



SPECIAL OLYMPICS WASHINGTON VOLUNTEER HANDBOOK





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WELCOME!

Welcome to Special Olympics Washington's Volunteer Program. This resource is here to help you understand Special Olympics Washington, our volunteer expectations and provide tips for volunteering with peoples with intellectual disabilities. We really appreciate your willingness to join the SOWA team in providing sporting, health and family resources to Special Olympics athletes and our community. This guide will not only tell you more about us and our mission, but it will help you put your best foot forward as you embark on your volunteering experience.



SECTION 1: ABOUT SPECIAL OLYMPICS





HISTORY

Founded in 1968 by Eunice Kennedy Shriver and the Joseph P. Kennedy Foundation, Special Olympics formed to improve the lives of the intellectually disabled. That year, 1,000 athletes from 26 states and Canada competed in an Olympic type competition at Soldier Field in Chicago. During a time when the intellectually disabled were most often confined to institutions, the organization of Special Olympics began a movement to change the world's view about intellectually disabled people. The Special Olympics movement has grown to over 1.7 million athletes worldwide in 150 countries. Special Olympics Inc. holds the World Winter Games and World Summer Games on an alternate two-year schedule.

Special Olympics Washington incorporated in 1975 as a 501(c)(3) non-profit organization (federal tax identification # 91-0962383) following several years of program presentation by local community volunteer groups. A board of directors that provides guidance to SOWA staff and volunteers governs the organization.

MISSION

Through programming in sports, inclusive health, education and community building, Special Olympics is changing the lives of people with intellectual disabilities. Special Olympics removes barriers and stigmas that people with intellectual disabilities face, so that they can share their gifts and talents with their communities. Everyone who comes in touch with Special Olympics is impacted in a way that helps them strive to achieve their personal best.

PHILOSOPHY

Special Olympics is founded on the beliefs that:

- People with intellectual disability can, with proper instruction and encouragement, learn, enjoy and benefit from participation in individual and team sports.
- Consistent training is essential to the development of sports skills.
- Competition among those of equal abilities is the most appropriate means of testing skills, measuring progress and providing incentives for personal growth.
- Through sports training and competition, people with intellectual disability benefit physically, mentally, socially and spiritually; families are strengthened; and the community at large, both through participation and observation, comes to understand, respect and accept people with intellectual disability in an environment of equality.

SPECIAL OLYMPICS ATHLETE OATH

"Let me win. But if I cannot win, let me be brave in the attempt."



Participation: Persons with intellectual disabilities, regardless of ability level, may participate in sports and other programs offered by Special Olympics Washington. Individuals are eligible for training and competition at age eight and there is no upper age limit. More than 19,500 participants take part in Special Olympics Washington activities; over 5 million athletes compete in Special Olympics programs in 174 countries.

Athlete Leadership Program: Athletes are provided the opportunity to expand personal growth — from coaching and officiating to public speaking and volunteering. Athletes are also invited to volunteer at local and state events, regardless of leadership training. Additionally, every Area is encouraged to create Athlete Input Councils, giving vital feedback to Special Olympics Washington.

Training & Competition: Training and competition is offered year-round to Special Olympics athletes. Competition takes place at local, regional and state tournaments. Individuals and teams compete in divisions according to age, gender and ability.

Youth Activation: Special Olympics youth programs are education and sports-based strategies powered by an engaged youth community that increases athletic and leadership opportunities for students with and without intellectual disabilities, while creating communities of acceptance.

Volunteers: More than 10,000 volunteers support Special Olympics Washington activities. Volunteers serve as coaches, sports officials, committee members and on-site volunteers at competitions and fundraising events. Coaches and officials are trained and certified at clinics offered by Special Olympics Washington. Over 1.1 million volunteers support Special Olympics programs worldwide.

Funding: Special Olympics Washington is a registered 501(c) (3) non-profit organization supported entirely by individual, corporate and foundation contributions. Athletes participate at no cost to themselves or their families.

