

Coach Professional Development Opportunities – April 6, 2020

There is currently an opportunity to access a number of professional development opportunities for coaches. Below is a preliminary overview of eLearning course that are available.

Online Volunteer Orientation – <https://solearn.ca>

This course is targeted as a basic introduction to Special Olympics in Canada. It covers;

- Overview and Introduction to Special Olympics
- Risk Management
- Working with Special Olympics athletes

Coaches can take the course online at the Special Olympics SOLearn platform. The course is free but coaches will need to create a login.

The Coaching Association of Canada Locker - <https://thelocker.coach.ca/>

Four modules, developed by Special Olympics Canada have been launched on the Locker. All four courses are targeted at Special Olympics coaches and are being offered for free. Upon completion it will be recorded on the coach's NCCP transcript.

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 coaches learn how to empower athletes with Down syndrome to become active and successful participants in sport.

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

Coaching Athletes with Autism in a recreational setting:

In this module coaches will receive additional training regarding autism, specific to sport and coaching. The four sections will introduce coaches to autism and what it looks like in a recreation setting, 1:1 strategies for supporting individuals with ASD, and group coaching strategies for supporting individuals with autism. This module was developed in collaboration with the Canucks Autism Network.

Once you have completed this module you will be able to;

- Explain autism and the characteristics of individuals with autism
- Better understand how to support individuals with autism
- Implement and use prompting and modeling in a recreational setting
- Effectively use visual supports and motivational strategies

This module will take you approximately 60 minutes to complete

Diversity and Inclusion in Action:

The *Diversity and Inclusion in Action* eLearning module is designed for volunteers, coaches, staff, board members, and/or other stakeholders of your organization. In this module, you will learn how to contribute to the success of an organization that reflects, respects, and promotes diversity and inclusion

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

- Recognize your implicit (unconscious) biases and their potential negative impact
- Explain why it's important to create an organization that is diverse and inclusive
- Apply strategies to foster diversity and inclusion

This module will take you approximately 30-40 minutes to complete.

Exercise Induced Asthma Training :

This eLearning module in webinar form has been designed by researchers at the University of Ontario Institute of Technology (UOIT) to support coaches working with athletes who have asthma. The purpose of this module is;

- To provide Special Olympics coaches with the training and tools necessary to work with athletes with asthma or exercise-induced asthma
- To ensure that athletes with asthma or exercise-induced asthma are able to participate in sports without fear and anxiety
- To ensure the safety of athletes with asthma or exercise induced asthma

This course will take approximately 30 minutes to complete

These four courses are offered through Coaching Association of Canada and each registrant needs an NCCP number (you can create one on the landing page). Courses are found under the eLearning tab, under the Special Olympics drop-down

Safe Sport

This free, 90-minute module will equip your coaches, administrators, and volunteers with the knowledge to recognize, address, and prevent maltreatment in sport. In addition, the CAC has created tools and resources to help you embed Safe Sport principles throughout your organization that can be accessed through this eLearning workshop.

This course is accessed through the CAC Locker, on the general eLearning tab

Special Olympics - <https://learn.specialolympics.org/>

SOI has a learning platform for coaches, volunteers, staff and athletes and are currently providing a number of courses, some for free. Coaches can explore the catalogue for courses on unified sports, health, Introduction to Intellectual Disabilities, and some sport specific content.

Coaches will need to create a login to access material.