

# Coronavirus (COVID-19)

Update – As of March 20, 2020

We greatly appreciate everyone's patience as we, like every other organization in the country, continue to monitor the coronavirus (COVID 19) situation and make difficult decisions about how to move forward while keeping the health and safety of everyone involved as a top priority.

Due to the most recent developments and guidance from our leadership at Special Olympics North America, the CDC, and the federal government, **Special Olympics Mississippi is suspending ALL sports trainings/practices, competitions and other activities involving our athletes until further notice.**

This includes the following:

- All sports practices
- All sports events – local and state level
- All health and wellness programming
- All fundraising events that cannot be held on a digital/virtual platform

## **2020 State Summer Games have been cancelled**

Unified Champion Schools activities happening within the schools will not be impacted by this decision. All Unified Champion Schools activities will be determined by the associated school district and will follow their direction. We are all starting to see school districts, as well as colleges and universities, make their own decisions and SOMS will abide by these decisions.

Please know that all of us at Special Olympics Mississippi, are very saddened by this news as we know it is heartbreaking for so many of you. We are already in conversations about how we can manage to offer ALL sports competitions at the state level before the end of 2020, if COVID 19 is manageable by this time.

**Your health and safety are top priority**, as well as the health and safety of the Special Olympics Mississippi community. [Please refer to this page of the Centers of Disease Control and Prevention website for all tips.](#)

While we all may be feeling isolated at this time, none of us are alone; we are a phone call, email, Instagram and/or Facebook message away.

**Let's reach out to one another.**

**Let's stay connected.**

SOMS will be offering virtual experiences on social media platforms

– so stay tuned and log in!

# Health & Fitness: At Home Resources

## Young Athletes:

- [Family Flash Cards](#): Fun and engaging flashcards featuring each of the individual activities and at home equipment modifications for families to use at home to run Young Athletes.
- [Young Athletes At Home](#): Guide for families and caregivers on how to run Young Athletes activities at home.
- [Young Athletes Videos](#): Videos demonstrating the individual Young Athletes activities.
- [Healthy Play at Home](#): Poster for families to track the various healthy behaviors they do at home.
- Tips for talking to children about Coronavirus 2019:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html> and <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

## Fitness:

- [Fit 5 Resources Series](#):
  - o Fit 5 Guide: Educational guide and tracker for athletes to focus on fitness
  - o Fitness Cards: A series of leveled exercises in endurance, strength and flexibility. These cards can be done at home and with little equipment.
  - o Fitness Videos: Videos portraying the exercises in the fitness cards. Athletes can follow along to with the videos to get a great workout!
- [Staying Fit at Home](#)—simple week long calendar that athletes can follow to stay fit. Week long calendar can be repeated as needed. Athletes can sign up on the link in the resource to receive newsletter with content from Health Messengers to for tips and ideas on how to stay active.
- [School of Strength \(NEW\)](#): Officially launching on Wednesday, March 18<sup>th</sup> across the Special Olympics movement, School of Strength is an interactive online platform that encourages athletes to participate in a fun and engaging training program that they can do in the comfort of their own homes. Developed in partnership with WWE superstar Becky Lynch, this series of videos, a fitness tracker, a coach's playbook and a caregiver toolkit all contribute to helping athletes focus on nutrition and fitness and getting the most out of their workouts.

## eLearning Course:

- With the help of athletes and Program Staff, we have developed a 30 minute eLearning course for our Special Olympics community about COVID-19. This course is designed to cover the basic information about the coronavirus (COVID-19) including: what is the coronavirus, what are the symptoms, how does it spread, and how you can protect yourself. We encourage the entire Special Olympics community to complete this module at [learn.specialolympics.org](http://learn.specialolympics.org) Please see [instructions](#) for accessing this course.