

# Special Olympics Washington: Return to Activities Timeline



Special Olympics Washington is relaunching its phased approach for return to activities to better match the Washington State “Safe Start” phased reopening plan. Programs and teams are required to register to participate in person. Allowable gatherings are based on the current phase of your county. Area Directors will make decisions locally on what sports will be offered. During the 2021 Winter season, only low-risk sports will be offered. Please contact your Coach or Area Director for more information.

<p><b>**REGION AND STATE GAMES WILL BE ANNOUNCED BY SPECIAL OLYMPICS WASHINGTON**</b></p>	<p><b>Phase 1</b> <b>LET'S CONNECT</b> <i>(No in person gatherings)</i></p>	<p><b>Phase 2</b> <b>LET'S MOVE</b> <i>(Gatherings of &lt;5 people)</i></p>	<p><b>Phase 3</b> <b>LET'S TRAIN</b> <i>(Gatherings of &lt;10 people)</i></p>	<p><b>Phase 4</b> <b>LET'S COMPETE</b> <i>(Gatherings of &gt;10 people)</i></p>
<p><b>Special Olympics Washington Participants</b></p>	<p><b>PRACTICES/TRAININGS and GATHERINGS</b> are virtual! No in person gatherings are permitted.</p>	<p><b>PRACTICES/TRAININGS and GATHERINGS</b> with <u>5 people or less</u> may resume when following strict physical distancing and sanitation protocols. Participants do not have to be from same household. Masks required. Registration required. <b>Must adhere to the 1:4 ratio of 1 coach/AD to 4 athletes.</b></p>	<p><b>PRACTICES/TRAININGS and GATHERINGS</b> with <u>less than 10 participants</u> may resume when following strict physical distancing and sanitation protocols. Participants do not have to be from same household. Masks required. Registration required. <b>Must adhere to the 1:4 ratio of 1 coach/AD to 4 athletes.</b></p>	<p><b>PRACTICES/TRAININGS, GATHERINGS, COMPETITIONS and LOCAL EVENTS*</b> with <u>more than 10 participants</u> may resume when following strict physical distancing and sanitation protocols. Participants do not have to be from same household. Masks required. Registration required. <b>Must adhere to the 1:4 ratio of 1 coach/AD to 4 athletes.</b></p>
<p><b>High Risk Special Olympics Washington Participants</b></p>	<p><b>HIGH RISK INDIVIDUALS**</b> should remain home.</p>	<p><b>HIGH RISK INDIVIDUALS**</b> should continue to remain home.</p>	<p><b>HIGH RISK INDIVIDUALS**</b> should continue to remain home.</p>	<p><b>HIGH RISK INDIVIDUALS**</b> can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.</p>
<p><b>Unified Champion Schools Participants</b></p>	<p><b>SCHOOL-based</b> activities led by schools should comply with guidance from schools/districts.</p>	<p><b>SCHOOL-based</b> activities led by schools should comply with guidance from schools/districts.</p>	<p><b>SCHOOL-based</b> activities led by schools should comply with guidance from schools/districts.</p>	<p><b>SCHOOL-based</b> activities led by schools should comply with guidance from schools/districts.</p>

**RESOURCES:** Find YOUR county's current phase [HERE](#)

Register your team or program for in-person participation [HERE](#)

For the list of sports and their risk levels click [HERE](#)

\*Local Events include fundraising/special events, sporting events, participation in third-party events, gatherings of Special Olympics athletes of any kind (e.g., AICs, clubs), etc.  
 \*\*High Risk populations are defined by the CDC as: person 65 of age and older; people of all ages with underlying medical conditionals (particularly not well controlled) including people with chronic lung disease or moderate to severe asthma, people who have serious heart conditions, people who are immunocompromised, people who are severely obese, people with diabetes, people with chronic kidney disease undergoing dialysis, people with liver disease, and people who live in a nursing home or long-term care facility.

