

# LDR/W

## Fall 2021

### Pre-season Webinar

***Special Olympics***  
*Pennsylvania*



# Today's Agenda



- Welcome
- Housekeeping
- Return to Activities
- Athlete Performance Training
- 2021 Changes and Rule Updates
- Questions

# Coaching Topics



- **Just a Reminder!**
  - **INDIVIDUAL SPORTS:** there must be at least one (1) certified coach per 25 athletes at training and competition.

# Front Page of the Portal VS Reminder Email



**Email Reminder** – This is telling you that **within 30 days one or both of these Class A certifications will expire** and you will need to re take them to maintain your Class A certification.

**Front Page of the Portal** – This page tells you that you are complete because at this time **you have not expired, YET!**

**Believe the email** - Simply go to the ***Class A Required Trainings*** Tab and click on whichever course you need to complete. Upon completion your VSys record will automatically update and the front page of the portal will remain complete.

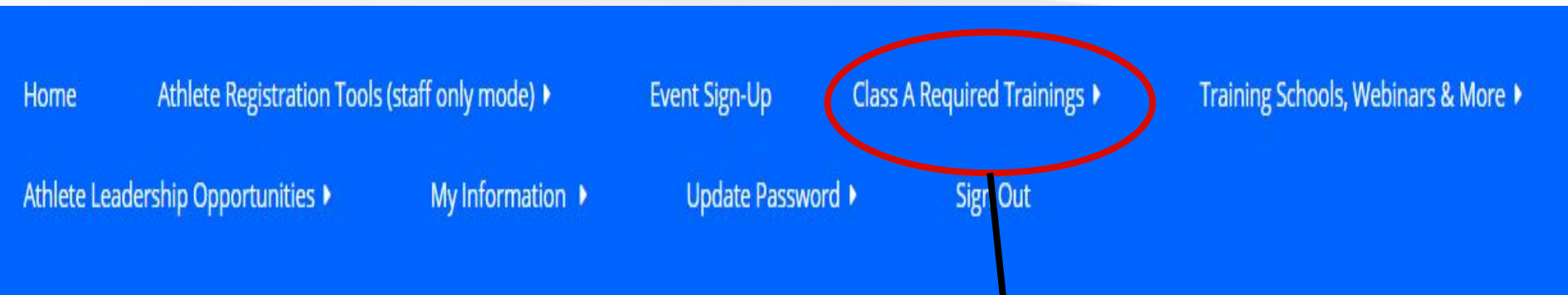
# VSys Portal - Front Page



## Class A Volunteer Requirements Checklist: *60% complete*

Task	Status
Background Check	<u>Incomplete</u>
PA Disclosure Statement	<u>Please upload</u>
General Orientation Training	Complete
Protective Behaviors Training	Complete
Concussion Awareness Training	Complete

# VSys - Menu Top of Page



## **Class A Required Trainings**

- **General Orientation**
- **Concussion Training**
- **Protective Behaviors**

# Background Checks Renewal Plan



1. **3 months + 1 week from their clearance expiration date**, the volunteers will receive an email from SOPA.
  - a. This email will give them the “heads up” on their expiration date and prompt them to submit a new PA disclosure form.
2. **1 week later, exactly 3 months** from their expiration date, they will receive an email invitation from Sterling Volunteers to start the recertification process.
3. **Two part clearance process:**
  - a. The state and national background checks on the Sterling Volunteers website,
  - b. The PA child abuse clearance (and use their assigned authorization code) on the PA state compass site.

Questions? Contact **Beth Boardman**, Program Department Coordinator at [bboardman@specialolympicspa.org](mailto:bboardman@specialolympicspa.org).

# VSys - Menu Top of Page



Home   Athlete Registration Tools (staff only mode) ▶   Event Sign-Up   Class A Required Trainings ▶   **Training Schools, Webinars & More ▶**

Athlete Leadership Opportunities ▶   My Information ▶   Update Password ▶   Sign Out

## Training Schools Webinars & More

- Sport Skills Trainings
- Sport Training Application Hours
- Sport Skills Interest (Track 1)
- Experienced Coach (Track 2)



# Continuing Education on the website



**Special Olympics**  
Pennsylvania

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🛒 Gear Store



About Us Sports & Games More Than Sports Events Get Involved Support Volunteer Resources

Volunteer Resources

Volunteer Center

Volunteer Center

General Orientation

Protective Behaviors

Training Schools

Forms

**REQUIRED** once  
every 3 years to  
maintain  
certification.

**LOTS of options.**

Monthly Updates

Sports Offered

Reorganization Updates

Protective Behaviors, General Orientation & Concussion Training

Vsys Tips & Info

Request A Skills Training School

Resources

Coaches Training & Continuing Ed.