Unified Sports: Athletes with intellectual disabilities pair with persons without disabilities and form teams for training and competition. Unified Sports integrates Special Olympics athletes with other athletes to build self-esteem and increase understanding of persons with different abilities.

Healthy Athletes: Special Olympics athletes are provided opportunities to improve health and fitness through dental, vision, hearing, feet and general health screenings. Physicians and healthcare professionals provide these services at no cost to Special Olympics athletes at tournaments.



Volunteer Philosophy

Volunteers enable Special Olympics to offer sports training and competition to individuals with intellectual disability across the globe. Special Olympics would not exist today – and could not have been created – without the time, energy, dedication and commitment of the more than 700,000 Special Olympics volunteers. Special Olympics Washington could not operate without the hard work from volunteers. From volunteers helping at events, to our long-term volunteers like coaches and area leadership team members, we could not do this without your support and dedication! The Volunteer Handbook will serve to orient you to the Special Olympics Movement – to its mission, its history, and above all else, its athletes.

ABOUT SPECIAL OLYMPICS WASHINGTON

MISSION

We are a catalyst for inclusion! Special Olympics Washington is the leader in sports, inclusive health, and community building, empowering children and adults with intellectual disabilities to be valued on and off the playing field.

SPORTS

Special Olympics Washington provides year-round sporting opportunities that are split into four seasons, each culminating in statewide championship events.

Winter Season: Alpine Skiing, Basketball, Cheerleading, Cross Country Skiing, Skating, Snowboarding, Snowshoeing

Spring Season: Athletics (Track and Field), Cycling, Powerlifting, Soccer, Swimming

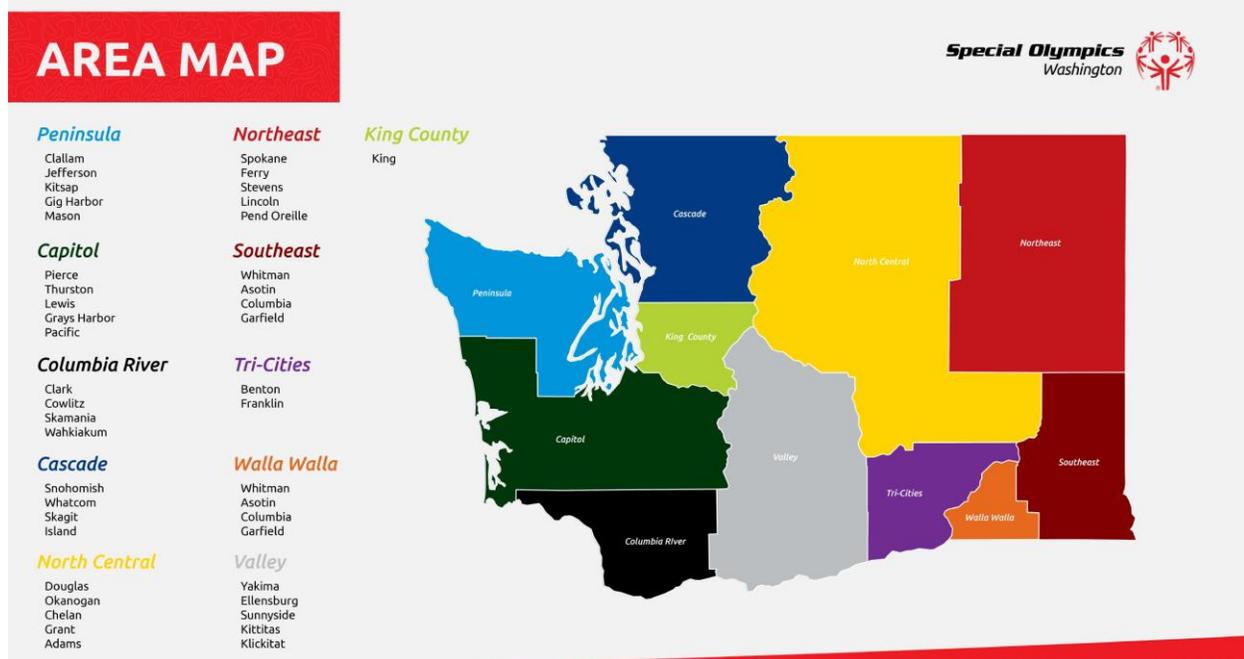
Summer Season: Bocce, Golf, Softball, Standup Paddle Boarding, Tennis

