



Coaching Athletes with Down syndrome

Special Olympic Canada's Coaching Athletes with Down syndrome eLearning module is designed for those who coach athletes with Down syndrome. In this module you will learn how to empower athletes with Down syndrome to become active and successful participants in sport.

HOW-TO LOG IN FIRST-TIME USERS:

1. Go To <https://thelocker.coach.ca/>
2. Click "Don't have an NCCP#? Create one now!"
3. Under **Registering with the Locker**, click the "Consent" box.
4. Click "Continue" and follow the onscreen instructions.

ALREADY HAVE AN ACCOUNT:

1. Login <https://thelocker.coach.ca/> using your **NCCP# or email** and **password**.
2. Find the "E-Learning" section from the list of **Profile Tabs** in red at the top of the page.
3. Select "Special Olympics" from the list on the left-hand side.
4. Select "Coaching Athletes with Down syndrome" under the "Available" tab

Once you have completed the module, you will be able to:

- Explain Down syndrome and the characteristics of individuals with Down syndrome
- Describe the benefits of physical activity for individuals with Down syndrome
- Explain how individuals with Down syndrome learn best
- Apply coaching practices that will support optimal outcomes for athletes with Down syndrome

This module will take you approximately 20-30 minutes to complete

Ensure you have exited out of the module using the red "Close evaluation" button at the bottom of the module.

To learn more about requirements and resources for Special Olympics NL coaches and volunteers please visit www.sonl.ca