Current Volunteer Background Checks

Continuing Ed. Course Options

New Volunteer Registration

Leadership Conference

Continuing Ed. Course Options

Volunteer Portal

# USA/World Games



## 2022 USA Games

- June 5-11; Orlando, FL



SPECIAL OLYMPICS  
**USA GAMES**  
ORLANDO 2022

## 2023 World Games

- June 16-25; Berlin, Germany

SPECIAL OLYMPICS  
**WORLD  
GAMES**  
BERLIN 2023



# Improving Communication:



## Closed Facebook Group for Coaches:

- 100% Optional
- Direct connection to coaches
- Share Competition Information/Reminders
- Share Training/Coaching Tips
- Encourage sharing of best practices between coaches
- Q&A
- [Coach Page](#)



➔ Which SOPA local program to you coach for?

➔ What sport/sports do you coach?

# Return to Activities

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# Community-19 Community Transmission Rate



Special Olympics Pennsylvania is monitoring COVID-19 new cases daily per 100,000 people through the [Pennsylvania Department of Health](#).

## **Low Transmission Rate**

- 10 or less new cases daily per 100, 000 people

## **Moderate Transmission Rate**

- 11-15 new cases daily per 100,000 people

## **Significant Transmission Rate**

- More than 15 new daily cases per 100,000 people
- <than 80% of participants fully vaccinated

A SOPA Field Director will communicate the COVID-19 community transmission rate (low, moderate or significant) with the Local Program Manager and site COVID-19 Coordinator via email on a weekly basis. Each site is required to follow all mitigation protocol requirements.

# Event Size and Type



<b>Event Size and Venue Type</b>	<b>Low &amp; Moderate</b> <ul style="list-style-type: none"><li>➤ Per State of Pennsylvania and local authorities.</li></ul> <b>Significant</b> <ul style="list-style-type: none"><li>➤ Entirely outdoors (except restrooms):<ul style="list-style-type: none"><li>○ Per State of PA and local authorities.</li></ul></li><li>➤ Indoors or mixed: &lt; 50 participants</li></ul>
<b>Type of sport/activity</b>	<b>Low &amp; Moderate</b> <ul style="list-style-type: none"><li>➤ All sports training, competition, meetings, and social gatherings in accordance with the State of PA and local authority regulations.</li></ul> <b>Significant</b> <ul style="list-style-type: none"><li>➤ Individual sports and indirect sports only.</li><li>➤ Contact sports- No competitive play - drill only</li></ul>

# Communicable Diseases Participant (Athlete and Volunteer) Risk Assessment, Code of Conduct, and Waiver



## COMMUNICABLE DISEASES PARTICIPANT (ATHLETE AND VOLUNTEER) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER

Every participant (Athletes, Unified partners, Coaches, Officials, Volunteers, HODs, SO Staff, and families/caregivers if they will not exclusively be in spectator only spaces) is required to complete the [COMMUNICABLE DISEASES PARTICIPANT \(ATHLETE AND VOLUNTEER\) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER](#) prior to the start of the in-person activity.

# COVID-19 Coordinator



## COVID-19 Coordinator

- The site must designate a primary point of contact for all questions related to COVID-19, and all participants must be provided the person's contact information.
- The COVID-19 Coordinator must submit the Site Registration Form.
- The COVID-19 Coordinator must communicate potential cases to the local health authorities for testing and to SOPA (within privacy laws).
- The COVID-19 Coordinator must conduct the screening protocol and complete the Screening and Tracking Report Form for all participants.



# Site Registration Form



## Site Registration Form

- The COVID-19 Coordinator must submit the [Site Registration Form](#), which is found on the [SOPA website](#).
- The purpose of this form is to register a Local Program in-person activity.
- This form must be completed and submitted by the COVID-19 Coordinator prior to the start of the activity.

