



Technical Package

2021



Special Olympics BC
Provincial Challenge Games



While we can't come together in person this summer the way we had planned, we wanted to find a way to still give everyone the opportunity to be active and celebrate together. So, we are introducing the SOBC Provincial Challenge Games – **bringing the Games to you!**

Participating athletes will receive the monthly SOBC Provincial Challenge Games calendar, which will have daily physical and wellness activities. Training group leaders will connect weekly with their local athletes to provide encouragement and help track points.

While this event will not be a qualifier, participants can help their Regional team claim top spot in the province! Every challenge activity that an athlete completes will earn points toward your Regional team's total. Team totals will be averaged based on the number of participants per team, so every Region has the potential to come out on top – no matter their size!

The challenge calendars will be very similar to those SOBC has offered throughout the past year – check out the [past calendars](#) for examples. But there will be some new activities and new creative ways to win points and be entered into weekly prize draws!

The Timeline

- 1) April to May 14: Registration!
- 2) May 1 to June 18: SOBC Provincial Challenge Games competition!
- 3) June 23 to 24: SOBC Provincial Challenge Games Ceremonies!

Picture it – a joyous SOBC Games experience without the hours of travel and sleeping on floors! We know what you're thinking – where do I sign up?! Read on...

Becoming a Training Group Leader

You must be a registered Special Olympics BC volunteer to participate. We encourage everyone from coaches to interested parents and administrative volunteers to get involved!

You will help a small group of athletes stay active and connected, while having fun with the goal of earning points for their Regional team. Your role is to:

- Recruit athletes and liaise with Local Registrars to ensure athletes are registered
- Connect regularly with your athletes
- Track and submit points weekly during May and June

Questions about the contents of this package can be directed to your Chef de Mission and/or your Community Development Coordinator (contact information at the end of this document). Training Group Leaders will be connected to a Mission Staff at the beginning of the challenge to provide support throughout the Challenge Games!

Recruiting Athletes and Registration

Once you have registered as a Training Group Leader, you can start recruiting athletes to be part of this challenge! We really need your support reaching out to athletes and other volunteers to tell them to join the Challenge. This exciting news will not reach all our members, especially those with limited or no internet access, so we are counting on everyone to help us spread the word by email, phone calls, group texts, etc.!

There are two ways to register:

- 1) Training Group Leaders or athletes can register with their Local directly;
- 2) Or Training Group Leaders can collect names of athletes who wish to register (at a minimum collect name, email, and DOB) and provide this list to your Local Registrar.

The Region will help coordinate athletes or leaders that are not already attached to a training group. Training groups must meet the minimum requirement of 1 training group leader per 2 athletes (or more) to comply with Safe Sport Rule of Two standards. Suggested group ratios are 1 training group leader per 4 athletes.

If you know of athletes who require printed resources to participate in the Challenge, please contact hcheung@specialolympics.bc.ca. Please note that it may take up to 7 days for the printed resource package to arrive.

Connecting with Athletes

Check in with your training group on a regular basis. At a minimum, it is suggested that you connect with your training group once a week. These can take the form of weekly zoom calls, in-person activities, phone calls, group messages, etc. Connecting with your training group regularly help will keep athletes motivated and accountable to the group! Weekly check-ins should include:

- 1) A motivational component
- 2) Opportunity for athletes to discuss their well-being and activities completed that week
- 3) Record of points earned that week
- 4) Setting goals for the next week

To meet Safe Sport Rule of Two standards, meeting with athletes (even virtual) must take place with at least 3 people.

In-person activities must follow [SOBC Return to Sport](#) protocols. In-person activities include, but are not limited to, fitness (hiking, walking, yoga, etc.) or outdoor sport programs (soccer, athletics, etc.).

Athletes that have no access or unreliable access to the internet

Athletes or Training Group Leaders will be able to print the monthly calendars directly from the SOBC website. If you have athletes that are unable to do this, please contact hcheung@specialolympics.bc.ca. SOBC Provincial Office will mail printed resources directly to the athlete. Please note that it may take up to 7 days for the printed resource package to arrive.

If athletes are unable to participate on virtual sessions due to unstable or no internet access, you can call them by phone to check in. There are many options for Challenge Games activities that do not require internet access!