Fall Season: Bowling, Flag Football, Gymnastics, Volleyball

Young Athletes: An inclusive and welcoming learning environment for children with and without intellectual disabilities from ages 2 to 7 years old. Young Athletes programs provide a focus on teamwork while also teaching children basic sports skills such as running, kicking and throwing.



Washington State Area Map



Special Olympics Washington splits Washington State into 11 areas, each categorized under 3 regions: East, Northwest, and Southwest. Sporting opportunities are provided at the state, regional and area levels.

Area Leadership Team- Each area is ran by an Area Leadership Team, a group of volunteers dedicated to running different aspects of the organization on a local level. Positions on the area leadership teams include admin coordinator, finance coordinator, volunteer coordinator, and everything in between!



PROGRAMS AND INITIATIVES

Outside of sports competitions, Special Olympics Washington has a wide variety of programs and initiatives. Volunteer opportunities are available in each of these!

YOUNG ATHLETES

An innovative sports play program, designed for early childhood intervention, seeks to strengthen self-esteem and physical development for children with and without ID ages 2-7 years old.

UNIFIED SPORTS

Athletes with intellectual disabilities pair with persons without disabilities and form teams for training and competition. Unified Sports integrates Special Olympics athletes with other athletes to build self-esteem and increase understanding of persons with different abilities.

HEALTH AND WELLNESS

Special Olympics athletes are provided opportunities to improve health and fitness through dental, vision, hearing, feet and general health screenings. Physicians and healthcare professionals provide these services at no cost to Special Olympics athletes at tournaments.

ATHLETE LEADERSHIP

Athletes are provided the opportunity to expand personal growth — from coaching and officiating to public speaking and volunteering. Athletes are also invited to volunteer at local and state events, regardless of leadership training. Additionally, every Area is encouraged to create Athlete Input Councils, giving vital feedback to Special Olympics Washington.



SECTION 2: VOLUNTEERING FUNDAMENTALS





As a volunteer, you are required to go through a few steps to ensure consent to volunteer and make certain that volunteers understand their expectations. All event volunteers must sign that they understand the volunteer terms and conditions and read over the code of conduct. If you are a Class A type volunteer (Coach, Program Director, Chaperone, etc.) you will be required to go through a background check process and additional training.

VOLUNTEER TERMS AND CONDITIONS- Before volunteering, you must read and sign 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 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:

- 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



Other Volunteer Policies

- **Alcohol** – Some volunteer events such as our tasting room auction, or Polar Plunge series will have volunteers in a role interacting with alcohol (serving or pouring). In these roles, volunteers must be over the age of 21, be prepared to show ID, and are not allowed to have alcohol while on shift.
- **Ethics Guidelines** — If you feel unsafe in your volunteer situation or have concerns about another volunteer, please report it immediately to the site supervisor. If you would like to report something after your shift, please contact volunteers@sowa.org.
- **Working Conditions** — If at any point you do not feel comfortable in your volunteer role and would like to be reassigned to a different task, please talk with the site supervisor.
- **Volunteer Protections** — Special Olympics Washington volunteers are protected by the Volunteer Protection act of 1996 as well as receiving coverage from Special Olympics Washington’s insurance.

MY TRS ACCOUNT

Special Olympics Washington utilizes the volunteer management system, TRS (The Registration System). All volunteers are able to login to create an account and manage their volunteer opportunities through their online dashboards. Once signed up you can add new events and manage your volunteer shifts. You will also receive reminder notifications for your commitments through the program. If you are volunteering as a coach or any other volunteer opportunity that requires a background check, you will be required to fill out your information through the TRS system.