# Onsite Screening and Positive Test



<b>Onsite Screening</b>	<ul style="list-style-type: none"><li>➤ The COVID-19 Coordinator must screen and monitor all participants for symptoms.</li><li>➤ Signage on preventive measures (handwashing, social distancing and masking) and education on symptoms and reminder to stay home if sick or any symptoms.</li></ul>
<b>Positive COVID-19 test or previous COVID-19 disease</b>	<ul style="list-style-type: none"><li>➤ No participation within 10 days of COVID-19 positive test and 7 days of any symptoms.</li><li>➤ Participants who test positive for/have COVID-19 must provide written medical clearance before returning to activity.</li></ul>

# Masking and Social Distancing



<b>Masking</b>	<p><b>Low risk</b></p> <ul style="list-style-type: none"><li>➤ Unvaccinated participants are required to wear masks indoors and outdoors, except when actively engaged in sports training and competition.</li><li>➤ Masks are strongly recommended for vaccinated participants, especially when indoors, except when actively engaged in sports training and competition.</li></ul> <p><b>Moderate &amp; Significant risk</b></p> <ul style="list-style-type: none"><li>➤ Masks are required for ALL participants except when actively engaged in sports training and competition.</li></ul>
<b>Social Distancing</b>	<p><b>Low &amp; Moderate Risk</b></p> <ul style="list-style-type: none"><li>➤ Take active measures to ensure social distancing as much as possible when not actively engaged in sports training and competition, especially in indoor spaces.</li></ul> <p><b>Significant</b></p> <ul style="list-style-type: none"><li>➤ Social distancing required at all times.</li></ul>

# Travel



## Travel

### Low & Moderate

- Travel permitted with precautions

### Significant

- Not permitted outside of the Local Program.

# Transportation



## Public transportation

- When using public transportation, a rideshare service, taxis, or commercial air or train/rail for transportation, all individuals (or via their caregivers/families) should be educated about and willing to abide by any safety/masking requirements in place by the transportation operator.
- Individuals should also be aware of the potential consequences of not following the operator's required practices.
- Hand hygiene/sanitization should be followed.
- Strongly recommend wearing a mask.

# Transportation



## Personal transportation

- When securing your own transportation, SOPA recommends the following:
  - When traveling with family, caregivers, or individuals with whom they live, masks not required.
  - When carpooling with someone outside of the household, masks and social distancing are recommended.
    - This can be accomplished by limiting 4 per car maximum and 6 per vehicle maximum provided there are three rows of seats.
- Encouraged as much as possible for local/regional events.
- Hand hygiene/sanitization should be followed.

# Transportation



## SOPA Sponsored

- Masks and social distancing are required unless all riders are vaccinated.
- Every vehicle must have a designated individual to monitor for compliance at all times.
- Onsite screening of all participants must occur prior to boarding busses or vans.
- No shared food, use only individually packaged items.
- Hand hygiene/sanitization should be followed.
- Understand COVID-19 safety protocols of transportation company.

# Competition and Non-Competition Events



<b>Competition Events</b>	<b>Single day events</b> <ul style="list-style-type: none"><li>➤ Participants are not required to be vaccinated, unless required by venue.</li></ul> <b>Overnight events</b> <ul style="list-style-type: none"><li>➤ All delegation members, technical delegates (sport directors, etc), and any additional individual housed by SOPA are required to be vaccinated.</li><li>➤ SOPA Housing policy will be followed.</li></ul>
<b>Non-Competition Events</b>	<b>Single day events</b> <ul style="list-style-type: none"><li>➤ Participants are not required to be vaccinated, unless required by venue.</li></ul> <b>Overnight events</b> <ul style="list-style-type: none"><li>➤ Participants are not required to be vaccinated unless required by venue.</li><li>➤ Unvaccinated participants from different households may not room together. If one individual is unvaccinated max of two per room.</li></ul>



# Sanitation and Spectators



<b>Sanitation</b>	<b>Low, Moderate, &amp; Significant</b> <ul style="list-style-type: none"><li>➤ Follow sanitization protocol for all communal shared areas (e.g., bathrooms, meal areas) and frequently touched surfaces and shared equipment between uses.</li></ul>
<b>Spectators</b>	<b>Low &amp; Moderate</b> <ul style="list-style-type: none"><li>➤ Permitted per State of Pennsylvania and local authority regulations.</li><li>➤ Separation from participants as much as possible and not permitted in athlete areas.</li></ul> <b>Significant:</b> <ul style="list-style-type: none"><li>➤ Not permitted.</li></ul>

# Meals



## Meals

### Low & Moderate

- No self-serve buffet meals.
- Stagger mealtimes and cohort groups as much as possible, especially when indoors.
- Participants bring their own water bottles.

