

## Brookline Recreation Therapy Return to Programs During and Post COVID- 19 FAQ:

Q: Is there a cost to these programs?

A: No, they are free! But we appreciate any donations to the Brookline SOMA chapter, or to the Brookline Recreation Department

Q: Can you tell me a little more about SOMA Training?

A: Our Special Olympics coaches and volunteers will be working on developing a training program to get athletes ready for the next season. Each week athletes will rotate among different stations, including running, jumping, throwing, and more!

Q: Will there be any large state games like in years past?

A: No. But we are working with SOMA on small competitions in our area.

Q: Will there be an attendance policy during your programs?

A: No, but we will be keeping track of who shows up for contact tracing purposes

Q: What is the minimum age to participate?

A: Forever Young – 18 and older; SOMA 8 and older; There is also a max age of 65 due to COVID-19

Q: Are there any health conditions that are unable to participate at this time?

A: Yes. Please see the most recent SOMA presentation at:

<https://www.specialolympicsma.org/covid19-and-return-to-play-resources/>

Q: What do should I bring to SOMA Training?

A: A water bottle with your name on it, snack (if you want), a mask that covers your mouth and nose, any sporting equipment you may have with your name on it, something to write with

Q: What should I bring to Forever Young?

A: A mask that covers your mouth and nose, something to sit on (like a blanket or a lawn chair), and dinner if you plan to eat with us

Q: My staff or parent or guardian will be driving me to SOMA Training. Are they allowed to watch?

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A: Yes, but they must remain in their car. The only people allowed on the playing field are authorized coaches, athletes, and volunteers

Q: I am concerned about COVID-19, I have a high risk health condition, or group home won't let me leave the house. What are my options?

A: We are planning on continuing virtual programs, and hope to offer a live stream from Forever Young and SOMA training

Q: I have additional questions. Who should contact?

A: Micah Barshay, at Main Office Number: (617) 730-2069 or by email at [mbarshay@brooklinema.gov](mailto:mbarshay@brooklinema.gov)