

Athlete Participation Packet (APP)
Extension of Expiration Dates
For Athletes with Forms Expiring Before January 29, 2021



Normally Special Olympics North Carolina (SONC) dictates that athletes are required to have a sports physical to compete in Special Olympics sport activities and that they should have their sports physicals renewed every 3 years because of the potential health risks inherent in sports participation for people with certain medical conditions.

Due to the COVID-19 pandemic, athletes may be having difficulty accessing the healthcare system in order to have their sports physicals renewed. As such, Special Olympics, under the recommendation of the Global Medical Advisory Committee, has taken an adjusted approach with respect to sports physical renewals, in order to mitigate risks as much as possible while still allowing participation.

The current challenges with getting a new **Athlete Participation Packet (APP)** completed are 1) the ability to get an appointment with a physician with their limited adjusted availability and 2) the advice that those at high risk of getting COVID-19 (which includes individuals with intellectual disabilities) not go out any more than absolutely necessary. Therefore, any athletes with expired forms may have until January 29, 2021 to submit a completed form.

For all athletes with APP's expiring before January 29, 2021, the following steps will be taken if the athlete does not have a new form completed (which is always the first preference). This period may be extended depending on the state of the pandemic in future months.

Step 1

The athlete and/or his/her parent/guardian must self-report to SONC that the athlete:

- 1) Has not had any major changes in their health status since their last valid Special Olympics APP was completed. **These changes are significant negative newly diagnosed medical issues or worsening of previously diagnosed medical issues such as diabetes or congestive heart failure.**
- 2) Has not been infected with the COVID-19 virus (as this would require medical clearance and may have impacted overall health).
- 3) Does not currently experience new or worsening of any of the following symptoms at rest or during exercise:
 - difficulty breathing
 - loss of consciousness
 - dizziness
 - headache (frequently occurring)
 - skipped heartbeats
 - shortness of breath (beyond what is typically experienced while exercising)
 - or any other significant unpleasant physical symptoms
 - chest pain
 - lightheadedness
 - visual changes
 - cough
 - irregular heartbeat

Step 2

If the athlete does have any of the conditions/changes addressed in the 3 questions, s/he should have a full APP completed with a medical professional.

Provided the athlete does not report the above conditions, the expiration date for the APP will be extended to January 29, 2021. This update will only be made in SONC's system (GMS) for those athletes who are reported on a training roster as actively participating up to January 29, 2021.

New Athletes

If a new individual wants to participate with SONC prior to January 29, 2021, there are two options:

- For in-person trainings that may be offered, a full APP completed with a physician is required.
- For virtual trainings only, the health history portion of the APP and a Waiver for Virtual Activities must be completed.