### Significant

- Participants bring their own meals and water bottles and/or pick-up only.
- Stagger mealtimes and cohort groups.

# Medicals



- SOPA will continue to offer a one-time 6 month extension if an Application for Participation ("medical") has expired IF the athlete, family member or caregiver is able to answer "NO" to the 3 health status questions.
  - If the athlete answers "YES" to any of the health status questions, they are required to have a full Application for Participation ("medical") submitted prior to in-person activities.
- The SOPA Field Director will share a listing of athletes eligible for an extension with Local Program Managers.
- If an athlete were to travel to an invitational, regional, sectional or state competition, they will be required to have a new/current Application for Participation ("medical") to be completed and submitted in advance of travel. Extensions will not be accepted. Extensions will be accepted for local training and competition.



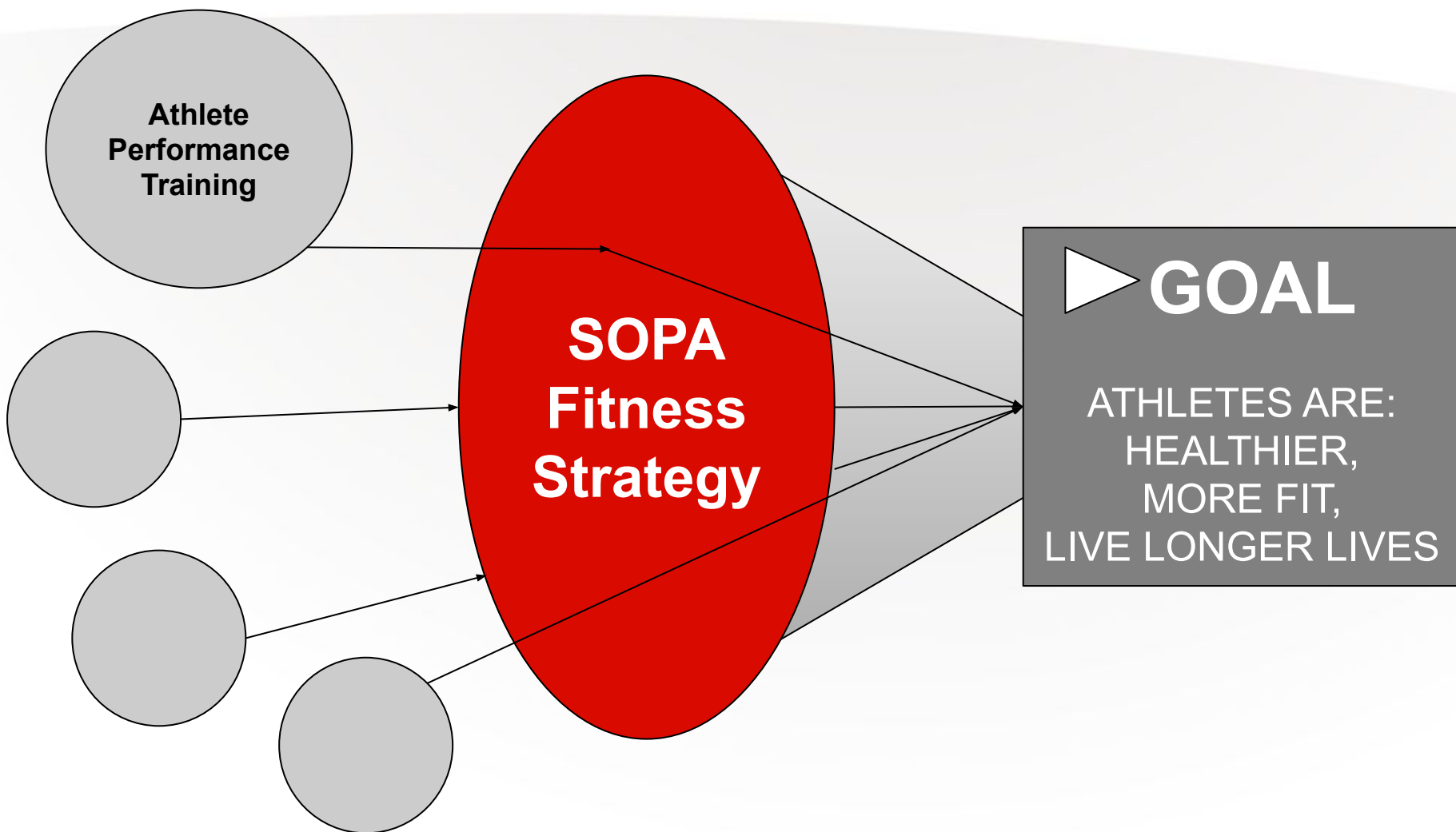
# Return to Activity Resources

- [Fall Return to Activities Webinar](#)
- Video trainings and resources [SOPA website](#)
- [Return to Activities Plan](#)
- [Return to Activities Plan Appendix](#)
- [Return to Activities Abbreviated Versions](#)

