



### **Frequently Asked Questions:**

**Q:** What are the requirements for an athlete to become a Health and Fitness Coordinator?

**A:** Requirements are:

- 16 years or older.
  - Experience as a Special Olympics athlete.
  - Represents Special Olympics in a professional manner.
  - Able to work with athletes of all ability levels.
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**Q:** What are the responsibilities of a Health and Fitness Coordinator?

**A:** Core responsibilities include, but are not limited to:

- Create a year round health and fitness club and communicate activities via social media (i.e. Facebook and/or Twitter), e-mail blast, local program newsletter; etc.
  - Volunteer / Offer Healthy Habits.
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**Q:** Does a Health and Fitness Coordinator require a mentor?

**A:** Yes. Like all other Athlete Leadership positions, a mentor is someone who provides necessary support.

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**Q:** What are the requirements to be a Health and Fitness Coordinator's mentor?

**A:** Requirements are:

- 18 years or older.
  - Represents Special Olympics in a professional manner.
  - Able to work with athletes of all ability levels.
  - Completion of background checks.
  - Completion of General Orientation, Protective Behaviors and Concussion training.
  - A valid driver's license and car insurance in good standing.
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**Q:** Do Health and Fitness Coordinators need to be trained?

**A:** Yes and No. SOPA provides a training module in the [online portal](#) to allow Health and Fitness Coordinators to get activated locally. However, **completion of the Healthy Lifestyles training at Athlete Leadership University** is a requirement in order to earn credit towards an Athlete Leadership University degree and volunteer at sectional/state events.

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**Q:** How long may an athlete serve as a Health and Fitness Coordinator?

**A:** Term lengths and limits are decided by the local program.

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**Q:** Is a Health and Fitness Coordinator a member on the local management team?

**A:** No, however they may be asked to report out on an as needed basis.

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**Q:** Does a Health and Fitness Coordinator need to be part of the local Athlete Leadership Team (ALT)?

**A:** No, however it is highly encouraged. By being part of an ALT, they can gather input on what athletes want for Health and Fitness Clubs and additional volunteers for Healthy Habits activities at local/regional competitions.

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**Q:** During Health and Fitness Club activities, do athletes' medicals need to be on file and does the 4:1 ratio need to be enforced?

**A:** Yes and Yes. Since this is an event organized by the local program, the same rules for competitions need to be enforced to ensure each athlete's safety.

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If you have any questions that are not on this list, please contact Jordan Schubert at 610-630-9450 ext. 236 or [jschubert@specialolympicspa.org](mailto:jschubert@specialolympicspa.org).