

# Area Leadership Onboarding Checklist

**Special Olympics**  
Washington



## Wellness Coordinator

The Wellness Coordinator plays an essential role in implementing all Healthy Communities programming in the Area. Additionally, this leadership position will direct athletes and family members to needed health services and resources.

Area Services Manager: Alysanne Stack (West), [astack@sowa.org](mailto:astack@sowa.org); Luke Wall (East), [lwall@sowa.org](mailto:lwall@sowa.org)  
Director of Health Programs: Della Norton, [dnorton@sowa.org](mailto:dnorton@sowa.org)

	✓	Checklist	Expected Time
1		Meet with Area Director; and Area Services Manager as necessary	1 Hour
2		Complete <a href="#">Background Check</a> Good Deed Code: e45cri8	5 Minutes
3		Watch SOWA <a href="#">General Orientation Video</a> and complete the <a href="#">Orientation Quiz</a>	25 Minutes
4		Watch <a href="#">ALT Orientation Video</a>	15 Minutes
5		Watch Wellness Program Training Videos - <a href="#">Fit 5</a> - <a href="#">SOfit</a> - <a href="#">Unified Fitness Clubs</a>	15 minutes per video
6		<b>Take <a href="#">SO Learn</a> Module: Health_1: Special Olympics Health:</b> By the end of this module, individuals will understand: - The History and mission of Special Olympics Health - Health Disparities among people with Intellectual Disabilities - The 8 Healthy Athletes disciplines	30 minutes
7		<b>Take <a href="#">SO Learn</a> Module: Health_2: Intellectual Disabilities:</b> By the end of this module, individuals will be able to: -Define and describe intellectual disability -Communicate effectively with individuals with intellectual disabilities in a clinical setting -Address the health needs and explain the causes for unmet needs of individuals with intellectual disabilities	45 minutes
8		Meet (in person or via phone) with Director of Health Programs	30 minutes
9		Close loop on orientation—follow up with Area Director to confirm all steps are complete and Area Director notifies Area Services Manager.	10 minutes

# Health & Fitness Professional Training

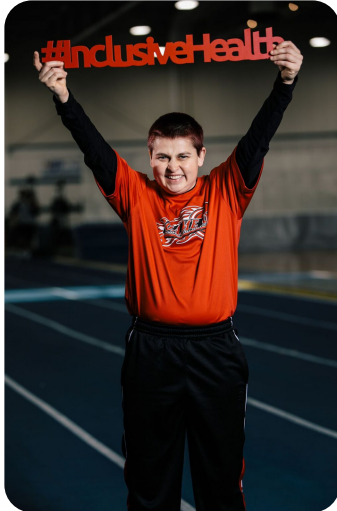


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The mission of Special Olympics Health is to provide access to preventive health programming and access to quality health care for children and adults with intellectual disabilities, giving them continuing opportunities to improve their physical health and social and emotional well-being.

Over 80% of healthcare providers are not professionally trained to treat people with intellectual disabilities. You can Join the Revolution for Healthcare Inclusion by taking one of our free eLearning courses today!

## Health Courses:



### Special Olympics Health ★

A 30-minute course that provides an overview of the history and mission of Special Olympics health initiatives.

### Introduction to Intellectual Disabilities ★



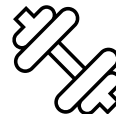
A 45-minute course that provides information on what is an intellectual disability, how to communicate with someone with ID, and health disparities among people with ID.



### Supporting Families through the Intellectual Disability Diagnosis

This training is designed for clinicians who are working with a family through a Global Developmental Delay (GDD) or intellectual disability diagnosis.

## Fitness Courses:



### Inclusive Fitness

This module is designed to provide volunteer Fitness Coaches with information that will help them to be effective at engaging our athletes in fitness.

- Watch [this video](#) or [view these steps](#) for instructions to create an account.
- Select your preferred course in the course catalog.
- Visit the [Special Olympics resources page](#) for more information.

Contact / Della Norton / [dnorton@sowa.org](mailto:dnorton@sowa.org)

★ = required for general health volunteers