Through TRS you will be able to sign up for exactly what shift you would like to do. Maybe the afternoon works better for you, maybe you’d rather be a scorekeeper than help with awards. The choice is completely yours. We do ask that volunteers please register online to help us get an accurate count of what volunteers will be arriving.

VERIFIED VOLUNTEERS

Special Olympics Washington utilizes Verified Volunteers for all background checks. Verified Volunteers is an online background checking program that allows volunteers to create an account, go through the background check process and send that background check to other non-profit organizations. Volunteers can track the status of their background check and renew it by logging into their accounts. Background checks last for 3 years and take about 72 hours to process. Class A Volunteers must have a background check on file before they volunteer.

Verified Volunteers is linked to our Class A Volunteer Registration TRS page. Volunteers will automatically be pushed through Verified Volunteers by completing the Class A Registration.



Cancelling Your Shift

We completely understand that life happens and you might not be able to make your shift. If possible, please give us a heads up by logging back into your TRS account and cancelling your shift so a new spot opens up for other volunteers, or by emailing us at volunteers@sowa.org.

How to Contact Us and Check Your Shift

We do our best to provide our volunteers with all the information needed before their shift, but of course questions come up and we love to hear them! To contact us ahead of your shift, just contact arider@sowa.org or volunteers@sowa.org so we can answer those.

Once you arrive on site, we make it easy to find us! At any of our venues, just follow the signs pointing you towards volunteer check ins. We will have a table with signage around us and can't be missed. Ahead of time, we will do our best to let you know who the point person should be. This will change by venue and need, so plan to head to the volunteer check-in location where our staff will get you ready for the day.

Volunteer Training

Feeling a little nervous about what to expect? Don't worry, we'll get you all trained up! Ahead of each event we will send out a brief email outlining the duties for the day. If you are volunteering at one of our State Games, you can expect to receive a separate handbook with additional information in addition to an invite to a webinar with more information. If you would like more information on your role specific to a sport, you can head over to our YouTube channel (<https://www.youtube.com/channel/UCvfQnylZpBHuotdPo2S-mbg>) where we have posted training videos specific to each sport.

After you have checked in on site, you will receive an additional training from your lead for the day. At that point, you will be broken up into your specific area, and briefed on what to expect throughout the day. If at any point throughout the day, the volunteer lead will be your point of contact.

What to Wear

Volunteers are free to wear whatever they are comfortable in. For some people this might mean shorts and others it might mean jeans. Whatever you wear, just make sure it's something that you're comfortable in and don't mind standing or moving around in. We do suggest wearing closed toed shoes for any of our events.

Be sure to check the weather before arriving to your shift. Depending on your role you might be outside for a while so be sure to be prepared for the weather. It's always a good idea to layer so you can add or remove layers as needed.

For those volunteers joining us at one of our four state events, you will be provided with a t-shirt. For those volunteering at a regional/sub-regional event, if you have a volunteer shirt from a previous event, or a company volunteer shirt we encourage you to wear that!

Of course for volunteers at events such as our ski and snowboarding events, what to wear will vary greatly. For events like this, we will be communicating directly with volunteers to ensure that the proper items are worn.



What to Bring

As mentioned it is a great idea to bring some extra layers. If you are volunteering at an outdoor event in spring/summer we suggest bringing some sunscreen and a hat. We will provide volunteers with meals if you are volunteering the whole day as well as snacks and water for all volunteers. However, we do suggest packing along some snacks as well as a water bottle. If you have specific dietary restrictions, we also advise to bring your own food. At all of our venues, volunteers can bring their items with them, and we will also have a small area near volunteer check in where any items can be stored.

If you are receiving volunteer service hours for your shift, please bring the form with you. Any of our staff on site can sign that form for you. We will also have some forms on site to confirm volunteer service hours.

