



Winter 2025 - 2026

Alpine Skiing Snowboarding

Nov. 18, 2026

Today's Agenda

- Alpine Skiing / Snowboarding Updates
- Pre-Season Reminders
- 2026 State Competition
- Questions









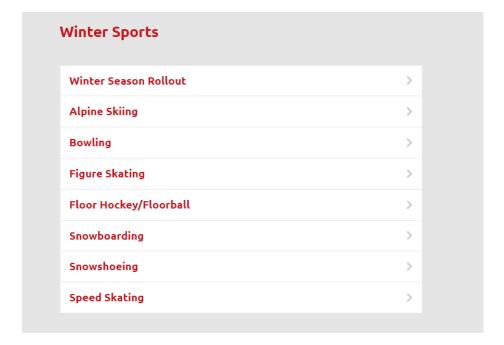
Alpine Skiing Snowboarding UPDATES

SOPA Website - Sports Offered Page



- Links to all the sport pages
- Sports Offered
- Seasonal Sign-up
- Lots of great resources!





SOI Sport Rules & Resources

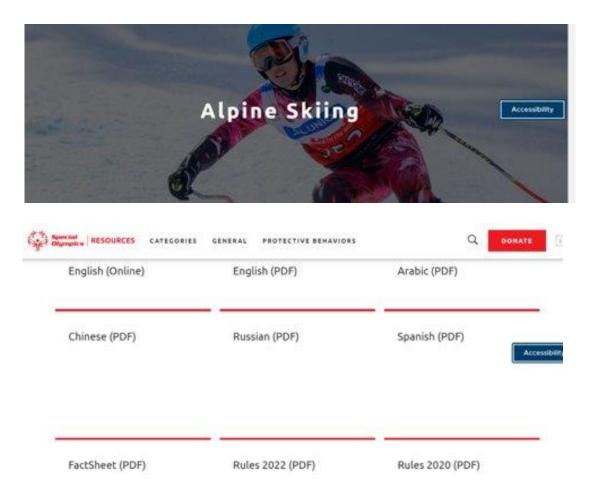


Special Olympics Resources

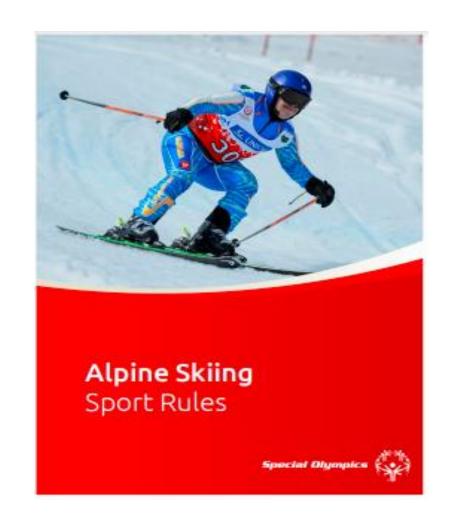
- Coaches Guide
- Fact Sheets
- Rules (2024)
- Rule Changes (2024)

Direct Links:

Alpine Resources
Snowboarding Resources



Rule Book - No New Rules





Coaches Guides





Attire

- Socks, Helmet, Goggles, Insulated Gaiters for Neck, Waterproof Gloves
- Snowboarding: snowboarding boots Lace Up or Button Wire System, snowboard
- Alpine skiing: ski boots, ski poles, and skiis
- Clothing Layers
- Inside Layer Wicking Layer
 - Long Underwear (Synthetic material / quick dry material to reduce wet clothes from sweat)
- Middle Layer Insulating Layer
 - Wool, Fleece or Sweatshirt Material
- Outer Layer Blocking Layer
 - o Insulated Pants or Insulated Overall Pants





Brand and Uniform Guidelines



- New Resource that include SO brand and uniform guidelines
- Includes mock-ups of sport specific uniforms

