



November 23<sup>rd</sup> 2019 (4:00pm – 9:00pm)  
Tri-Cities, WA – Chiawana High School

# Healthy Athletes Volunteer Handbook



Official Health Partner:  KAISER PERMANENTE®



# Overview

Chiawana High School (Auxiliary Gym)

[8125 W Argent Rd, Pasco, WA 99301](http://www.chiawana.wa.us)

**Saturday – November 23<sup>rd</sup>, 2019**

**Set-Up Volunteers Check-in: 12:00pm Check-Out: 3:00pm**  
**Healthy Athletes Check-in: 4:00pm Check-Out: 9:30pm**



## **Check-in Instructions:**

Volunteers will check in at the volunteer check-in desk in the lobby of Chiawana High School. Follow signs for Healthy Athletes.

## **Parking:**

Both parking lots located at Chiawana High School are open to all volunteers to park for free. Please leave the closer parking spots open for athletes and their families.

## **What to Wear:**

All volunteers will be provided with a white volunteer t-shirt. (Opening Eyes shirts are black). Please wear professional pants and comfortable shoes - you will be on your feet a lot!

## **Food and Hospitality:**

Volunteers will be provided with a complimentary meal and break during the screening, However, should you have dietary preferences or allergies, please feel free to bring your own food. Please bring your own refillable water bottle.

## **Expectations:**

Volunteers are expected to stay through the conclusion of the screening and to assist with tear-down, packing up equipment and resetting classrooms rooms, until 9:30pm or later. If you are bringing a youth volunteer (11 years or younger) please supervise them for the entire screening.

## **Important Contact information:**

Healthy Athletes Manager / Della Norton / [dnorton@sowa.org](mailto:dnorton@sowa.org) / 206-293-7611

Fit Feet Clinical Director / Vinai Prakash / [drvinaiprakash@gmail.com](mailto:drvinaiprakash@gmail.com)

Strong Minds Clinical Director / David O'Neal / [David.O'Neal@Sound.Health](mailto:David.O'Neal@Sound.Health)

Opening Eyes Clinical Director / Michelle Carle / [mvcarle@gmail.com](mailto:mvcarle@gmail.com)

Health Games Management Lead / Farion Williams

Last Update: 9/11/19 – you will receive a final version prior to screening



# General Volunteers

Thank you for volunteering for Healthy Athletes at Fall Games! Healthy Athletes is a Special Olympics program that provides free health examinations in a fun, welcoming environment that removes the anxiety and trepidation people with intellectual disabilities often experience when faced with a visit to a medical professional.

## As a general volunteer you will be assisting with:

- setup and teardown
- greeting athletes and managing screening flow
- volunteer check-in
- athlete check-in on tablets or paper screening forms
- giveaways and raffles
- escorting athletes from check-in to various disciplines
- data entry at our screening and education stations

Click on the descriptions below to learn more about the screenings.  
You will receive specific instructions for your volunteer role upon check-in!



**Opening Eyes** increases athletes' access to care by providing free eye assessments, prescription eyewear, sunglasses and sports goggles. At the end of the 12-step visual exam, a decision is made if new glasses may be helpful. Through the generosity of our corporate sponsors Essilor (lenses) and Safilo (frames), athletes choose from a selection of free eyewear or sunglasses.



**Strong Minds** helps athletes develop active strategies for maintaining emotional wellness under stress, such as: thinking positive thoughts, releasing stress and connecting with others. Athletes learn about and try a few different active coping strategies and identify the strategies they like best. Volunteers provide them with visual reminders to use these tools in competition and in daily life.



**Fit Feet** offers podiatric screenings to evaluate ankles, feet, lower extremity biomechanics, and proper shoe and sock gear to participating athletes. Many athletes suffer from foot and ankle pain, or deformities that impair their performance. Often Special Olympics athletes don't wear the most appropriate shoes and socks for their particular sport. To alleviate these problems, volunteer foot specialists work with athletes to evaluate problems of the feet, ankles and lower extremity biomechanics.

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# Health Volunteer Trainings

Click on the hyperlinked bullets below to view important trainings, tutorials and resources applicable to your volunteer role.

## Opening Eyes Volunteers

- [General Special Olympics Health Overview](#)
- [SOWA Volunteer Orientation](#)
- [Opening Eyes Orientation Video](#)
- [Healthy Athlete System Data Entry Tutorial- Opening Eyes](#)
- [Screening Form](#)

## Strong Minds Volunteers

- [General Special Olympics Health Overview](#)
- [SOWA Volunteer Orientation](#)
- [Screening Form](#)

## Fit Feet Volunteers

- [General Special Olympics Health Overview](#)
- [SOWA Volunteer Orientation](#)
- [Fit Feet Orientation Video](#)
- [Healthy Athletes System Data Entry Tutorial- Fit Feet](#)
- [Screening Form](#)
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## General Volunteers

- [General Special Olympics Health Overview](#)
- [SOWA Volunteer Orientation](#)
- [Healthy Athletes System Data Entry Tutorial](#)



# Volunteer Resources

If this is your first-time volunteering with Special Olympics, or you want a review, please read carefully through some tips and tricks to help you have an enjoyable volunteer experience.

## Disability Awareness:

- 1) **Be Age Appropriate:** Treat adults as adults. Be aware of your tone, eye contact, physical interactions, etc.
  - a. Tone- Would you speak to any other same age peer in the same tone? If not, adjust.
  - b. Eye Contact - if someone uses a translator or has a helper/teacher/guardian, the person and look at them instead of the translator or helper
  - c. Physical Interaction- would you pat another same age peer on the head? If not, adjust.
  - d. Introductions- Would you introduce another friend as your “buddy” or refer to him as that “little guy”?
  
- 2) **Extend the Dignity of Risk:** The idea that coddling people with intellectual disabilities limits them.
  - a. Offer help, don’t assume.
  - b. Ask for clarification if you don’t understand speech.
  - c. Share your feelings if someone says or does something inappropriate.
  
- 3) **Use People First Language:** Our language impacts how we think and interact.
  - a. For example, “Sandy, a woman with a disability” versus “The disabled woman named Sandy”. “Jonah, who has Autism” versus “The autistic boy Jonah.” However, follow the person’s lead and listen to how they describe themselves for the best terminology.



# VOLUNTEER CODE OF CONDUCT

By volunteering you are agreeing to our terms and conditions and code of conduct:

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

- Provide for the general welfare, health and safety of all Special Olympics athletes and volunteers.
- 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.
- Report any emergencies to the appropriate authorities after first taking immediate action to ensure the health and safety of the participants.
- 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.
- Not engage in any inappropriate contact or relationship with athletes, volunteers or other participants of Special Olympics

## **VOLUNTEER TERMS AND CONDITIONS-**

Before volunteering, you must read our Terms and Conditions

## **APPLICANT DISCLOSURE FORM PURSUANT TO CHAPTER 486 – LAWS OF 1987**

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 1 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.



# THANK YOU!

Volunteers are part of what make Special Olympics so special. We would not be able to put on such large events without the support of volunteers like you. We appreciate the time, gas, and energy you give to Special Olympics athletes. When you volunteer, take note of the joy that exudes from the athletes. You make that joy possible. Thank you being a part of a powerful and life-changing weekend.

Sincerely,

Special Olympics Washington