# Athlete Performance Training

***Special Olympics***  
*Pennsylvania*





# Why is it important?



**6.5 million** people in the United States have an Intellectual Disability

**2X** as likely to be obese

**2X** as likely to have cardiovascular disease & asthma

**5X** as likely to have diabetes

Life expectancy is reduced by an average of **20 years**



**"Nothing is more important than the answer to this question: Are our athletes getting healthier and fitter with a chance to get better and win?"**

-Tim Shriver  
Chairman

Special Olympics International

# Overview



- **GOAL:** help ensure athletes become healthier, more fit and live longer lives.
- **IMPLEMENTATION:**
  - Coaches at practice,
  - Athletes and their families/caregivers at home
- **PROCESS:** Education, Exertion, Evaluation



# Education



- Coach led instruction during every practice
- Coach encouragement for athletes to follow program and track progress during the week at-home
- **RESOURCES:**
  - Coach
    - Hard copy of Coaching guide (educational component)
  - Athletes
    - Hard copy of Athlete guide; includes education, tracker and at-home exercises

# Coaching Guide



## Athlete Performance Training



**A guide for  
Special  
Olympics  
Pennsylvania  
coaches.**

### Table of Contents



#### What is Athlete Performance Training

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Week 1 (Pages 2 – 11)

#### Exercise

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#### Hydration

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Week 7 (Pages 42 – 45)

Week 8 (Pages 46 – 49)

#### Resources

Page 50

*Coaches, you are expected to follow the schedule above.*

### Healthy Foods



### Healthy Foods



You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. **Here is a list of all the food groups and some great choices in each group:**

#### Grains:

- Brown or wild, or Unpolished Rice
- Oatmeal
- Whole Grain Bread
- Whole Grain Pasta
- Whole Grain Crackers
- Tortilla
- Flatbread and Roti

#### Meats and Beans:

- Lean Meats
- Eggs
- Fish (Frozen, fresh or canned)
- ToFu
- Nuts
- Nut Butters
- Beans, Legumes and Pulses

#### Dairy:

- Low-fat or Skim Milk
- Low-fat Cheese
- Low-fat, Unsweetened Yogurt
- Cottage Cheese

# Athlete Guide

## Athlete Performance Training

A guide for Special Olympics Pennsylvania athletes.

### Endurance

**Endurance is the ability of your body to keep moving for long periods of time.** Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

**Try your favorite endurance exercise for 30 minutes, 5 days each week.**



## Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Exercise</b> Check box if you exercised today! Write in the number of minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes
<b>Nutrition</b> How many total fruits and vegetables?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
<b>Water</b> How many bottles (16oz) of water did you drink?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

Fill in the star if you reached your Fit 5 goal this week:

Exercise ★      Nutrition ★      Water ★

## Healthy Foods

You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. **Here is a list of all the food groups and some great choices in each group:**



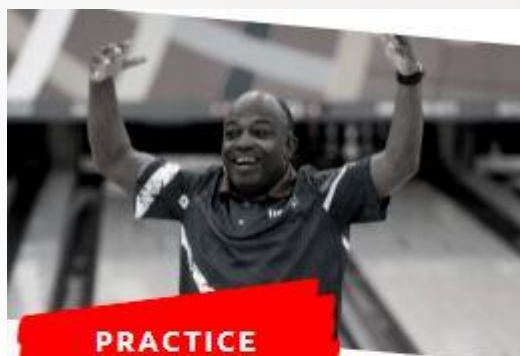
# Exertion



- Active Practices
- Push athletes to their limits, it will be hard and uncomfortable
- **RESOURCES:**
  - Coach - Sport-specific training/practice activities
  - Athletes
    - At-home exercises included in Athlete Guide
    - Coach can also provide specific walking/running regime to help athletes improve their time for their events



# Coach - Active practice



## PRACTICE ELEMENTS

This section contains activities that can be conducted during practice to keep athletes active and engaged.