SOPA Brand and Uniform Guidelines

Alpine Skiing Uniform



Alpine Skiing

- Ski Jacket
- Ski Pants
- Gloves



Snowboarding Uniform



Snowboarding

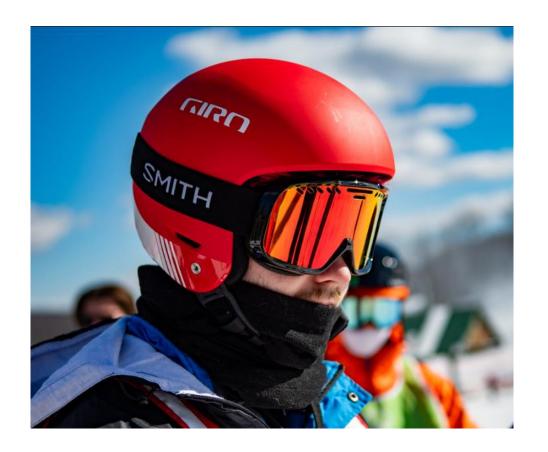
- Ski Jacket
- Ski Pants
- Gloves





Helmet Requirement

•HELMET REQUIREMENT: All competitors and forerunners must wear a crash helmet for official training as well as for the race that meets the FIS Equipment Specifications. Soft ear protection is only permitted for helmets used in Slalom. All helmets must carry an approved tag. Competitors without an approved tag will not be allowed to start. (FIS rule 707)





Helmet Requirement

- Oakley FIS ARC Ski Helmet Offer from enjoywinter.com
- Enjoywinter.com is pleased to offer Special Olympics organizations the Oakley FIS Certified ARC Ski Helmet with msrp \$310 at 45% off msrp = \$170.50 plus shipping.
- To take advantage of this offer, teams need only to shop at https://enjoywinter.com/snow-helmets/ and use "SPOL" for their 45% discount.
- It will take 2-3 weeks after a Team Helmet order is made for us to ship the order.





Accessories for both

- Rain Gear
- Sunscreen
- Ski Mask/Neck Warmer





SOPA Code of Conduct



- The <u>SOPA Code of Conduct</u> should be reviewed with all athletes and coaches at the beginning of the season.
- It is the Head Coaches job to ensure their coaches, team members and spectators are acting appropriately and managing the situation if someone is not acting in accordance with this Code of Conduct.
- The Regional Teams can support in working with athletes, coaches, families if issues arise.

Sportsmanship Statement



SOPA Sportsmanship Read to be done over PA system at beginning of the day (following national anthem), before each session and several times throughout the day.

Special Olympics Pennsylvania and its constituents promote the highest ideals of good sportsmanship. Actions or language not in alignment with SOPA Code of Conduct or meant to demean participants, coaches, spectators, officials or SOPA staff will not be tolerated. Let today's competition reflect mutual respect. We request everyone's cooperation in supporting participants and officials in a positive manner. Offensive and unsportsmanlike language or conduct from anyone in attendance will not be tolerated and may serve as grounds for removal. Please respect our participants, coaches, officials, volunteers, and game administration with your cooperation to promote a safe, positive game environment. Thank you.

Misconduct Form



- Form to be completed when an athlete, volunteer or spectator exhibits inappropriate behavior, as outlined in the SOPA Code of Conduct.
- Extremely important to complete, so there is a track record of behavior
- Not every misconduct must lead to punishment, if minor and first offense this can act as a warning.
- All misconducts forms must be provided to Regional Team.
- RED/RSD will review and collaborate with you on action to be taken.

Misconduct Form



MISCONDUCT/BEHAVIOR REPORT

This form is to be used to document (kept on file) or report misconduct or behavior incidences involving anyone (athlete, volunteer, staff, spectator, etc.) with Special Olympics Pennsylvania. Once fully completed, please forward to the appropriate individual(s) (Program Manager, Event Director, SOPA Staff, etc.) who will follow up as appropriate. Please be sure that your Program Manager receives a copy for his/her files and any future incidences involving the same individual(s). Notes Please consult your Program Manager or SOPA staff before imposing suspensions.

