



Frequently Asked Questions:

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

A: Requirements are:

- 16 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.
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Q: What are the responsibilities of a Health and Fitness Coordinator?

A: Core responsibility of all Health and Fitness Coordinators is to:

- Create a seasonal walking club (taking place over 8+ weeks during at least one sports season a year) and communicate activities via Facebook, e-mail blast, local team newsletter; etc.
 - Walking clubs can take place over one season or all three seasons (ranging anywhere from 8-24+ weeks throughout the year).
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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.

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.

Q: Do Health and Fitness Coordinators need to attend Healthy Lifestyles?

A: In order to coach a sport, the head coach must be skills certified. With walking clubs being treated the same as any sport, there must be at least one Health and Fitness Coordinator and Mentor that have attended Healthy Lifestyles. This is to ensure all activities are planned out and the amount of time/intensity of each week is slowly increased.

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

A: An athlete may serve as a Health and Fitness Coordinator for as long as they are willing and able. The same also goes for their Mentor.

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. This can help promote walking club activities each season and remind athletes to sign up beforehand.

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 team, the same rules for trainings and competitions need to be enforced to ensure each athlete's safety.

If you have any questions that are not on this list, please contact Jordan Schubert at 610-630-9450 ext. 236 or jschubert@specialolympicspa.org.