

Please read this email in its entirety as it contains instructions very specific to practicing and competing under the SONJ Return to Activity Guidelines making this year like no other.

Participant Sign-In and Screening

- We ask that you arrive per the check in time noted for your event. If you arrive too early, please remain in your car.
- Everyone must use hand sanitizer upon arrival.
- All participants will be signed in on the [Screening and Tracking Template for Special Olympics New Jersey Activities](#) which asks screening questions.
- Temperatures will be taken using a touchless thermometer.
 - A fever is considered a temperature of 100.4°F/37.8°C or higher.
 - If the temperature is high, we will offer one re-test after five (5) minutes to ensure temperature is accurate. *Note: sitting in a hot car, direct sunlight, and physical exertion just prior to taking temperature can create an inaccurate reading.*
 - Those that have been exposed and or exhibit signs or symptoms will not be able to play and must go home and remain quarantined for fourteen (14) days

Spectators

- Spectators are discouraged but, if present, should be at least six (6) feet from other spectators, twenty-five (25) feet from participants and must not exceed the maximum of ten (10) individuals in a group.

Personal Protective Equipment (PPE)

- Coaches, staff, volunteers, family members, caregivers, and spectators should wear a mask at all times.
- Participants should arrive and depart wearing a mask and are encouraged to wear it when not actively participating in a sport activity.
- All participants are encouraged to provide their own masks.
- If 6 feet of social distancing cannot be maintained at any point during active participation, a mask should be worn by all participants.

Social Distancing

- Groups of ten (10) or fewer at a time, **INSIDE**, including coaches, athletes, Unified partners and volunteers may be grouped together in a single area and the groups should be pre-determined by the coach prior to the start of practice.
- Groups of ten (10) or fewer at a time, **OUTSIDE**, including coaches, athletes, Unified partners and volunteers may be grouped together in a single area and the groups should be pre-determined by the coach prior to the start of practice.
- Social distancing of at least six (6) feet shall always be maintained between athletes and coaches, including within the ten (10) INDOOR/OUTDOOR groupings.
- More than one group of ten (10) INDOOR/OUTDOOR can be in a single area, provided there is twenty (20) feet between each group of athletes.
- The number of INDOOR/OUTDOOR groups will be limited by current state, facility and SONJ guidelines at any given time.

Food & Beverages

- All participants must bring their own beverages and water bottles must not be shared.
- Hydration stations (water fountains, etc.) should not be utilized.
- Do not share snacks and avoid snack breaks or meals during practice and events. All social distancing recommendations should be followed during any breaks.

Bathrooms

- Please include guidance based upon the venue where the activity is being held.

Parking

- Please include guidance based upon the venue where the activity is being held.

Awards Ceremony (if applicable)