This report should be completed and forwarded for follow-up within 24 hours of the incident.

WHO was involved?

Name:	Name:	"
Address:	Address:	9
City, State:	City, State:	- 8
Day Phone #: ()	Day Phone #: ()	
Evening Phone #: ()	Evening Phone #: ()	18
City, State: Day Phoese #: () Evening Phone #: () E-Mail:	E-Mail	
SOPA Program:	SOPA Program:	
Name	Name:	
Address	Address:	
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Day Phone #: ()	Day Phone #: ()	
City, State: Day Phone #: () Evening Phone #: ()	Evening Phone #: ()	
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SOPA Program:	SOPA Program:	8

WITNESS PERSON completing this report

Name: Address:	Name:	
Address:	Address:	- 8
City, State:	City, State:	
Day Phone #: () Evening Phone #: ()	Day Phone #: ()	- 1
Evening Phone #: (Evening Phone #: ()	
E-Mail:	E-Mail:	18
SOPA Position:	SOPA Position:	
SOPA Propram:	SOPA Program:	12

WHERE (venue court, hotel room, training site locker room, fundraising event, etc.) did the incident occur?

Name of SO Event: 2010 Winter Games	Exact Location:	
City:		

WHEN did the incident occur? (Please provide as much detail as possible.)

Date	Day	Time
		3



WHAT action or follow up occurred on site or to	date? Check here if not involved with the follow up:
	80
If more room is needed, please attach additional shee	ets.
Pas	SOPA or Local Program Use Only
rot	COLA OL LOCAL PROGRAM COS ONLY
RESULT/ACTION taken?	
Date by which authority (Manager, SOPA, official, et	tc.) will notify parties involved:
	MATERIA (1900) MATERIA (1904) MATERI
Timeframe for the result/action? (i.e. Suspende	d for a year, overnight travel restricted for a month, etc.)
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SPECIAL OLYMPICS FIRST REPORT OF ACCIDENT/INCIDENT



U.S. Program/A	rea:			Date of Incide	int:		OF INJURY/ACCIDENT:
Injured Person	/Party Infor	mation	Date of Birth:		Age:	D Prop	perty Damage omobile
Name:	(Last)		(First)		(841)	Cth	er:
Address:	(Street)		(Cey)	(State)	1944	— □ AtH	ete 🔲 Spectator
Home Phone: (_			Work Phone: ((seme)	(API	□ Volv	
Gender: Male			Social Security Nu	imber:		□ timp □ Othe	
Description of separate sheet if re		utomobile ac	cident occurred, please	actach a copy of th	ne police repor	t). Describe how the	accident occurred (attach a
Site/event where	accident occurre	d:					
ACCIDENT OCCUR Training/Practic Competition Training to or I Competition Other: TYPE OF INJURY: Severe cut w/ b Less serious bru Geneal/fracture Concussion Paralysis Fatality Other:	from SO event	☐ Refusal ☐ Refer to ☐ Refer to ☐ Medica ☐ EMS tro ☐ Patrient transpo	ed to parent of care o doctor o hospital or clinic latterition susport requested EMS of d to personal vehicle unce only		/R) /R) /R) /R) /R)	SPORT: Alpine Skiing Aquatks: Athletics Baseball Baseball Baseball Bocce Booring Cheerleading Cross Country: Cycling Equestrian Brigure Skating Gloof Gymnastics Kickball	Ski Swimming Difable Tennis Difeam Handbell
guardian). Relationship to t Name:	the injured per	son:	an athlete or underage vol	Emplo Emplo	oyer Name: _ oyer Address		ornible perty le g. parent, legal
If yes, insura	ured person ha nce is provided	by: Din	insurance? Yes jured Person Care Policy Number:	□ No e Provider/Resp	onsible Part	-)	
Witness Inform	nation (Flease	provide n	ames and phone nun	nbers of any wil	tnesses to th	ne incidenti	
Witness #1 Nam	w:		Dec 1700 no 2700 1 € 1500 1700 1800 1		Daytime	Phone: ()_	:
Name:			ative (other than cla		Daytime	Phone:()_	
SUBMIT ACCIDE HEALTH SPECIAL HSR, 8400 Bellevi Toll Free: 800.32 Email: claims@h: Special Olympics	RISK, INC. (HSR) few Drive, Sulte 18.1114 Fax: 5 srl.com	150, Plano, 1 972,512,5820	TX 75024	AMERICAN 7609 W. Je Toll Free: 8 Email: clair IF INJURY	900,566,7941 ms@american WAS SERIOUS		29