Tracking Points

The Challenge Games calendar will be available on the website as a fillable PDF the day prior to each Challenge Games month. Athletes can also print this out to track their points if they prefer. How athletes provide these points to the training group leaders will be up to the training group.

Points for daily activities will be listed on the calendar. There will also be lots of bonus points athletes can earn! Please note:

- SOBC Trainer Tuesday and Throwdown Thursday Facebook Live workouts session will include a unique password provided by the presenter. Athletes must tell you the correct password to earn these points! Please contact your Chef de Mission for the list of Facebook Live passwords
- Training Team Leaders can award up to 3 bonus points a week per athlete using their discretion for unique group challenges, extra motivation, exceptionally hardworking athletes, etc.

SOBC will provide additional ideas on how to complete daily challenges, which can be found on the website, but training groups are welcome to get creative with their own physical activities! If you are looking for modifications or adaptations to any of the activities, please contact mdepaul@specialolympics.bc.ca.

Submitting Points

Each week, Training Group Leaders will submit points for their training group using an online form that will be provided to you. Weekly points are earned from Saturday to Friday. When submitting points, Training Group Leaders can nominate one athlete from their training group to have their name entered in a weekly prize draw.

To be eligible for weekly prizes, points must be submitted by Sunday.

Points earned by your training group will be added to your Regional team's total points. A virtual Regional team leaderboard will be updated weekly. Points collected will be prorated by the number of participants in each region to ensure that the Regional Team leaderboard and incentives are awarded fairly.

SOBC wants to see and share photos and videos of you/your training group completing your challenges! If you are comfortable with SOBC posting your image on social media, please share your high-resolution images and videos by uploading them [here](#). If you need support in submitting your images, please contact SOBC Communications Coordinator Joseph Knowles by email at jknowles@specialolympics.bc.ca or cell at 604-619-2086.

Timeline

- **April to May 14: Registration!**
 - Each registered Games participant that competes the challenge activities through the months of May and June will receive a Games uniform piece.
 - Register by May 14 to ensure you're in the special Games prize draw! If your Local has late entrants, please don't hesitate to contact your Chef de Mission!

- **May 1 to June 18: SOBC Provincial Challenge Games competition!**
 - SOBC hosts a virtual Provincial Challenge Games Opening Ceremony April 29.
 - SOBC issues a Provincial Challenge Games activity calendar for each month and maintains a leaderboard tracking regional team rankings.
 - Athletes complete challenges and count their points.
 - Training group leaders connect regularly with athletes and submit points to team.
 - Regional teams come together virtually for monthly pep rallies.
- **June 23 to 24: SOBC Provincial Challenge Games Ceremonies!**
 - Virtual awards, dance parties, and more.

Additional Information

Tip for using Zoom

- Zoom 101: <https://www.zdnet.com/article/zoom-101-a-starter-guide-for-beginners-plus-advanced-tips-and-tricks-for-pros/>
- SOO How to Use Zoom (Athlete) Video: https://www.youtube.com/watch?v=p5c_Wgpfy0Q#video_1

How to Download, Complete, and Save a PDF

https://www.specialolympics.ca/sites/default/files/SOBC_FillablePDFInstructions.pdf

Chef de Mission and Community Development Staff

| Region | Chef de Mission | Community Development Staff |
|--------|--|---|
| 1 | Joanne Thom, joanne@dunlop trucks.com | Melainie Hatt, mhatt@specialolympics.bc.ca |
| 2 | Susan Foisy, Susan.foisy02@gmail.com | Leanne Kelly, lkelly@specialolympics.bc.ca |
| 3 | Mark Schnurr, region3sobc@gmail.com | Chelsea Rogers, crogers@specialolympics.bc.ca |
| 4 | Peter De Marchi, petercdemarchi@gmail.com | |
| 5 | Darren Inouye, darren@sobcregion5.ca | |
| 6 | Jason Yan, region6sobc@gmail.com | Michelle Cruickshank, Mcruickshank@specialolympics.bc.ca |
| 7 | Tina Giesbrecht, tgiesbrecht.specialO@gmail.com | |
| 8 | Alexandra Orser, alexandraorser@gmail.com | |