



# Become a Coach

Special Olympics Washington coaches are trained ambassadors who assume responsibility for athletes, actively train athletes, and coach them in competitions. The key to improving athlete performance and well-being is based on the quality of sport training and experiences provided by the Special Olympics coach. Special Olympics Washington is dedicated to providing coaches with the tools and resources necessary to be a successful coach.

## MINIMUM CRITERIA TO BECOME A CERTIFIED HEAD COACH

To receive SOWA head coach certification, an individual will:



1. View the Special Olympics Washington **General Orientation** online at [sowa.org](http://sowa.org)
2. Complete the **Protective Behaviors** online training and quiz, available at [http://www.resources.specialolympics.org/protective\\_behaviors\\_training.aspx](http://www.resources.specialolympics.org/protective_behaviors_training.aspx)
3. Complete and submit the following:
  - a. Washington State Patrol **Background Check**
  - b. **Volunteer Application**, available at [sowa.org](http://sowa.org)
4. Complete an approved **Sports Specific Training** OR hold a valid coaching license
5. Complete and pass the following approved online or in-person courses:
  - a. **Concussion Prevention**
  - b. **Sudden Cardiac Arrest** Awareness (NFHSlearn.com)
6. Complete the **Coaching Unified Sports course** (NFHSlearn.com)\* - this course is **required** for Unified coaches and **highly recommended** for all coaches

## CONTINUING EDUCATION

In order to maintain Special Olympics coach certification, coaches will need to complete five hours of approved continuing education courses, seminars or workshops, **every three years**. Examples include:

- Coaching Special Olympics Athletes course
- Coaching Unified Sports
- Special Olympics Principles of Coaching course
- SOWA sport update webinars
- First Aid/CPR
- Other courses as approved by Special Olympics Washington