AMERICAN SPECIALTY at 800.566.7941. We provide 24/7 Emergency Claims Phone Coverage.



Accident /Incident Report





- First report of ACCIDENT/INCIDENT FORM are available on SOPA website and at events within venue bins.
- Complete the form with as much detail as possible.
- At events they will typically be completed by medical staff and should be signed by Special Olympics PA staff at the venue as the "official representative."
- At training or social event, should be completed by Class A volunteer (if medical is not present) and shared with Regional Staff as soon as possible.
- Form should be completed if the incident could lead to further complications; it is not needed for basic first aid.

Medication Best Practice/ Tracker

- Medication Best Practices
 - General Info for medication
- Medication Assistance
 Consent Form
 - Form to be completed by adult athlete or parent/guardian prior to competitions
- Medication Tracker for Coaches
 - Form coaches complete when providing medication to an athlete

Special Olympics Pennsylvania								
Medication Assistance Consent Form								
Athlete name:								
Please state name(s) of all medication which the athlete takes, and dosage and times at which they are normally given. PLEASE ATTACH COPY OF PRESCRIPTION FOR CONTROLLED SUBSTANCE MEDICATION.								
Everyday medication								
Medication name Dose Time Controlled Substance? Medication taken for:								

Medication name	Dose	Time	Controlled Substance?	Medication taken for:

PRN medication (Medication as required/needed, for example: paracetamol)

Medication name	Dose	Time	Controlled Substance?	Medication taken for:

What level of assistance does the athlete require to administer medication?

Some Supervision/Assistance

Full Assistance

Athlete Release Form

 To be completed by parent/guardian or other responsible party whenever an athlete is removed from the delegation.

RELEASE FORM



Special Olympics Pennsylvania strongly encourages all Athletes to remain with their delegation. However, in the event that a parent, legal guardian or other responsible party wants to take an athlete away from the Delegation activities during the course of the games or from the Games entirely (only after Closing Ceremonies completion), they must complete this form. These times must not conflict with the athlete's competition.

<u></u>		request Special Olympics Pennsylvania to allow Special Olyr	mpics PA Athlete,
(printed name)		ha ha adamad ha mu mahadu na	(20
(printed name of a	sthlete)	to be released to my custody on	
agree to the following arr	rangements:	DAY RELEASE	
 Pick Up Point (location 	-		
 Time of Pick <u>Up;</u> 	a.m. / p.r	m. (circle one)	
 Name of person Pickir 	ng Up Athlete:		
 Drop off Point (location) 	on):		
 Time of Drop Off: 	a.m. / p	o.m. (circle one)	
 Name of Person Drop 	ping off Athlet	e:	-
	POS	ST GAMES (AFTER CLOSING CEREMONIES ONLY) RELEASE	
agree to the following arr	rangements;		
 Pick Up Point (location 	n):		
 Time of Pick <u>⊎a:</u> 	a.m. / p.r	m. (circle one)	
 Name of Person Pickir 	ng Up Athlete:		
 Reason for release: 			
		statement I release Special Olympics Pennsylvania and their age occur while the above athlete is in my care.	ants (staff and volunteers) from any
(Signatur	re)	(Relationship to athlete)	(Date)
Signature)	(date)	(Delegation/Head Coach Signature) (C	(SOPA Staff
	(Gaca)	(accedence in season and uses e) (a	/

Note: SOPA Staff has the right to deny this request. If guardianship is questioned, an athlete will not be released.

