



### Frequently Asked Questions:

**Q:** What are the requirements for an athlete to become a Health and Fitness Coordinator?

**A:** Requirements are:

- 18 years or older.
  - Experience as a Special Olympics athlete.
  - Represents Special Olympics in a professional manner.
  - Able to work with athletes of all ability levels.
  - Completion of background checks.
  - Completion of General Orientation, Protective Behaviors and Concussion training.
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**Q:** What are the responsibilities of a Health and Fitness Coordinator?

**A:** Core responsibilities include, but are not limited to:

- Create a year round health and fitness club and communicate activities via social media (i.e. Facebook and/or Twitter), e-mail blast, local program newsletter; etc.
  - Provide healthy menu input at local program competitions.
  - Volunteer / Offer Healthy Habits.
  - **Optional:** Help the local program partner with health and fitness organizations.
  - **Optional:** Volunteer as Healthy Athlete Assistant.
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**Q:** Does a Health and Fitness Coordinator require a mentor?

**A:** Yes. Like all other Athlete Leadership positions, a mentor is someone who provides necessary support.

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**Q:** What are the requirements to be a Health and Fitness Coordinator's mentor?

**A:** Requirements are:

- 18 years or older.
- Represents Special Olympics in a professional manner.
- Able to work with athletes of all ability levels.
- Completion of background checks.

- Completion of General Orientation, Protective Behaviors and Concussion training.
  - A valid driver's license and car insurance in good standing.
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**Q:** Do Health and Fitness Coordinators need to be trained?

**A:** No, however SOPA strongly encourages each Health and Fitness Coordinator to take Healthy Lifestyles at Athlete Leadership University.

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**Q:** How long may an athlete serve as a Health and Fitness Coordinator?

**A:** Term lengths and limits are decided by the local program.

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**Q:** Is a Health and Fitness Coordinator a member on the local management team?

**A:** No, however they may be asked to report out on an as needed basis.

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**Q:** Does a Health and Fitness Coordinator need to be part of the local Athlete Leadership Team (ALT)?

**A:** No, however it is highly encouraged. By being part of an ALT, they can gather input on what athletes want for Health and Fitness Clubs and food/beverages served at local competitions. Being part of an ALT can also help Health and Fitness Coordinator recruit athletes to volunteer with Healthy Habits.

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**Q:** During Health and Fitness Club activities, do athletes' medicals need to be on file and does the 4:1 ratio need to be enforced?

**A:** Yes and Yes. Since this is an event organized by the local program, the same rules for competitions need to be enforced to ensure each athlete's safety.

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**If you have any questions that are not on this list, please contact Athlete Leadership Coordinator, Jordan Schubert at 610-630-9450 ext. 236 or [jschubert@specialolympicspa.org](mailto:jschubert@specialolympicspa.org).**