They are broken down into the following:

- Warm-up
- Individual Skills
- Conditioning
- Team Skills
- Game simulation
- Cool down

### INDIVIDUAL SKILLS

#### MATERIALS

Before you start, make sure you have:

- Volleyball Court
- Painters tape to mark targets on wall or floor
- 15 volleyballs

#### SERVING

Individual skill work during practice is ideal for station work. Setup 2-4 stations depending on space and number of coaches available. Some stations will require a coach to assist with the station and help with proper technique.

1. Serve to target line on the wall, at least height of the net. Modify as needed for skill level of athletes.
2. 2-6 Athletes: Server (S) on end line, partner (P) on attack line. Serve to partner, after a few good serves partner move to center line and then attack line on opposite side of net. Switch positions.
3. 2-4 athletes: Servers hit 5 balls over the net, partner feed balls, ball shaggers collect and return to partners. Start servers close to net to work on form, gradually move back when performing successful serves.
4. 2-4 athletes: Coach (C) starts with 10 balls, call out target (deep right, short left). Server (S) serve ball to that target. Target (T) can be anything that can be seen from serve position (chair, towel, etc.). After serving the ball athlete will assume defensive position on the court (mimic game conditions). If 2 servers switch out quickly in between serves coach set the pace. Partners (P) will retrieve balls and return them the coach. After one round servers and partners switch, run 2-3 rounds.

### AGILITY & SPEED

#### MATERIALS

Before you start, make sure you have:

- Four cones
- Measuring tape
- Stopwatch

#### BOX ACILITY TEST

WATCH THE VIDEO HERE

### PROCEDURE

**PREPARATION:** Set up four cones in a square ten yards (9.144 meters) apart.

**EXERCISE:**

1. Participant starts by getting in a ready stance next to cone #1.
2. On the command of Ready...Go, participant sprints to cone #2.
3. Once they reach cone #2, they side shuffle to cone #3.
4. Once they reach cone #3, they backpedal to cone #4.
5. Once at cone #4, participant sprints to the start/finish line at cone #1.

### MODIFICATIONS

Participants with lower body mobility issues can perform this test in a wheelchair. Participants will start at cone #1 and move quickly around the cones, turning slightly near the cones.

Participants performing this test in a wheelchair will move in a forward direction for the entire test.

Share your favorite sport-specific drills, games, activities - send to Michelle Boone, [mboone@specialolympicspa.org](mailto:mboone@specialolympicspa.org)

# Athlete Guide - At-Home Training



## Reach Your Exercise Goal!



It's easy to do 5 days of exercise  
in one week.

Day of the week	Activity	Time Spent
1	Special Olympics practice: performed Flexibility, Endurance, Strength and Agility activities during practice. Pushed myself the entire time.	60-90 Minutes
2	Endurance (walk/run/bike with a friend or family member), Balance and Flexibility exercises.	45-60 Minutes
3	Endurance, Strength and Flexibility exercises OR try a group exercise class.	45-60 Minutes
4	OFF	OFF
5	Endurance, Strength and Flexibility exercises OR try a group exercise class.	45-60 Minutes
6	Endurance, Strength and Flexibility exercises.	45-60 Minutes
7	Take the day off OR keep it light with some Balance, Strength, and Flexibility exercises.	30 Minutes

## Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Exercise</b> Check box if you exercised today! Write in the number of minutes	<input type="checkbox"/> Minutes	<input type="checkbox"/> Minutes	<input type="checkbox"/> Minutes	<input type="checkbox"/> Minutes	<input type="checkbox"/> Minutes	<input type="checkbox"/> Minutes	<input type="checkbox"/> Minutes
<b>Nutrition</b> How many total fruits and vegetables?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
<b>Water</b> How many bottles (16oz) of water did you drink?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

## Strength at Home



### Curl Ups

1. Lie on your back on the floor. Bend your hips and knees so your feet are flat on the floor. Reach your arms toward your knees.
2. Lift your head, and then slowly lift your upper back until your hands reach your knees. Try to get your shoulder blades completely off the ground.
3. Pause and then slowly lower all the way back down, including your head.



your Fit 5 goal this week:



Water ★



# Evaluation

Collection of Health and Fitness Metrics to track the well being of our athletes.