THIS FORM MUST BE COMPLETED AND APPROVED 48 HOURS IN ADVANCE OF RELEASE

PRE-SEASON REMINDERS







In-Season Communication



SOPA Communication

- Stay Informed & Supported: Expect communications throughout the season.
- Welcome Message: All participants receive a "Welcome to the Winter Sport Season" message.
- Weekly Updates: Regional communications with important dates, deadlines, and more.
- Winter Games Email: Qualifiers receive a dedicated email with vital updates.
- **Text Notifications:** Event reminders & sign-ups. Add 1-833-321-0252 to contacts.

Head Coach Communication Reminders 🤚



- Communicate Continuously: Engage all participants (assistant coaches, athletes, families), especially new members, before and during the season.
- Sample Messages: Need a starting point? Access sample messages here: https://pdflink.to/847f44e3/
- Up-to-Date Contact Info: Always use current contact information found in the trackers.

Volunteer Eligibility

Volunteer Eligibility: Class A Volunteers 🔽



Who is "Class A"? Coaches, Assistant Coaches, Unified Partners, Team Volunteers.

Required Items:

- Background Check (18+ volunteers)
- General Orientation training (16+ volunteers)
- Protective Behaviors training (16+ volunteers)
- Concussion training (16+ volunteers)

Important Note: Only Class A volunteers can attend overnight competitions.

Need Support?

Contact your **Regional Administrative Manager**.

Email us: volunteer@specialolympicspa.org

Resources for New and Interested Volunteers



- •Volunteer Guidebook: Access detailed information on sports seasons, competitions, regions, and contacts at: special-olympics-pennsylvania-volunteer-guidebook-5.2.23.pdf
- •Monthly Info Sessions: Learn about volunteering with Special Olympics Pennsylvania staff. These online sessions are held on the fourth Wednesday of each month from 6:30 7:30 PM. No pressure, no commitment!
- •Zoom Link: https://us02web.zoom.us/s/81791877620#success
- •Or join by phone: Dial +1 309 205 3325 (Meeting ID: 817 9187 7620)

Upcoming Dates:

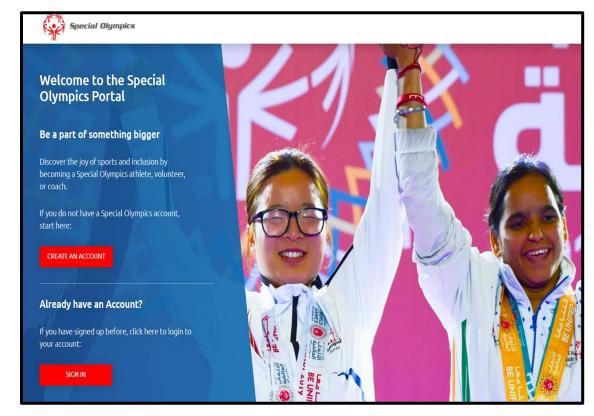
- October 22nd
- •November 26th

No registration needed, just join!

Special Olympics Pennsylvania Portal: Volunteer Registration

- Access the Portal: Log in at <u>portals.specialolympics.org</u> to check & update your eligibility.
- Need Help logging into your account?
 - Contact us at: portalsupport@specialolympicspa.org
- New Volunteers:
 - After registering, click "Select your
 Volunteer Role" to select your desired role (e.g., coach, Unified Partner).