Communication Emails Leading up to the Event

After registration, all volunteers will receive an automated confirmation e-mail from TRS with reminders of the shift and basic information. Volunteers can then expect to receive one more communication directly from Special Olympics Washington 3-5 days ahead of the event with more information and the key details for the day of volunteering.

Post Event Communication

Volunteers can expect one additional correspondence after their shift. We love to hear about what went well, who we can improve and any other feedback that you might have to share. We'll also be sure to keep you updated on when our next event will be back in your local area!



SECTION 3: THE VOLUNTEER EXPERIENCE





TYPES OF VOLUNTEER OPPORTUNITIES

Event Volunteer- Volunteer at a variety of events during the year! Work with setup, scorekeeping, take down and cheering for athletes. Event volunteers fill a variety of roles that help events go smoothly and ensure that they are executed with quality and support for the athletes.

Sample Day-Of Event Tasks

Volunteers at our events do a little bit of everything to keep the day running. Below is an example of the different roles that you would see at a basketball competition.

Officials – Two to Three certified officials will be assigned to each court. If you have a knowledge of basketball and feel like you have what it takes to help out, we would love to train you up and have you join as an official.

Score/Timekeepers – Three to five volunteers will be stationed at each court. Volunteers will be assigned to the tasks of keeping the time, keeping the score book, and keeping the score which will be displayed to teams and fans.

Awards Prep and Presentation – As results come in, help out by sorting medals into their proper teams and then present them to our athletes.

Lunch Preparation and Distribution – No food service card is required. Help prepare lunches for all of our athletes by making sandwiches and stuffing lunch bags. Once the meals are packaged, help sort them by team and distribute them.

Volunteer Leadership Opportunities: Class A volunteer types. Require background checks and additional training.

Young Athlete Site Coordinator- Will be trained by SOWA staff and given resources to help implement the Young Athlete program for children with and without intellectual and developmental disabilities. The Coordinator will recruit athlete participants and run the 8-week curriculum.

Athlete Input Council Facilitator- Advise and guide a group of athletes as they give input on Special Olympics Washington programming and events.

Athlete Mentor- Pair up with an athlete and help them develop professional and social skills they can take with them outside the field.

Head Coach- Organize, train and inspire a team of athletes in a variety of sports.

Assistant Coach- Help the head coach with practices and competitions.

Games Leadership Team Member- Become a member of the Games Organizing Committee (GOC) and help manage and organize sporting events across the state.

Official- Become a certified official and help out at Special Olympics Washington sporting events.



Area Leadership Team positions:

Area Young Athletes Liaison- As a key member of the Area Leadership team, the Young Athletes Liaison manages the Young Athlete Programs in the Area and interacts with the Director of Program Initiatives to maintain open communication between ongoing YA sites.

Family Area Representative- Responsible for encouraging and coordinating athlete families' involvement in Area activities and connect families to resources in the Special Olympics community.

Area Director- Responsible for providing strategic leadership and managerial responsibilities for the Area Programs. Plans, organizes, directs and coordinates programs and services for the athletes in the Area in accordance with established policies to further achieve the goals, objectives, standards and mission of SOWA.

Administrative Coordinator- Responsible for ensuring that all SOWA paperwork, policies and procedures are adhered to so the athletes may train and compete, coaches can volunteer, and unified partners can participate.

Finance Coordinator- Responsible for all aspects of financial administration for their Area.

Athlete Leadership Liaison- Manages Athlete Leadership Program in the Area and interfaces with the state ALPs support team to bring voices of the athlete into all aspects of SOWA.

Sports Resource Team Member- apply to support the growth and expansion of each of the sports offered through Special Olympics Washington. Team up with 5-6 other experts in your sport from around the state to review rules, develop growth plans, and help to make important decisions that will be best for the athletes!

Learn more about ongoing volunteer roles by attending our webinar!



Who to Contact for More Information:

Looking to get involved, or for more information on any of these roles? Direct your questions towards these staff members:

Event Volunteers, General Volunteer Questions – Alex Rider, Sr. Manager of Volunteers, arider@sowa.org

Coaching – Riley Stockton, Director of Coaches Education, rstockton@sowa.org.

