

# Sport-Specific Protocol: DRW

Status: Return to Practice  
Last Updated: July 15, 2020

Special Olympics



This document is specific to distance run/walk (DRW) and is supplemental to the general *Return to Activities Protocol*. It is imperative that DRW hosts adhere to any protocol outlined below or in the general *Return to Activities Protocol*. If your facility has rules in place that are stricter than those provided by Special Olympics, those local rules are to be used.

## BEFORE PARTICIPANT ARRIVAL

- Ensure venue is disinfected, especially restrooms, and any gathering area.
- Disinfect any tables & chairs used for check-in and/or any other function.
- Only head coaches should approach the check-in table of volunteers.
- Collect *COVID-19 Code of Conduct* from all volunteer staff, management team etc.
- Hand sanitizer should be available at all times.

## PARTICIPANT CHECK-IN

- Check-in area must be setup so that social distancing can be maintained.
- Check-in area should be setup outside to reduce bottlenecks and close-quarter interactions.
- *Athlete Medical Forms* must be checked as usual.
- Check that each participant has a *COVID-19 Code of Conduct* on-site.
- Hosts must follow the "Onsite Screening Protocol for COVID-19" as outlined in the *Return to Activities Protocol*.

## BEFORE PRACTICE

- Make regular announcements to reinforce the importance of PPE, hygiene, and social distancing.
- Grouping up should be discouraged. Direct participants to an area for any team/rules meeting.

## EQUIPMENT

- All participants must have their own shoes and/or towels (no sharing).
- All participants must have a water bottle or be provided with a sealed bottle of water.
- All participants should have their own bag/backpack for their water, clothing, shoes, towels, other personal items and a labeled container for their mask (ex: ziploc bag) while participating in the activity.

## DURING THE PRACTICE

- Before practice begins, all participants should sanitize their hands.
- During the workout portion of the run/walk, the coach should send out athletes and partners in small groups of no more than five (5).

- Within the small group and while on the course or path, participants should remain six (6) feet apart during running or walking activity.
- Masks not required during the workout.
- All participants must wear a facemask when they are not actively participating.
- Coaches are required to wear a face covering, unless under rigorous activity or poses a health risk.
- Runners/walkers should be reminded to refrain from touching their face. If noticed doing so, they should be directed to re-sanitize their hands.
- All participants should refrain from spitting or projecting any type of nasal waste during activity.
- You should have additional water to distribute as needed, provided:
  - The person distributing the water is utilizing PPE and following proper sanitation procedures
  - The water is in a sealed container.
  - One person is handling the water and participants are not permitted to reach into the water reservoir.
  - Community water coolers should be removed from the area.
- No high fives, handshakes, or other direct contact.

### AFTER THE PRACTICE

- No congregating after warm down or at the conclusion of practice.
- Participants should finish practice, put on their facemask, load up their belongings, and head home.

### INCLEMENT WEATHER

- Social distancing guidelines will be followed at all times if inclement weather forces participants to move inside.
- If adequate indoor space is not available for social distancing, participants should return to their vehicles with facemasks on.

### PENALTIES

- Hosts that do not adhere to these protocols will be suspended from DRW events for 1 year.
- Participants who do not adhere to these protocols may face punishment up to and including or suspension from competition.
- Additional punishment may be given to County Management as warranted, on a case-by-case basis, according to the *Return to Activities Protocol*.