Special Olympics Pennsylvania Portal: Athlete Registration

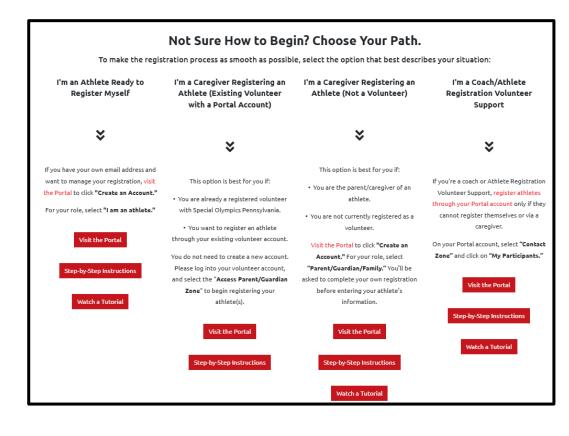
Athlete Registration: New System & Process 📄



- **New System:** Streamlined process for athletes.
- **Resources:** Find written & video guides on the "Become an Athlete" webpage.
- Requirements:
 - Short Health History & Release Form (initial) screening).
 - If concerns arise, a more detailed Medical Form (with doctor input) may be required.

Note: If you already created an athlete account you do not need to create a new one! Health history forms are good for one year.



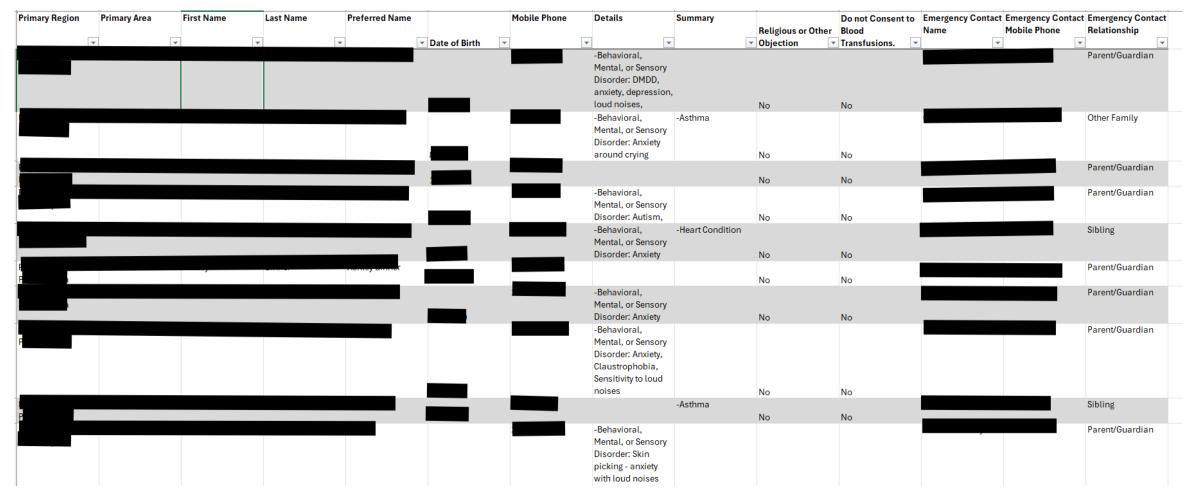


Special Olympics Pennsylvania Portal: Coach Zone



- Coach Zone: Your Team Management Hub
- Access: Available to Head Coaches (and some key volunteers).
- Features:
 - View team member eligibility status.
 - Access athlete Health History forms.
- Optional Resource: You are not required to use it.
 - We still provide **eligibility trackers** and a **"Hot Sheet"** for Health History.
- Athlete Registration: Coaches should only register an athlete as a last resort.
 - Help athletes and caregivers navigate the process themselves.
- Access Forthcoming: If you're a Head Coach and don't have access yet, it's coming soon!
- **Video Guide:** Watch the video guide; or here is a step by step walkthrough with screenshots: <u>Step by Step Guide</u>

Health History Summary



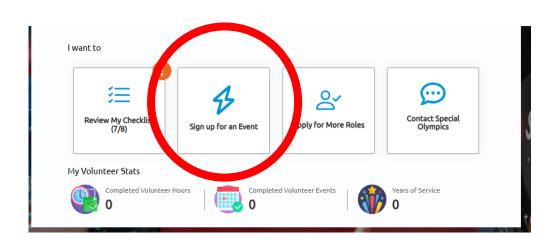
You are required to have this information accessible during all Special Olympics Pennsylvania practices and events.

