



***Special
Olympics***
Washington



2018 Fall Games

December 1st & 2nd

Volunteer Manual

Welcome volunteers!

Thank you for taking the time to support Special Olympics Washington at our 2018 Fall Games! With over 650 athletes competing from all across Washington, we couldn't do it without you!

Over the weekend of December 1st and 2nd, athletes will be competing for gold in bowling, flag football, volleyball and gymnastics. If you are receiving this, you have already registered to volunteer at one of these locations.

Before your volunteer shift, please make sure to read through the details in this manual to ensure that you are ready for your volunteer shift.

Additionally, this manual will provide some insight to working with people with intellectual disabilities and an overview of Special Olympics Washington to ensure you, and our athletes, have the best experience possible.

If you have not registered to volunteer yet, please do so using our online application: <https://2018fallgames.my-trs.com/> You can also log back into the application to check your schedule.

We are looking forward to having you join us for Fall Games and to joining our volunteer community!

Learn more about Special Olympics Washington!
<https://www.youtube.com/watch?v=hZhrc4qvDYc>



See you soon!

Elise Tinseth

Senior Manager, Volunteers

Special Olympics Washington

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Event: Bowling Competition

Date: December 1, 2018

Time: 8am-5pm, 8am-12:30pm, 12:30pm-5pm

Location: Skyway Park Bowl

Address: 11819 Renton Ave S, Seattle, WA 98178

[Driving Instructions](#) (Click for Google Maps)

Volunteer Roles: Bowling volunteer roles will be assigned the morning of the event, after all volunteers check in. Volunteer training will take place the morning of the event.

The main volunteer role is a lane assistant/scorekeeper. These volunteers are assigned a lane to manage, making sure bowlers go in the proper order, recording scores and notifying staff if computers malfunction.

Other volunteer roles include award presentation, selling souvenirs, crowd control and more!

Important Details:

Food- lunches will be provided to all volunteers. Please make sure to bring food if you have ANY dietary restrictions. Water bottles are also recommended.

Attire- dress comfortably. The venue is indoors. Layers are recommended as sometime the venue gets warm with the number of people. Please wear comfortable, closed toed shoes.



Event: Volleyball Competition

Date: December 1st, 2018

Time: 7:30am-5:00pm

Location: Boeing Fitness Center

Address: 6400 36th Ave W, Everett, WA 98204

[Driving Instructions](#) (Click for Google Maps)

Volunteer Roles: Volunteer roles will be assigned at the event. Roles include scorekeeping, organizing teams for competition, Fans in the Stands and officiating. Most volunteers will be scorekeepers. Assignments and training will take place after volunteers check in.

Important Details

Food- lunches will be provided to all volunteers. Please make sure to bring food if you have ANY dietary restrictions. Water bottles are also recommended.

Attire- dress comfortably. The venue is indoors. Layers are recommended as sometime the venue gets warm with the number of people. Please wear comfortable, closed toed shoes.



Event: Flag Football Competition

Date: December 1st

Time: 7:30am-5pm

Location: Renton Memorial Stadium

Address: 405 Logan Ave N, Renton, WA 98057

[Driving Instructions](#) (Click for Google Maps)

Volunteer Roles

Volunteers will be assigned specific roles the morning of the event, after all volunteers have checked in. Volunteer training will take place the morning of the event.

The main two roles are individual skills volunteers who will help run our skills stations for our competition, and scorekeepers who will help track and record scores of football games.

Other roles include awards, Fans in the Stands, team manager and more!

Important Details

Food- lunches will be provided to all volunteers. Please make sure to bring food if you have ANY dietary restrictions. Water bottles are also recommended.

Attire- dress comfortably and for the weather! Layers are highly recommended as are hats and gloves. Volunteer roles are mostly active so wear comfortable shoes that allow you to move easily.



Event: Gymnastics Competition

Date: December 2nd, 2018

Time:

Setup: 8AM-11AM

Event Volunteer: 12PM-5PM

Takedown: 6PM-9PM

Location: Seattle Pacific University Pavilion

Address: 3414 3rd Ave W, Seattle, WA 98119

[Driving Instructions](#)

Volunteer Roles

Volunteers are mostly needed for setup and take down shifts. Volunteers who register to help at the event will help with event management and award presentation. Volunteer training will take place the morning of the event.

Important Details

Food- lunches will be provided to all volunteers. Please make sure to bring food if you have ANY dietary restrictions. Water bottles are also recommended.

Attire- dress comfortably. The venue is indoors. Layers are recommended as sometime the venue gets warm with the number of people. Please wear comfortable, closed toed shoes.





VOLUNTEER TERMS AND CONDITIONS- Before volunteering, refresh yourself on the volunteer terms and conditions.

