



Overview

Special Olympics North Carolina has been committed to making all decisions regarding in-person gatherings with the safety of all athletes and the SONC community in mind and basing those decisions on current COVID-19 trends as well as guidance released from Governor Cooper and the NC Department of Health and Human Services (DHHS).

Based on current COVID trends, SONC has decided to allow in-person trainings and gatherings to resume Sunday, April 4 for those counties that are not identified by NC DHHS as having critical community spread. **At this time, all counties are cleared for in-person activities with the exception of Randolph County.**

If trends change and your county returns to a critical (red) status, you will be required to cease all in-person activities immediately and can only resume when you are once again out of critical status; this is typically updated approximately every two weeks. SONC will notify you but you can also regularly check the status of your county by visiting the [NC DHHS County Alert System website](#).

We encourage you to give very careful consideration to resuming in-person activities. It is not for the faint of heart! **We will fully support your decision to not hold anything in-person quite yet.** Some things to consider:

- You and your coaches must be fully educated and committed to following all parameters and having the needed equipment.
- You may find that facilities are still not ready for in-person activities.
- Weather will be a factor for all activity.
- You need to be sure all who want to participate are fully comfortable with in-person activity.
- Focus on training and social/fitness activities or a season-end (Partner Up Power Up) celebration. At this point, **there is not sufficient time to put together a quality competition event for the spring.**

If you want to move forward with offering any activity of any sort in person, you must complete this [online request form for in-person activities](#). This should be completed at least three days prior to beginning such activities. For any activity starting the week of April 5, this must be completed **by Friday, April 2 at noon.**



Make sure you have your paperwork in order!

There are changes!

- 1) Every person involved in any sport training should have already been reported on a training roster submitted to SONC. If you have not already included them on the training rosters previously submitted, please submit names, roles and the sport ASAP to registration@sonc.net.
- 2) All athletes must have a current Athlete Participation Packet on file with SONC prior to participating. Attached is a list of athletes who have done spring activities in the past two years or are in Partner Up Power Up along with their medical expiration date so you can see who needs an updated form.
- 3) Of course, all Volunteer Screening forms and Unified partner forms should also be current.
- 4) Every single person who is a part of any in-person activity must complete this new form (yes, that's right. The form from the fall is no longer the one needed so you are starting with a blank slate!). The [Code of Conduct and Communicable Disease Waiver form](#) has the participant acknowledge appropriate measures to mitigate the spread of COVID-19 and understand the waiver of rights if a communicable disease is contracted. This can be completed [online](#) or [printed out](#) and returned to SONC at registration@sonc.net. **This only needs to be completed once to cover participants for all SONC activities!**



Guidelines

Beginning April 4, 2021, SONC will allow small group gatherings assuming all of the following:

- Everyone involved is **comfortable** with in-person training. Any participant can opt out at any time.
- All in-person gatherings are held **outdoors only** (inclement weather results in cancellation).
- There are **10 or less** in attendance.
- It is a **consistent group** of the same 10 or less people.
- The [Who is at High Risk? Fact Sheet](#) is shared with all participants. Everyone who attends an in-person gathering must receive this document which provides additional information and guidance on assessing the risk of contracting or spreading COVID-19.
- The [Code of Conduct and Communicable Disease Waiver form](#) is completed by each participant. This has the participant acknowledge appropriate measures to mitigate the spread of COVID-19 and understand the waiver of rights if a communicable disease is contracted. This can be completed [online](#) or [printed out](#) and returned to SONC. **This only needs to be completed once to cover participants for all SONC activities!**
- All [guidelines](#) for in-person gatherings provided by both the state of North Carolina, local entities and relevant facilities, and those laid out in the [code of conduct](#) are followed.
- The **on-site screening process** is conducted and followed. SONC should be made aware of plans for in-person training. SONC asks that all participants be screened on-site prior to participating. Finally, SONC asks that all those who participate in an SONC activity be tracked to help with contact tracing, should it be needed. Below are resources needed to help you successfully screen and track participants at an activity.
 - [Screening Protocol for SO Activities](#): This document lays out how those wishing to hold an in-person activity should conduct screenings prior to people participating.
 - [Screenings and Tracking Template for SO Activities](#): This template is provided as a way to screen and track participants during Special Olympics events.
 - [Option for Excel spreadsheet](#)
 - [Option for fillable PDF spreadsheet](#)
 - [Screening Protocol Flow Chart](#): Visual showing the steps to take based off how a person presents during the screening.
 - [Travel to Activity and Onsite Screening](#): Video from SOI that lays out how to screen participants upon arrival at a venue.



- The venue is adequately prepared. The following steps should be taken to prepare a venue for an in-person activity:
 - Make sure to arrive early to the venue to prepare the space.
 - Start by ensuring the venue is disinfected or sanitized, especially the bathrooms.
 - Put up signage that reinforces proper hygiene procedures, physical distancing and wearing Personal Protective Equipment (or PPE). Signage can be found in the Supplies Needed section.
 - Make sure hand sanitizer and/or hand washing facilities are available.
 - Set up a single entry with screening and single exit areas.
 - [Preparing a Venue](#): Video from SOI that lays out how to successfully prepare a venue for a safe return to activity.
 - [Training in a Safe Environment](#): SOI document that provides tips on how to create a safe environment to return to training.
- The local program orders and provides the **appropriate equipment** for a safe gathering.
 - [Personal Protective Equipment \(PPE\) & Cleaning Supplies](#): SONC has a central ordering process for all programs.
 - [Venue Signage](#): Signs that can be printed off and posted around venues. These include return to play field signs and training in a safe environment.
 - [Helping People with IDD Become Comfortable Wearing Face Masks](#): Resource created by The Boggs Center on Developmental Disabilities that provides strategies supporters can use to help adults with intellectual and developmental disabilities become more comfortable with face masks.

Key videos to watch

- [SONC Overview of In-Person Gatherings](#) – 6 minutes
 - This video goes through the steps and shows the resources provided to host a successful, in-person gathering. This was recorded in the fall and is still relevant with the one exception: the form referenced in this video has now been replaced with the Communicable Disease Waiver form.
- [Preparing a Venue](#) -1.5 minutes
 - This video from SOI lays out how to successfully prepare a venue for a safe return to activity.
- [Travel/On-site screening](#) – 4.5 minutes
 - This video from SOI lays out how to screen participants upon arrival at a venue.