



Resources

COVID Protocol

- [Return to Activities Phases](#)

Coaches

- [Coaches Training Resources](#)

Young Athletes

- [Young Athletes At Home](#) page on SOI website
- [Family Flash Cards](#): Fun and engaging flashcards featuring each of the individual activities and at home equipment modifications for families to use at home to run Young Athletes
- [Young Athletes At Home](#): Guide for families and caregivers on how to run Young Athletes activities at home
- [Young Athletes Videos](#): Videos demonstrating the individual Young Athletes activities
- [Healthy Play at Home](#): Poster for families to track the various healthy behaviors they do at home
- Tips for talking to children about Coronavirus: [CDC link](#) and [Unicef link](#)

Fitness:

- [Fit 5 Resource Page](#)
 - [Fit 5 Guide \(downloadable\)](#)
 - [Fit 5 Fitness Cards \(downloadable\)](#)
 - [Fit 5 Tracker \(downloadable\)](#) - 6 weeks-worth of exercise, nutrition & hydration
 - [Staying Fit at Home](#) - simple week-long calendar that athletes can follow to stay fit and can be repeated as needed. Athletes can sign up on the link in the resource to receive newsletter with content from Health Messengers for tips and ideas on how to stay active.
- [School of Strength Fitness Website with Video Resources](#) - Officially launched Wednesday, March 18th across the Special Olympics movement, School of Strength is an interactive online platform that encourages athletes to participate in a fun and engaging training program that they can do in the comfort of their own homes. Developed in partnership with WWE superstar Becky Lynch, this series of videos, a fitness tracker, a coach's playbook and a caregiver toolkit all contribute to helping athletes focus on nutrition and fitness and getting the most out of their workouts. [Click here for all School of Strength assets.](#)

eLearning Courses: learn.specialolympics.org. Please see [instructions](#) for creating an account

- **Fitness for Sports Coach**—teaches sports coaches the very basics of fitness and how to easily integrate principles of fitness within their practice as seamlessly as possible. Also points coaches to resources they can use for fitness
- **Fitness Coach**—This is a new volunteer role for fitness professionals or others that have a strong background in fitness and want to really amplify fitness as part of the sports experience either with a team or local program. It goes beyond the information in the Sport coach and talks about what they might do in their role. We see this role as something that can help coaches that feel they don't have the knowledge or time to focus on the fitness elements of practice
- **Inclusive Fitness**—this module is for fitness professionals who want to learn more about how to work with people with intellectual disabilities in their own fitness setting. We have partnered with American Council on Exercise (ACE), a well-known fitness certifying body, to create videos that showcase communication, teaching, and motivation strategies as well as specific exercise prescription considerations. We hope this opens up more inclusive fitness opportunities for our athletes within their community
- With the help of athletes and Program Staff, SOI has developed a 30-minute eLearning course for our Special Olympics community about COVID-19. This course is designed to cover the

basic information about the coronavirus (COVID-19) including: what is the coronavirus, what are the symptoms, how does it spread, and how you can protect yourself

