

## Agenda February 18, 2021

1. Call meeting to Order. Business in brief (Tristan)
  - a. Approve January minutes
  - b. Financial report (Tristan)
  - c. Vote on putting minutes and agenda on website (If yes, details hashed out later)
  - d. Vote on adapting Special Olympics covid plan for in person events (see bottom)
2. MEETING GOALS (Tristan)
  - a. Traditional role of this meeting is to set goals for upcoming events and plans for the year. This is board member driven. Up until Now → Certain members step up for yearly events. (Michelle→ buddy walk, Jennifer Curtis→ Christmas party, etc.)
  - b. Floor open to discussion
    - i. Board Members to Subcommittees (Tristan)
      1. (1 -2) board members per committee. Each committee has the capacity to Include members.
        - a. Pros → off load work, promote member involvement, recruitment for new board members. And?...
        - b. Cons→ Set up difficulties. group dynamics (difficult members), participation. And?...
    - ii. List of committees: (plan for advertisement on Website/ Newsletter etc.)
      1. New Membership
      2. Buddy Walk
      3. Christmas Party
      4. Sumer BBQ
      5. Newsletter
      6. Social/Volunteer events
      7. Education
      8. Fund Raising
3. Webinar Education Series (Tristan)
  - a. January Meeting Thoughts/Reflections (Tristan)

- i. Contact regarding copy to be posted on our website
  - b. February Meeting Pierson Center (Lisa)
    - i. Constant contact
    - ii. Eventbridge registration
  - c. April lined up Global (Donna)
  - d. How long should we host these webinars? May or June.
- 4. Grant Money Needs spent. Ideas? (Tristan)
  - a. Webinar series good idea but not very expensive.
  - b. Media/ projectors / smart screens
    - i. Assist with future zoom meetings, talks by local healthcare professionals,
  - c. Training for the board?
  - d. Zoom yoga session, Zoom therapy session for parents?
  - e. Other ideas?
- 5. Website updates: (Tristan)
  - a. Increase space available for storage? Yes/no →vote
  - b. (if voted upon) Tab to include minutes and agenda.
  - c. Tab to link or post hosted educational videos/ webinars
  - d. Increase space for the website to accommodate all the info listed above?
- 6. Zoom Social events (Sheryl, Kim)
  - a. Talent show. Plans? Thoughts?
  - b. Other zoom ideas
    - 1. Jokes and social hour
    - 2. Book reading book club
    - 3. Home Yoga sessions.
- 7. Information and Inclusion/ Exclusion criteria for COVID tab. (Tristan)

## SPECIAL OLYMPICS ALASKA RETURN TO ACTIVITIES PHASES

Phase 0	Phase 1	Phase 2	Phase 3
<p>COVID Risk Level: 25+ cases per 100,000 people on rolling 14-day average.</p> <p>No events or activities of any sort to be held in person.</p> <p>Individual sport training sessions in own home using own equipment.</p> <p>Coaching occurs virtually.</p> <p>Fitness and health programming offered virtually or at home.</p> <p>Meetings, conferences or trainings to be held virtually.</p>	<p>COVID Risk Level: 10-24 cases per 100,000 people on rolling 14-day average. Restriction on size of gatherings is <math>\leq 10</math> people.</p> <p><b>High Risk Individuals</b> are unable to participate in person and should continue to train/compete from home.</p> <p>Practices, health/fitness programs, fundraising and local events, with <math>\leq 10</math> people <b>MAY</b> resume if they adhere to strict physical distancing and sanitization protocols.</p> <p><b>No direct or indirect contact</b> (e.g. through a ball in the hand) should take place.</p> <p><b>Virtual programming</b> will continue to be made available for those not able to attend in person.</p> <p><b>School-based</b> activities led by schools should comply with guidance from schools/districts.</p>	<p>COVID Risk Level: 1-9 cases per 100,000 people on rolling 14-day average. Restriction on size of gatherings is <math>\leq 30</math> people.</p> <p><b>High Risk Individuals</b> are unable to participate in person and should continue to train/compete from home.</p> <p>Practices, health/fitness programs, fundraising and local events, with <math>\leq 30</math> people <b>MAY</b> resume if they adhere to strict physical distancing and sanitization protocols.</p> <p>Indirect contact (e.g. through a ball in the hand) <b>MAY</b> resume. No direct contact should occur in sports.</p> <p><b>Virtual programming</b> will be made available for those not able to attend in person.</p> <p><b>School-based</b> activities led by schools should comply with guidance from schools/districts.</p>	<p>COVID Risk Level: Less than 1 case per 100,000 people on rolling 14-day average. No restrictions on size of gatherings.</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>Large Competitions and Events</b> (with people traveling from multiple communities who are in same phase) <b>MAY</b> potentially occur, if local and federal restrictions allow holding of mass activities.</p> <p><b>Virtual programming</b> should still be made available to those not able to attend in person.</p>