

Staying Connected and Healthy During COVID-19

A Resource for Special Olympics Ontario Coaches

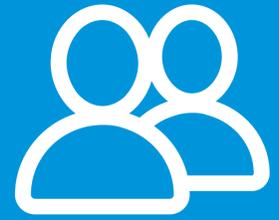


Healthy
@ Home



STAYING CONNECTED WITH ATHLETES

The suspension of Special Olympics Ontario programming means athletes are missing their normal sports and activities that may leave many feeling unsure, unengaged, and isolated. It's important that we stay connected with athletes so that they know they are supported. There are many ways Special Olympics Ontario coaches are currently staying connected with athletes while programs are suspended.



Here are some more tips on staying connected with athletes:



Touching Base

- ✓ Touch base with athletes 1-3 times a week, especially those who live alone
- ✓ Call athletes who **don't** have access to social media or the internet
- ✓ Text or email athletes and suggest ways that they can stay active (see ideas in the "Staying Active" page on the SOO website)
- ✓ Phone or text other SOO coaches to find out how they are staying connected with athletes



Online Video Chat

- ✓ Host an online video chat with your athletes/team during a regular practice time using Google Meet/Zoom
- ✓ Instructions on hosting a Google Meet/Zoom:
<https://support.google.com/a/users/answer/9300131?hl=en>



Social Media

- ✓ Direct athletes to our Facebook pages (@SpecialOlympicsOntario & @SpecialOlympicsOntarioHealthyAthletes) for health and fitness supports
- ✓ Create your own Facebook posts on ways to stay active and healthy and tag SOO's accounts (see above!)



Share

- ✓ Share pictures or videos showing athletes what you or other athletes are doing to stay busy and active (taking a walk, doing chores)



Virtual Challenges

- ✓ Sharing your favourite songs to dance to - challenge athletes to a virtual dance off
- ✓ Send links of workout routines from YouTube or see the "Staying Active" section for ideas

Things you can ask athletes to do:

- ✓ Encourage athletes to call their teammates and see what they are doing to stay busy and how they are feeling
With permission, share contact information with a team of athletes, which they can use to contact (text & call) one another
- ✓ Encourage athletes to complete Special Olympics Ontario's weekly health/wellness challenge: **Click Here to Access**
- ✓ Encourage athletes to take breaks from screen time and social media, using spare time to: Draw or colour, listen to music, writing down three things they are grateful for, or their favourite Special Olympics moment from the last year
- ✓ Ask athletes to follow the Special Olympics Ontario Healthy Athletes Facebook page and Special Olympics Ontario Facebook page and use the hashtag: #SOOHealthyatHome
- ✓ Ask athletes to share a picture of something in their home that makes them smile
- ✓ Ask athletes to share what they are doing to stay active