You may access the spreadsheet electronically (e.g., on your phone or tablet) and are not required to print it if you can access it digitally.

Special Olympics Pennsylvania Portal: Register for Coach Training Schools



- From Portal home screen Sign up for event Training School Registration
- Please contact your Regional Sports Direction ASAP if you need a training scheduled in your Region
- Certified Coaches Required:
 - 1 per team
 - 1 per 25 individuals



Tracker Updates



TRACKER- is now the ONE place to manage your team: Attendance, eligibility and event registration.

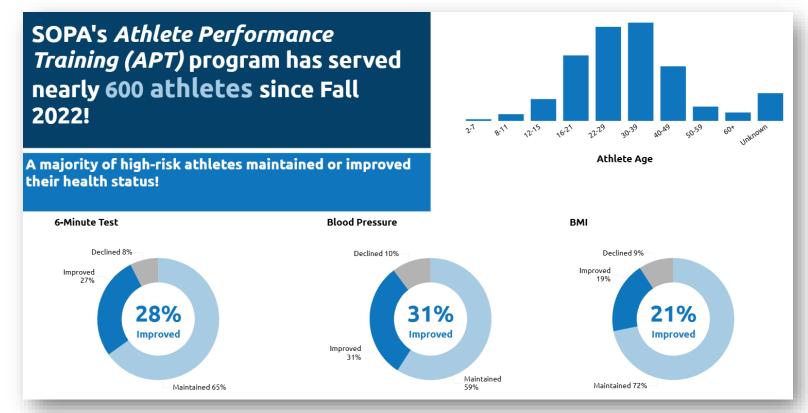
Every individual that signed-up for your training site via the Sign-Up form will appear on your Tracker. If you don't already have your Tracker, please contact your RSD. The Trackers will be locked for editing initally, after that time you are able to populate attendance and the sport specific data columns.

TABS:

- Instructions:
 - Explains what is contained on each tab and what needs to be completed by the coach during the season.
 - Includes total people count and verifies 1:4 ratio is being met.
- Athlete/Volunteer Eligibility:
 - View Sign-ups, pull contact information, check eligibility
 - Actions to take here complete LOI, track attendance
- Sport Specific:
 - Manage roster, track athlete data throughout the season
 - Actions to take here: assign roles for events, enter sport specific data required for events
- APT Tracker







If you are looking to participate or learn more, please reach out to <u>Calvin Trisolini</u>, <u>Research</u>