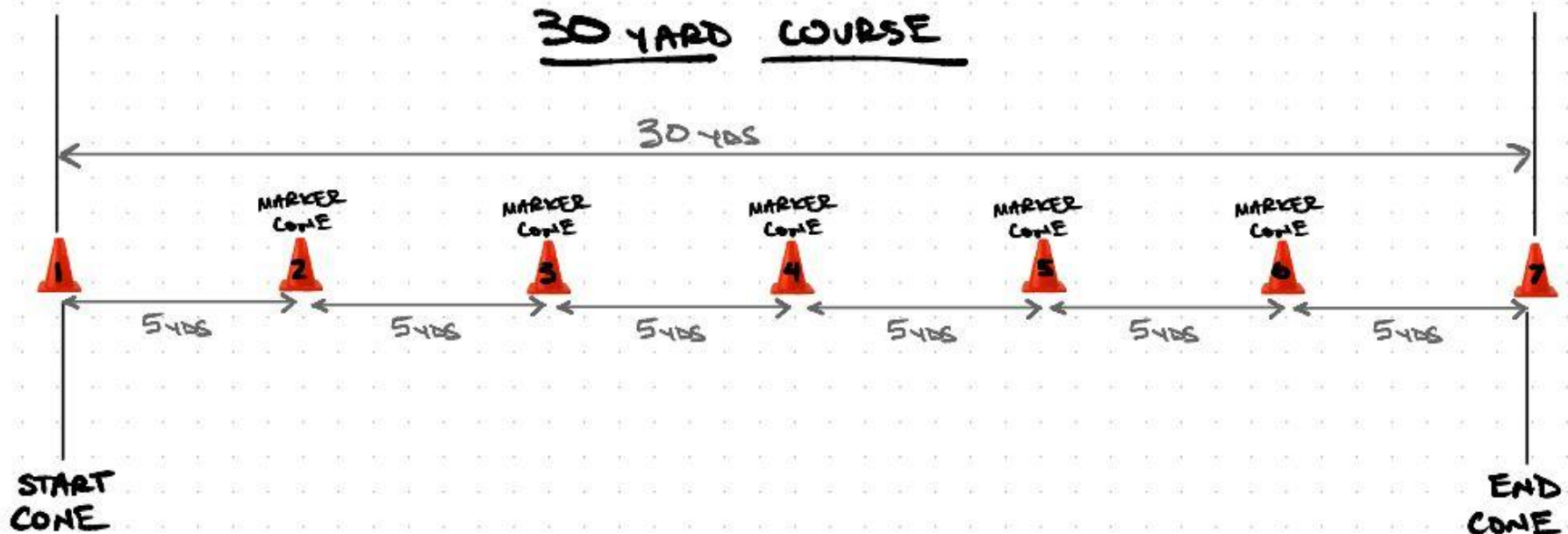
- Metrics will be collected at the beginning and end of each training season
- Health Metrics
  - Height
  - Weight
    - Height and weight equate to Body Mass Index (BMI)
  - Blood Pressure (working on developing means to do so)
- Fitness Metric - A Modified Cooper Test

# Cooper Test



The Cooper Test is over 50 years old and is a time tested means to measure fitness levels.

- A “shuttle” run/walk over a 30 yard course
- Measure the total distance covered in 6 minutes





# Collection



Programs that take part in the Athlete Performance program will receive a Google Sheet to collect the metrics: Height, Weight, BP, and Cooper Distance

The sheet is formatted to filter the athletes by age groups and gender. On subsequent sheets, the athletes BMI Level, BP Range, and Cooper Rating will be calculated to give a snapshot of the athlete's health and fitness levels.

# Get started today!



- **ACTIVATION GOAL:** at least one training site in all local programs this fall
- **REGISTER:** on the Site Registration Form, click yes!
  - If you already completed the form, the COVID-19 Coordinator or person who completed the form will get an email.

**To learn more...join us on Tuesday, August 10th at 7:00 pm.  
for an Athlete Performance Training webinar!**

You may register [HERE](#).