Area Services – If located on the west of the mountains, Alysanne Stack, West Area Services, astack@sowa.org. If located on the east of the mountains, Luke Wall, East Area Services, lwall@sowa.org.
Unified Sports – Morgan Larche, Director of Unified Schools, mlarche@sowa.org.

Healthy Athletes – Della Norton, Director of Health Initiatives, dnorton@sowa.org.

All Other Programs and Initiatives – Leah Shaffner, Initiatives and Programs Manager, lshaffner@sowa.org.

BENEFITS OF VOLUNTEERING

Special Olympics Washington volunteers receive a variety of benefits. First and foremost, volunteering is one of the most basic forms of supporting a non-profit that is working to better the lives of peoples with intellectual disabilities through sport and community building. Through volunteering, you are able to directly interact with athletes, encouraging inclusivity and supporting athletic competition.

In addition to ensuring that SOWA events are well executed, volunteers can receive shirts and swag at state events for volunteering. SOWA is able to provide volunteer opportunities to fulfill volunteer service hour requirements of high schools, colleges and community groups.

Perks

All volunteers can receive credit for the volunteer hours, whether it be for school service hours or community service. If you would like to receive credit, please let us know when you check in or contact us afterwards at volunteers@sowa.org.

As mentioned, volunteers who join us at one of our State Games will receive a volunteer shirt, for our most recent version check out the picture below! Those volunteers who join us for a whole day shift will receive a lunch and all volunteers will receive snacks and drinks.

Often times, we will also contact volunteers with promotions from our sponsors such as discounted tickets to events, food deals and more. Be sure to keep an eye on the e-mail you used to register as a volunteer for these offers!

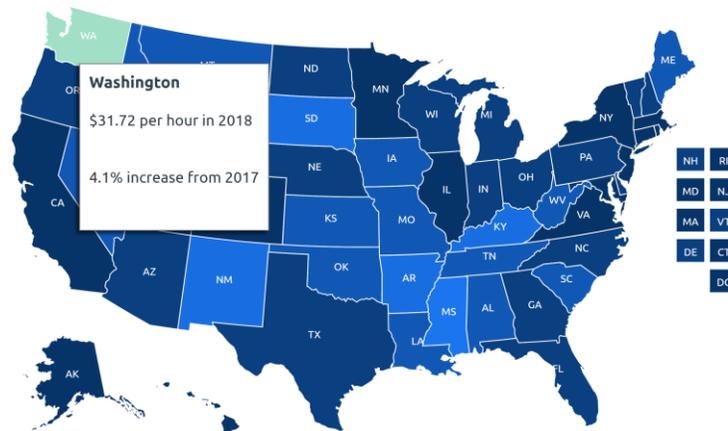


Our volunteer t-shirts change frequently, so be sure to collect them all! Here is the most recent shirt!



Hourly Benefit of Volunteering

We always mention it, but we could not make our competitions run without the support of volunteers like yourself. In a non-profit, every bit helps, and our volunteers carry us! According to the Independent Sector, the volunteer was worth \$31.72 per hour in the state of Washington.





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 wheelchair

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



SECTION 4: CONCLUSION AND ATTACHMENTS





Closing Statement

Thank you for taking the time to look through Special Olympics Washington's Volunteer Handbook. We really appreciate the time that you are taking to help our organization make the athlete's experience the best that it can be.

Volunteers are the backbone of Special Olympics, supporting the organization as coaches, games management volunteers, as athlete volunteers and as volunteers at general events. No job is too small to not make a difference.

To make your experience the most enjoyable and beneficial, we have provided this resource to give information on our organization and the volunteer program but also on ways to interact with athletes and come into your volunteer experience prepared.

Special Olympics is focused on creating a community around sports and this is not limited to the athletes. Our community is composed of families, children, staff and volunteers. Are you interested in joining our community? Please contact us at volunteer@sowa.org for questions. If you would like to sign up to volunteer, please visit our website at specialolympicswashington.org.

