



### 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. However, only Health and Fitness Coordinators that complete Healthy Lifestyles are eligible to receive an Athlete Leadership University degree.

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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).**