# 2021 Changes & Rule Updates

***Special Olympics***  
*Pennsylvania*



# Sport Director



## Scott Otterbein

Athletics and Long Distance Running/Walking Sports  
Director

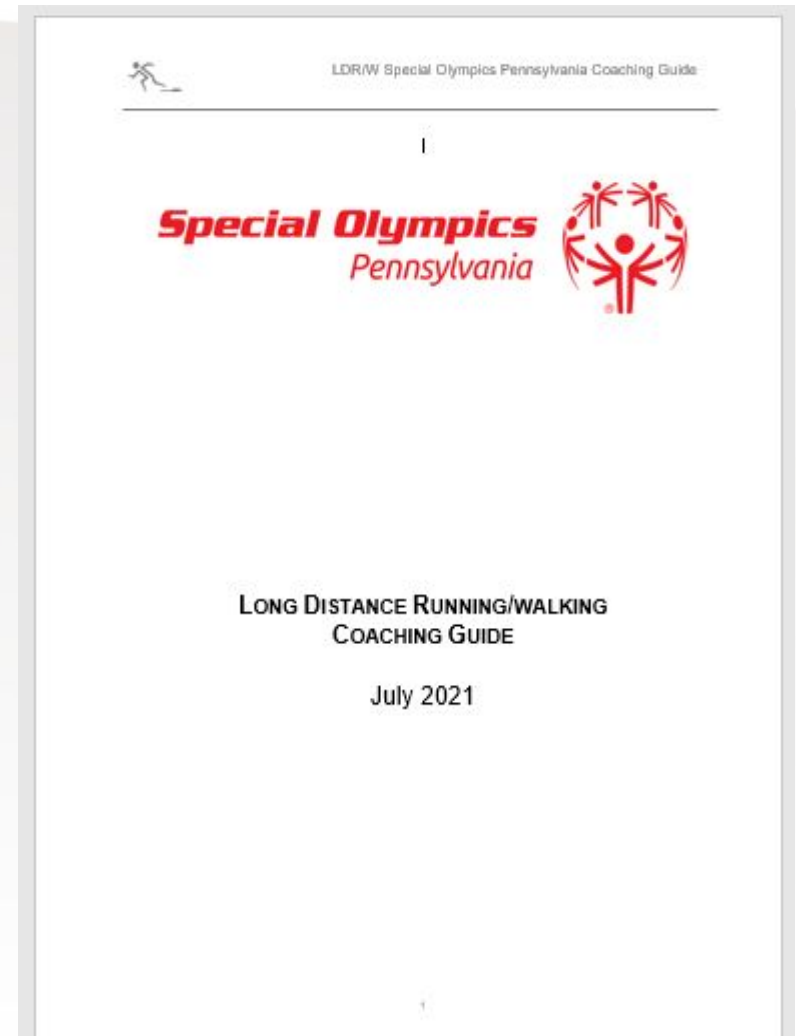
Scott can be reached at: [ath.ldr@specialolympicspa.org](mailto:ath.ldr@specialolympicspa.org)

# 2021 Updated Coaching Guide



## Rule Update Reminder:

Athletes are not allowed to enter walking events and running events. They must select one method of movement for all of their track events.





# Fall Festival Allocations

- Sectionals are now a Qualifier in LDR/W.
- You must attend Fall Sectional in order to advance to Fall Festival.
- How it works:
  - Fall Festival can host 150 LDR/W Athletes
  - Based on the number of athletes registered for fall sectionals each section of the state will be given a percentage of the allocations.
  - A random draw will be held after each sectional to fill the allocations. Starting with gold medalists than silver, and finally bronze.



# Reminders

- **Skin Protection**
  - sunscreen,
  - hats and
  - sunglasses for practice and hydration.
- **Hydration**
  - Stop Every 20 minutes for a drink
  - Do not gulp, slow sips
- **Thunder/Lightning**
  - Everytime you hear or see
    - stop practice /seek shelter for 30 minutes

# Training Schools



## Skills Trainings – Virtual

- o LDR/W – August 7, 9:00 am
- o Bocce – August 7, 1:00 pm
- o Powerlifting – August 22, 1:00 pm

Registration is open on the VSys Portal

<https://vsys.specialolympicspa.org/>







# Local Program Invitation

## Are you having an Invitational?

Please Contact Mike Ermer @  
[mermer@specialolympicspa.org](mailto:mermer@specialolympicspa.org)

with the following information

- Date
- Time
- Location
- Sports Offered

# Local Program Invitation - Confirmed



Program	Event	Date	Notes	Contact Name	Email
Montgomery	SOMC Wicked Fast LDR/W Festival	October 16	LDR/W - Heebner Park	Scott Otterbein	<a href="mailto:specialolympicsmontco@verizon.net">specialolympicsmontco@verizon.net</a>
Columbia-Montour	Bocce Bash	October 24	Bocce	Deb Andrews	<a href="mailto:dandr38023@aol.com">dandr38023@aol.com</a>

# Questions?

***Special Olympics***  
*Pennsylvania*