Sincerely,

Alex Rider

Sr. Manager of Volunteers



Other Resources

Special Olympics Washington Website: <http://www.specialolympicswashington.org/>

Volunteer: <http://www.specialolympicswashington.org/volunteer>

Coach: <http://specialolympicswashington.org/become-a-coach/>

Calendar: <http://specialolympicswashington.org/events-calendar/>

Volunteer Training Videos: <https://www.youtube.com/channel/UCvfQnylZpBHuotdPo2S-mbg>

Special Olympics Washington North America Website:
<http://www.specialolympics.org/north-america/>

Contact Information

State Office:

Phone: 206.681.9381

Address: 2815 2nd Ave Ste. 370, Seattle, WA 98121

Volunteer Email: volunteer@sowa.org

VOLUNTEER VERIFICATION FORM

**Special
Olympics**
Washington



This form is to verify that the individual below has completed the claimed number of hours through volunteering with Special Olympics Washington.

Volunteer Information

Name: _____

School/Organization: _____

Event Volunteered: _____

Date: _____

Total Hours: _____

Agency/Supervisor Information

Agency: Special Olympics Washington

About: Through programming in sports, health, education and community building, Special Olympics is changing the lives of people with intellectual disabilities. Special Olympics is able to remove barriers and stigmas that people with intellectual disabilities face, and to share with the community the gifts and talents they possess. Everyone who comes in touch with Special Olympics is impacted in a way that helps them strive to achieve their personal best.

Website: www.specialolympicswashington.org

Supervisor Name: _____

Phone: _____

Email: _____

Supervisor Signature: _____



Special Olympics Washington (A Typical NW Schedule) Volunteer Opportunities

Spring Season

March-June Swimming, Cycling, Soccer, Powerlifting, Athletics (Track and Field)