Pursuant to RCW 9A.73.085, I certify under penalty of perjury under the laws of the state of Washington that I have never been convicted of any crimes against persons as defined in Section I of Chapter 486, laws of 1987, and listed as follows: aggravated murder, first or second degree murder; first or second degree kidnapping; first, second, or third degree assault; first, second, or third degree rape; first, second, or third degree statutory rape; first or second degree robbery; first degree arson; first degree burglary; first, second, or third degree manslaughter; first or second degree extortion; indecent liberties; incest; vehicular homicide; first degree promoting prostitution; communication with a minor; unlawful imprisonment; simple assault; sexual exploitation of minors; first or second degree criminal mistreatment.

RELEASE: I give my permission to use my likeness, name, voice, or words in either television, radio, film, newspapers, magazines or other media, or in any form for the purpose of advertising or communicating the purposes and activities of Special Olympics Washington.

VOLUNTEER CODE OF CONDUCT- By signing our terms and conditions, you are also agreeing to the code of conduct:

As a Special Olympics volunteer, I agree that while serving as a volunteer, I will:

1. Provide for the general welfare, health and safety of all Special Olympics athletes and volunteers.
2. Dress and act in an appropriate manner at all times.
Follow the established rules and guidelines of Special Olympics and/or any agency involved with Special Olympics.
3. Report any emergencies to the appropriate authorities after first taking immediate action to ensure the health and safety of the participants.
4. Abstain from the consumption or use of all alcohol, tobacco products and illegal substances while involved with any Special Olympics event, competition or training school.
5. Not engage in any inappropriate contact or relationship with athletes, volunteers or other participants of Special Olympics



INTERACTING WITH ATHLETES

Challenges to Inclusion, Age Appropriate Interactions, People First Language, and Dignity of Risk

As a part of your volunteer experience, you will most likely be interacting with athletes to some extent. This section will address the ways in which peoples with Intellectual Disabilities are discriminated against and give you tools to overcome these ideas and tendencies.



Challenges to inclusion-

Hero Worship- People consider someone with a disability who lives independently or pursues a profession to be brave or "special" for overcoming a disability. But most people with disabilities do not want accolades for performing day-to-day tasks. The disability is there; the individual has simply learned to adapt by using his or her skills and knowledge, just as everybody adapts to being tall, short, strong, fast, easy-going, bald, blonde, etc.; they are not superhuman because of this adapting.

Pity- People feel sorry for the person with a disability, which tends to lead to patronizing attitudes. People with disabilities generally don't want pity and charity, just equal opportunity to earn their own way and live independently.

The "Spread Effect"- People assume that an individual's disability negatively affects other senses, abilities or personality traits, or that the total person is impaired. For example, many people shout at people who are blind or don't expect people using wheelchairs to have the intelligence to speak for themselves. Focusing on the person's abilities rather than his or her disability counters this type of prejudice.

Stereotypes- The other side of the spread effect is the positive and negative generalizations people form about disabilities. For example, many believe that all people who are blind are great musicians or have a keener sense of smell and hearing, that all people who use wheelchairs are docile or compete in Paralympics, that all people with developmental disabilities are innocent and sweet-natured, that all people with disabilities are sad and bitter. Aside from diminishing the individual and his or her abilities, such prejudice can set too high or too low a standard for individuals who are merely human.



Age Appropriate Interactions- Treating adults as adults: While interacting with people with ID, it is common for some to view these people as younger and less mature. At SOWA, the average age of our athletes is 28. Here are some ways of making sure you are interacting with athletes appropriately.

Tone- Would you speak to any other same age peer in the same tone? If not, adjust. Baby talk or speaking louder than normal shouldn't be the norm.

Eye Contact- If someone uses a translator or has a helper/teacher/guardian, address the person and look at them instead of the translator or helper.

Physical Interaction- Would you pat another same age peer on the head? Give them a piggy-back ride? If not, adjust.

Introductions- Would you introduce another friend as your "buddy" or refer to him as that "little guy"?

Ask yourself...

Who is an age appropriate partner?

Are we *mentors*? Are we *coaches*? Are we doing *charity*? A partner is a teammate, not a coach. A friend, not a mentor.



Dignity of Risk- The dignity of risk is the idea that coddling people with intellectual disabilities limit them. Many SOWA athletes are able to live independently and are quite self-sufficient. When interacting with athletes, follow these main guidelines:

1. **Offer** to help, don't assume
2. **Ask** for clarification if you don't understand someone's speech
3. **Share** your feelings if someone does or says something inappropriate,
4. Remember: **independence is precious.**



People First Language- People First Language (PFL) represents more respectful, accurate ways of communicating. People with disabilities are not their diagnoses or disabilities; they are people, first. While interacting with athletes at SOWA events, try...

Instead of that; say this:

He's autistic; He has Autism

She's Downs; she has Down Syndrome

They're disabled; they have disabilities

She's in a wheelchair; she uses a wheel chair

She's learning disabled; she has a learning disability

They're normal players; they are players without intellectual disabilities

He's handicapped; he has a physical disability