



Penobscot, Piscataquis & Hancock

Requirements for Participation in the Virtual Bocce- Option A:

Teams authorized to conduct in-person activities must adhere to the following:

Coach Responsibilities:

- To ensure the safety of everyone at their training site by following all policies outlined within this guide and the Return to Activities plan for Phase 1. Protocols can be viewed [here](#)
- Complete all required forms and requirements.
- If a home court option is selected, coaches must ensure that accurate distances are measured.
- Maintain a list of all participants with contact details. This will allow for contact tracing should a participant be later diagnosed as having COVID-19 during the activity.

Before the Event (during registration):

· Each team must designate a **COVID-19 Response Person** for all questions related to COVID-19. This person is responsible for all team members and their adherence to Return to Play Protocols for each specific training or event. This could be the HOD that is present or the coach that is present during the activity.

· **COVID-19 Participant Code of Conduct and Risk Assessment Form**: All participants are asked to complete and return a COVID-19 Participant Code of Conduct and Risk Assessment Form which provides information and guidance on assessing risk and acknowledges that participation could increase risk of contracting or spreading COVID-19. This form is to be completed by all athletes, coaches, staff and volunteers and is valid for one year. (If participants have one on file at the state office, they do not need to complete another). Send forms to Mike Littlefield at mikeL@somaine.org, fax 1-888-490-0672 or mail to 125 John Roberts Rd. Suite 5, South Portland, ME 04106 before the event. Please keep a copy for your records.

· Up to date medical and consent forms required.

· Athlete registration must be completed online by the 4/12 due date. Qualifying scores are not required.

Day of Event Requirements and COVID Precautions:

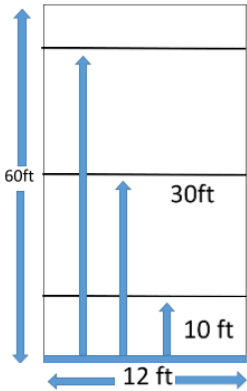
- **Screening Protocol**: The COVID-19 Response Person must screen and monitor all participants for symptoms - prior to arrival. Use this [screening protocol and tracking form](#) for your records.
 - Must conduct measurement of temperature using a thermometer. (If teams do not have access to a thermometer at their program, please notify us well in advance of the event.)
 - If individuals participating in activities show symptoms, have a temperature of 100.4°F/37.8°C or higher, or are sick, they must be sent home.
- In Phase 1, NO MORE THAN 10 TOTAL PARTICIPANTS (including athletes, coaches, volunteers) are permitted during training sessions or during competition.



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- Everyone (coaches, volunteers, participants) **MUST** wear a mask upon arrival/departure and during activities. Individuals should bring their own mask to the site.
- Teams are responsible for bringing their own Bocce balls, tape measure and sanitizing product.
- Bocce balls should be wiped down between assessments. The coach is the designated person to place/move the pallina.
- All participants must bring their own water.
- Avoid shaking hands, fist bumps, or high fives before, during or after the event. Limit unnecessary physical contact with participants. Use proper hand washing/sanitizing.
- Activities that increase the risk of exposure to saliva are not allowed including chewing gum, spitting, licking fingers, etc.
- Participants must try to maintain appropriate social distancing at all times possible.
- Spectators are counted toward the limit of ten participants. Individuals providing transportation for participants are to remain in vehicles until sessions are over. If participants need assistance, caregivers may remain, but will be considered participants and must abide by all outlined requirements for participation.



BOSAT Score Instructions:

After an official size Bocce court has been set up, measure and mark the distances of 30ft, 40ft and 50ft. The coach will place the pallina starting in the center of the 30ft mark. The athlete will throw 8 bocce balls attempting to get as close to the pallina as possible. If the pallina is moved by a ball, the coach will replace the pallina to its original position prior to the next bocce ball being thrown. Measurements should be taken from the center, side of the ball. The athlete's three closest balls to the pallina will be measured (in meters & centimeters) and totalled to count as their score for the 30ft trial. Repeat this process for the 40ft, and 50ft trials. When all trials are finished add the 3 total scores to make the athletes final score. If athletes are competing on a doubles team, add together the final scores from both athletes to obtain their team

score. Fast forward to minute 22 of this [video](#) for visual instruction.

Individual Bocce

ATHLETE NAME	30ft Total Score (distance of 3 best balls)	40ft Total Score (distance of 3 best balls)	50ft Total Score (distance of 3 best balls)	FINAL SCORE (add the total scores)
1.	___m___cm	___m___cm	___m___cm	___m___cm
2.	___m___cm	___m___cm	___m___cm	___m___cm
3.	___m___cm	___m___cm	___m___cm	___m___cm
4.	___m___cm	___m___cm	___m___cm	___m___cm
5.	___m___cm	___m___cm	___m___cm	___m___cm

Doubles Bocce:

Team # 1

ATHLETE NAME	30ft Total Score (distance of 3 best balls)	40ft Total Score (distance of 3 best balls)	50ft Total Score (distance of 3 best balls)	FINAL SCORE (add the total scores)
1.	___m___cm	___m___cm	___m___cm	___m___cm
2.	___m___cm	___m___cm	___m___cm	___m___cm
			Team Total Score:	___m___cm

Please submit all final scores here: <https://forms.gle/NVNLamdwbGY1Lmkj9> by May 3rd to receive award certificates.