

# PHASE A PREPARATION

## At-Home Virtual Training

*Special  
Olympics  
Pennsylvania*



### **In an effort to prepare you and your athletes for Phase A: Sport Specific At-Home Virtual Training, we have created the below checklist.**

- Reach out to your athletes and assistant coaches to let them know training will be offered at-home virtually this season. Highly encourage and confirm their participation.
- Inventory training equipment. Will you need additional training equipment so all athletes training at home have required equipment?
- Create a list of equipment that each athlete will need for at-home training and competition (i.e. in order to participate in soccer, they will need a soccer ball).
- Provide each athlete with needed equipment. Coordinate times to drop off equipment to athletes or conduct drive-by equipment pick-ups. It is important to wear PPE and practice safe social distancing during these visits.
- Learn what resources each athlete and assistant coach has available to them to connect virtually. Do they have access to a computer, tablet, smartphone, internet access? If not, are they able to dial into a conference call?
- Review the Phase A guidance for your sport. [Click Here](#) for sport specific guidance.
- Ensure all athletes have current medicals.
  - Medicals expiring March 1 - July 31, 2020 are eligible for a 6 month extension, given no major changes in medical history over the past 3 years.
  - Medicals expiring August 1, 2020 and on will need to be updated before participation can begin.
- Coaches must be active Class A volunteers.
- Coach certification is not required for this fall season.
- Poll athletes and assistant coaches for best times to train virtually, may be best to stick to your normal practice time.
- Establish training dates, times and methods for virtual programming (video conferencing is preferred - Zoom, Google Meet, Facebook chat, conference call, etc.).
- Work with your coaching team to develop virtual practice plans. Decide how to split up responsibilities.
- Attend Phase A: At-home virtual training webinar on Wednesday, August 19, 7:00 PM. [Register Here](#)