Shoreline Track & Field Late April
200 volunteers needed

Northwest Region Swim Meet Late April
80 volunteers needed

Snohomish Track & Field Late April
150 volunteers Needed

Northwest Region Soccer Tournament Early May
50 volunteers needed

Unified Soccer Championships Late May
50 volunteers needed

Spring Games First weekend in June, Tacoma *
1,400 volunteers needed

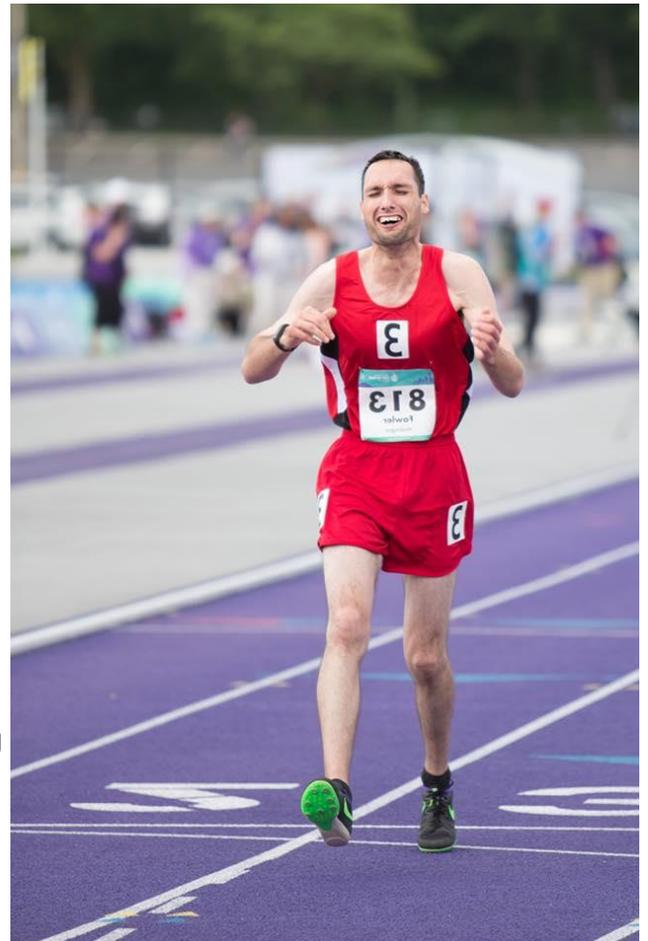
Summer Season

June-August Golf, Softball, Tennis, Paddle Boarding

Northwest Golf Tournament Mid-July
60 volunteers needed

Northwest Softball Tournament Mid-July
50 volunteers needed

Summer Games Mid-August, Everett *
500 volunteers needed



Fall Season

August- December

Bowling, Volleyball, Flag Football, Gymnastics

Run with the Cops Series Late

August, Early September

30 volunteers needed

Shoreline Bowling Tournament Late

October/Early November

80 volunteers needed

Snohomish Bowling Tournament Late

October/Early November

80 volunteers needed

Tasting Room Auction Late October *

50 volunteers needed

Fall Games Mid-December, King

County

200 volunteers needed



Winter Season

December- March

Basketball, Snowboarding, Downhill Skiing, Cross Country Skiing, Ice Skating, Snowshoeing, Cheerleading

Northwest Ski and Snowboarding Tournament Late January

60 volunteers needed

Northwest Nordic Ski Tournament Late January

40 volunteers needed

Northwest Basketball Sub Regional 1 Late January

70 volunteers needed

Northwest Basketball Sub Regional 2 Late January

70 volunteers needed

Winter Games First weekend of March, Wenatchee *

600 volunteers needed

*Event has Friday volunteer opportunities.

Event details are confirmed on a seasonal basis. Locations, dates and available volunteer roles will be released at the beginning of each season.

I promise to give the time in my life so that Special Olympics athletes can have the time of their lives –Volunteer Oath



OUR MISSION

Special Olympics Washington BUILDS communities and LEADS in wellness through sports and inclusion.



Volunteers are crucial to all aspects of Special Olympics Washington. Help from people like you ensures that our athletes are able to participate in the best programs and event possible. Join our team and help spread the message of inclusion and provide peoples with intellectual disabilities opportunities both on and off the sports field.

www.sowa.org
phone (206) 362-4949
email volunteers@sowa.org
facebook /SpecialOlympicsWa
instagram /specialolympicswashington

**Special
Olympics**
Washington





Overview

Through programing in sports, health, education and community building, Special Olympics Washington is changing the lives of people with intellectual disabilities. Volunteers are an integral component to making our sports competitions, events and programs a success.

By the numbers:

- 6,500 Volunteers
- 1,179 Coaches
- 1,000 Law Enforcement

Find Your Role

Volunteer roles vary widely within Special Olympics. There is a time commitment, sport and skillset for anyone interested in getting involved.

Join Us at an Event

Winter Season: December-March

Ski, snowboard, speed skate, figure skate, basketball, cross country ski

Spring Season: March-June

Athletics, swimming, cycling, powerlifting, soccer

Summer Season: June-August

Softball, golf, bocce, tennis, standup paddle boarding

Fall Season: August-December

Bowling, flag football, gymnastics, volleyball

Take on an Ongoing Role

Special Olympics Washington is always looking for volunteers to become coaches, games management members and more! Ongoing roles are perfect opportunities for volunteers looking to make an impact on our programing and community.



"Every time I've participated in any Special Olympics related events, I've been comfortable being me and not afraid of being judged."
- *Jasmair Bains volunteer since 2010*

"Special Olympics gives so much to our team, [volunteering] is a great opportunity for our athletes to give back."

- *Eatonville Cruisers coach Tina Schmidt*

"I like meeting all the athletes"

- *JJ Jamison SOWA athlete & volunteer*
(pictured center)

Get Started!

Ready to volunteer? Visit us online to see available events and positions.

Visit us online

www.sowa.org/volunteer

Questions?

Email volunteer@sowa.org