members/caregivers that remain for the duration of practice.
- Athletes must have current medical and COVID waiver prior to the start of training
- Volunteer certifications are required prior to the start of training
  - Coaches (age 18+) – Updated Class A Form/Background Screen, Protective Behaviors, Concussion and COVID waiver
  - Volunteers (age 14+) – Updated Class B Form and COVID waiver
  - Unified Partners (if applicable) – Updated Class A Form, protective behaviors and COVID waiver

### Venue

- All programs must adhere to venue capacity rules and regulations. As such, spectators may be asked to leave venues if capacity limits are met and are expected to comply. Current guidance – no more than **fifty (50)** total individuals
  - 50 total all-inclusive to athletes, coaches, volunteers and spectators
- Confirm with venue regarding additional restrictions
- Locker rooms or restrooms may not be available based on venue guidelines – check with venue prior to training

### Training Guidance/Equipment

- All practice structure must align with the current Special Olympics New Jersey RTA guidelines
- While at the venue, ensure all participants practice social distancing and maximum group number limitations as outlined in the current RTA plan
  - Staging/Waiting areas must be social distancing compliant
  - For larger programs, consider splitting athletes and coaches/volunteers into 2 squads practicing on opposite ends of the venue
- Mask Compliance – Masks must be worn at all times by all participants
  - Includes athletes, coaches, volunteers, and spectators
  - Mask is required by athletes during running
  - Mask may be removed for hydrating or brief medical reasons only



## 2021 Athletics Return to Activity Guidelines (cont.)

- Sanitizing Field Equipment - Equipment should not be shared between athletes and must be sanitized prior to and following each practice
  - Field Events – Softballs and Turbo Javs
  - Athletes and volunteers should not touch equipment unless from the same household
    - Athletes must retrieve own field equipment after each throw
    - If athlete is not able to retrieve own equipment, a pre-registered volunteer from the same household may accompany the athlete
  - PPE equipment is available in the Coach Tool Kit (available by SONJ)
- Social Distancing
  - Athletes on the track or field must maintain six (6) feet of social distancing

### Volunteers/Spectators

- Programs must use the minimum number of volunteers possible for training/practice
  - Volunteers are required to be pre-registered through Special Olympics New Jersey
  - Volunteers must always wear a mask and maintain social distancing protocols
  - Volunteers are counted as part of the total number of individuals allowed at a venue
- Spectators are discouraged to attend training/practices if possible
  - Spectators must always wear a mask and maintain social distancing protocols
  - Spectators are counted as part of the total number of individuals allowed at a venue

### Competition

- June 11-13 – Location TBD
- Events Offered:
  - Field Events – Long Jump, Standing Long Jump, Softball Throw, Mini Jav
  - Track Events – 50M, 100M, 200M, 400M, 800M, Wheelchair 25M, Wheelchair 50M, Walk 100M, Walk 400M, 50M Assisted Walk
  - Qualifying scores from the Area virtual meet
  - Athletes may only compete in 2 total events=
    - 2 running events, 2 field events OR 1 of each