



Return-to-Activities FAQs

Be sure to read through all the Return-to-Activities protocols on our website linked [here](#).

If your question is still not answered in the FAQ below, please contact rta@sowa.org for more information.

Registration Information

What sports will be offered for summer season participation?

- Athletics (Individual Running, Walking, and Rolling Events)
- Bocce
- Cycling
- Golf (Includes Individual Skills!!)
- Tennis (Singles Only)
- Fitness Heptathlon

*Health and wellness programs (such as Fit 5) can be facilitated at your sports practices. You can indicate interest in both your Pre and Final registration.

Will any virtual events be offered for those who might not be comfortable going back to in person?

We will be offering a Virtual Fitness Heptathlon that may be done at your practices, or at home on your own.

When is Pre-Registration due?

Pre-Registration is due May 28th, you can access that [here](#). *Please note:* Athletes and Unified Partners cannot fill out the form and must connect with their coach if they would like to participate in-person.

What is required to complete the Pre-Registration form?

- Area Name
- Role you are registering as: ALT Member, Program Coordinator, Head Coach
- Name and contact information
- Program or Team name
- County you are located
- Date you plan to start activities
- Sports you are interested in offering
- Safety Squad Names - more info [here](#)

When is final registration due, and what is required to complete the form?

Final Registration is due July 1, you can access that [here](#).

You will be required to submit all information provided in your pre-registration, plus the following:

- Facility information-location and cost, as well as facility point-of-contact.
- Confirmed frequency and dates of practices.

- Roster that includes names, dates of birth, contact info, and address. You can access the roster form [here](#).

Do I need to submit Pre-Registration to participate?

It is not required to pre-register but is highly encouraged. This helps inform SOWA of your intention to Return-to-Activities so that staff can prepare and support throughout the registration process.

Are 1v1 caregivers included in the 25-person roster?

Yes. If you have an athlete that needs 1v1 support, that 1v1 would count as a roster participant which would reduce the number of spots for athletes.

Are Safety Squad members included in the 25-person roster?

No. These are counted outside of your roster numbers.

Is there a limit to practices I can host per week?

To ensure safety of participants, teams should limit practice to no more than 2 times per week.

Where can we download current Athlete Registration Forms (formally known as AFPs)?

Athlete Registration Forms can be found [here](#). Unified Partner Forms can be found [here](#).

Who must complete the COVID-19 Code of Conduct and Waiver Forms?

All Special Olympics participants (Athletes, Unified partners, Coaches, Volunteers, Families/Caregivers who will be in attendance, and SO Staff) are required to complete both forms: [Code of Conduct](#), [Waiver Form](#).

What happens if someone refuses to sign the COVID-19 Participant Code of Conduct and Waiver form?

They should not be allowed to participate and kindly asked to leave the premises. The focus should be on the education and emphasizing that we are keeping everyone safe by requiring signing of the document. Please contact Special Olympics Washington staff if you need further support.

What is the group size we are permitted to register for in summer season?

Coaches or Programs can register to participate in groups of 25. The 4-1 athlete to coach ratio is required, so the break down would be 20 athletes and 5 coaches max.

How are Unified Partners classified on the roster?

Unified Partners that are 18 years or younger are considered as an athlete on the roster. Unified Partners 18 years + can be used to fill the 4:1 athlete to coach ratio. This means that there can be 1 head coach, 4 Unified Partners, and 20 Athletes on a roster.

Are spectators allowed at practice outside of those listed on the roster?

No spectators will be allowed for summer season beyond those approved members on the roster. Safety Squad are the only members outside of the roster that are allowed at practice.

Will I receive a PPE/Safety Kit, or do I need to provide those materials myself?

Once you have registered and completed all required coaches training, a PPE/Safety Kit will be mailed to the address provided by the Head Coach during registration. If you need additional items, please reach out to rtas@sowa.org.

What is inside the PPE/Safety kit?

- Thermometer

- Paper Masks
- Anti-Fog Shields
- Individual Pen Hand Sanitizer
- Hand Sanitizer Wipes
- Sanitizer w/pump
- Disposable Gloves
- Individual First Aid Pouch
- Electric Whistle (depending on sport)
- RTA Signage
- Tape
- RTA Forms
- Cinch Sacks
- Binder w/ COVID-19 -RTA Plan
- Box of Pens

If I need physical copies of any of the registration forms, who should I contact to get these items mailed?

Coaches will receive a binder in the PPE/Safety Kit with multiple copies of required forms. Please email rta@sowa.org for additional hard copies.

Safety Squad Information

What is the Safety Squad?

Safety Squad is a small team of people trained and designated to ensure that all programs/teams are following safety protocols outlined by SOWA. If your program has 10 or fewer participants you must have a minimum of 1 Safety Squad member and a maximum of 5. If your program has over 10 participants you must have a minimum of 2 Safety Squad members and a maximum of 5. This role is required and can be filled by the coach, family members, siblings, volunteers, or other community members who support the team in a regular season.

What sort of things will the Safety Squad assist teams with on site at practice?

The Squad will receive training on how protocols should be conducted, but members will also be provided with a checklist of items that need to be completed at each practice. Safety Squad members will setup a safe check in space for participants using a no-contact thermometer and verifying no one has any COVID symptoms. Safety Squad will also assist with things like disinfecting equipment after use, completing and sending in contact tracing forms, communicating any challenges or needs to SOWA, and other important duties.

How is the Safety Squad assigned?

It is ideal that the teams would choose assistant coach or family member that is familiar with the team to act as a Safety Squad member. We know this is not always possible and in the case the coach is not able to identify someone, Special Olympics Washington will assign local volunteers to support this effort.

Does the Safety Squad receive training?

Yes. The Safety Squad will receive the same 'Safety Protocols' training provided to coaches.