



The very first thing every coach must do before moving forward with in-person training plans, is to review [this webpage](#). Specifically, the link to the Special Olympics North Carolina protocol for return to activities and the Code of Conduct and Communicable Diseases Waiver.

Sport Equipment

Equipment is plentiful and arrangements have been made for each athlete to have their own for the duration of practice

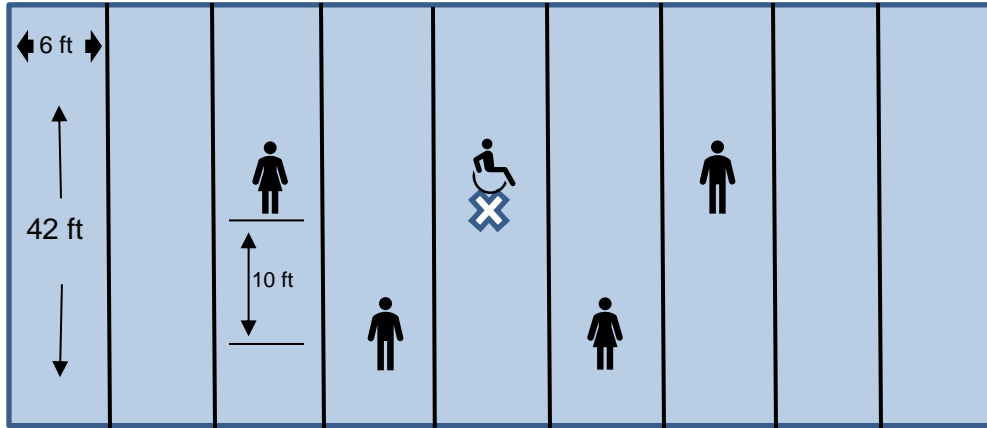
- Athlete's Equipment
 - Water bottle – make sure it is labeled
 - Appropriate practice attire
 - Pom poms
- Coach's Equipment
 - Water bottle
 - Baskets for athletes' personal items
 - Sharpies and blue painters' tape to label baskets and water bottles
- General Equipment
 - Megaphones (if used)

Indoor &/or Outdoor

- There is current a limit on **50 participants** for **indoor** activity occurring for Special Olympics North Carolina purposes. The 50 participants includes anyone a Special Olympics program is bringing to the facility (i.e. athletes, Unified partners, coaches, chaperones, volunteers, spectators). This personnel limit does **not** include facility staff or patrons of the facility.
- Masks are to be worn at all times other than during vigorous activity/competition.
- Conditioning and individual technique/choreography work is recommended. Coaches are allowed to spot athletes and Unified partners on skills as long as both are wearing a mask. Tumbling only allowed on compressed foam surface.
- No partner or group stunts, including building or prep level.
- Chants, jumps, dance, tumbling without contact among teammates are permissible with minimum 6-foot physical distancing.
- A typical compressed foam mat panel (like the one used at gymnastics and cheerleading gyms), are 6' wide by 42' long. At minimum, space teammates on the same line on every other panel, and lines separated by at minimum 10 feet.



- Ensure your facility is cleaning properly between each session.



General Fitness and Conditioning Practice

For use in a large outdoor area such as a field or parking lot. Masks are to be worn at all times other than during vigorous activity/competition.

