



Pre-Existing SOBC Initiatives for Youth Engagement Project

Applicants to the Special Olympics BC Youth Engagement Project are encouraged to think of their own unique project ideas that they would like to implement in their community. The SOBC Youth Engagement Project is funded by the Government of Canada under the Canada Service Corps.

Youth activation projects can include but are not limited to:

Fundraising – raise funds through a project that brings the community together, raises awareness for Special Olympics and the importance of building an inclusive society.

Competition – a project to host a competition that is run by community members (especially other youth in a community) to benefit the athletes within that Region.

Recruitment – a project to recruit athletes and volunteers into the Local Special Olympics program.

Awareness – an awareness campaign that can bring in funds, recruit volunteers and athletes and ensure that SOBC is front and centre in the minds of the community.

Outlined below, we also have many initiatives that have already been developed, which applicants may be interested in restructuring and implementing in their own communities:

Spread the Word: Inclusion (Awareness):

For the past 10 years, Spread the Word to End the Word has started the conversation on respect. To continue our conversation on respect, we want to go boldly into the next 10 years. Spread the Word: Inclusion is continuing our success through an ongoing effort by Special Olympics, Best Buddies, and our supporters to inspire respect and acceptance by advocating for inclusive words and actions so that we can end discrimination of individuals with intellectual disabilities.

The campaign, created and reimagined by youth, is intended to engage schools, organizations, and communities to rally and pledge their support of the inclusion and acceptance of people with intellectual and developmental disabilities.

For more information about Spread the Word Inclusion please visit:

<https://www.spreadtheword.global/resources>



UBC Youth Project X SOBC (Awareness):

UBC student Nikol Grishin recently received a grant to partner with Special Olympics BC and executed the following project:

“Athletes from SOBC will come to elementary schools to facilitate/teach their sport. Currently, we have sports such as bocce, indoor curling, basketball, and soccer. This initiative ultimately allows for two things. First, breaking down the barriers that exist surrounding individuals with intellectual disabilities and their capabilities. Second, creating leadership opportunities and confidence growth for individuals with intellectual disabilities.”

Applicants may be interested in implementing a variation of the above project in their community using the funding from our Youth Engagement Project.

Club Fit (Health):

Club Fit is a fitness program designed specifically for Special Olympics athletes of varying skill levels to improve their health and fitness outside of participation in other Special Olympics programs.

Intended for participants ages 14 and up, Club Fit provides SOBC athletes an opportunity to improve overall health and fitness throughout the year with quality programs that supplement their participation in traditional sport programs. Club Fit also provides opportunities to help new athletes (or athletes that have left sport programs) to improve overall health and fitness for their whole life. Athletes who register with Special Olympics can take part in Club Fit as the only program they are registered in.

Club Fit is part of the Special Olympics long-term athlete development model. It aims to improve athletes' overall wellness by helping them optimize potential and provide lifelong activity opportunities.

Club Fit sets standards for fitness programs for Special Olympics athletes in British Columbia.

SOBC has a growing base of flexible Club Fit resources that can be combined by program leaders in numerous ways to achieve a high-quality program that meets the fitness goals of all athletes.

Taken from: <https://www.specialolympics.ca/british-columbia/what-we-do/sports-programs/club-fit>



Sport Specific (Program Recruitment and / or Competition):

If you have a sport that you are passionate about and would like to share with others consider implementing a recruitment initiative to recruit athletes and volunteers to implement this sport program in your SOBC Local Committee. If this sport is already a part of your Local Committee, you might consider organizing a competition run by youth in your community to benefit the athletes of your region and bring more attention to this sport in your local chapter.

Please note that the sport must be one of 18 Special Olympics Canada sports. For more information visit this link: <https://www.specialolympics.ca/british-columbia/what-we-do/sports-programs>

Fit Families & Friends (Health):

Special Olympics BC is dedicated to the health and wellness of people with intellectual disabilities. Being a Healthy Community is a priority and one of the initiatives of that priority is our Fit Families & Friends programs! This is a great opportunity for SOBC athletes to get out with their families, friends, and social supports to meet as a group and exercise together in fun ways while sharing health and nutrition tips, creating an engaging environment to encourage each other and meet health goals together.

Groups meet for weekly walks/hikes or other fun and healthy activities, and together enjoy healthy snacks that can easily be made at home with the recipe cards provided to program participants.

For more information visit: <https://www.specialolympics.ca/british-columbia/what-we-do/sports-programs/health/fit-families-friends>

Health Initiative:

If you are interested in learning about other health initiatives SOBC uses to promote healthy athletes please visit: <https://www.specialolympics.ca/british-columbia/health>

Implement Local Community Programs:

Are you from a community that does not currently have Special Olympics BC programs, but think that implementing an SOBC Local could be an asset to your community? Consider spearheading the implementation of an SOBC Local in your community.



Other:

We also welcome applications to the Youth Engagement Project that include other pre-existing SOBC initiatives that were not mentioned above that applicants would like to implement in their community. Applications with unique project ideas are also very welcome.

If you have any questions about the application please don't hesitate to contact our SOBC Youth Engagement Coordinator Jocelyn Kerr at general@specialolympics.bc.ca.