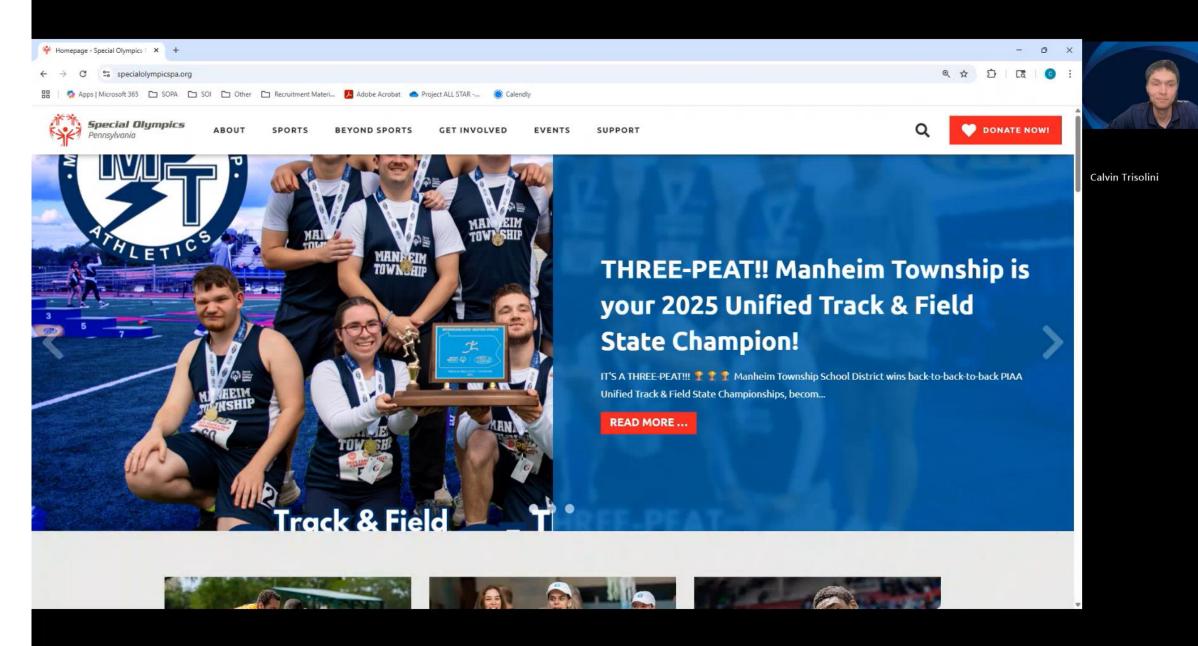
<u>Operations Manager</u>, 610-630-9450 ext. 221.

You can also visit: https://specialolympicspa.org/a
pt

Tracker (Last tab) - APT Data Collection Form

		Key											_	
				Pressure Key					Run/Walk Key			BMI Key		
				Normal				Good	Develo			Underweight		
				Elevated				ood	Develo			Healthy		
				ıre (Hypertensio				erage	Develo			Overweight		
		High I		ıre (Hypertensio	n) Stage 2		Adv	ancing	Develo	ping 4		Obese	l	
			Нурег	rtensive Crisis										
		Uninkk	T	T	Pre	Data: First Tra	ining		T	Т	Uniobb	T	T	P
Sender ≂	Age \Xi	Height in — inches (pre)	Weight = (pre)	Systolic = BP (pre)	Diastolic BP (pre)	6 Minute Run/Walk = (pre)	BMI =	Nutritio = n (pre)	Hydration =	Physical Activity = (pre)	Height in — inches (post)	Weight — (post)	Systolic BP =	Diastolic BP (post)
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- We HIGHLY encourage you to add Athlete Performance Training to your practice routine.
- This is a great way to help the athlete set personal Health and Fitness goals and improve their sport performance.
- Repeating the program allows athletes to see improvements season to season for those who have previously participated and helps maintain health and fitness habits.







2025 - 2026 WINTER SEASON COMPETITION

Winter Competitions

Winter Games

- February 10 12, 2026
- Seven Springs Mountain Resort

Indoor Winter Games:

- IWG Figure Skating
 - February 28, 2026
 - York, PA York Ice Arena
- IWG Bowling & Floorball
 - March 7 8, 2026
- IWG Speed Skating
 - March 14 15, 2026
 - Hershey, PA (Hershey Ice Arena)



Winter Games: Tues. February 10 - Thurs. February 12, 2026

Seven Springs Mountain Resort: Seven Springs, PA

2026 State Competition & Important Dates

- Reg Info: Will be out by 12/19
- LOI: Due 1/8
- Final Allocations: 1/9
- Rosters: Due 1/12
- Housing links sent: 1/15
- Housing & Registration: Due 1/22
- Scratch/Activation & Score Updates: Due 2/3





Indoor Winter Games:

2026 State Competition & Important Dates

- Reg Info: Will be out by 1/9
- LOI: Due 1/29
- Final Allocations: 1/30
- Rosters: Due 2/2
- Housing links shared: 2/5
- Housing & Registration: 2/12
- Scratch/Activation: Due 2/26



