

COVID CODE OF CONDUCT



I understand I could get Coronavirus through sports, training, competition and/or any Special Olympics Illinois group activity. I am choosing to participate or attend Special Olympics Illinois activities at my own risk. During the time these precautions are needed, I agree to the following to help keep me and my fellow participants/attendees safe:

If I have COVID-19 symptoms, I will stay at home and NOT go to any activities until 7 days after all of my symptoms are over. If I am exposed to COVID-19 and have no symptoms, I can return 14 days after exposure.

Special Olympics Illinois gave me education on Special Olympics Illinois rules for COVID-19 and who is at high-risk.

- I know that if I have a high-risk condition, I have more risk that I could get sick or die from COVID-19. If I have a high-risk condition, I should not go to Special Olympics Illinois events in person, until there is little or no Coronavirus in my community,
- I know that before or when I get to a Special Olympics Illinois activity, they will ask me some questions about symptoms and exposure to COVID-19. They may also take my temperature. I will answer truthfully and participate fully.
- I will keep at least 6 ft/2m from all participants at all times.
- I will wear a mask at all times while at Special Olympics Illinois activities. I may not have to wear it during active exercise.
- I will wash my hands for 20 seconds or use hand sanitizer before any activities. I will wash my hands any time I sneeze, cough, go to the bathroom or get my hands dirty.
- I will avoid touching my face. I will cover my mouth when I cough or sneeze and immediately wash my hands after.
- I will not share drinking bottles or towels with other people.
- I will only share equipment when instructed to. If equipment must be shared, I will only touch the equipment if it is disinfected first.
- If I get or have had COVID-19, I will not go to any in-person Special Olympics Illinois events until 7 days after my symptoms end. I will go to my doctor and get written clearance before returning to any sport or fitness activities.
- I understand that if I do not follow all of these rules, I may not be allowed to participate in Special Olympics Illinois activities during this time.