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:
  o The person distributing the water is utilizing PPE and following proper sanitation procedures
  o The water is in a sealed container.
  o One person is handling the water and participants are not permitted to reach into the water reservoir.
  o 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.