



Connection is incredibly important during a time like this, especially for our athletes. If you are looking for a way to connect to your team, creating a setting where athletes & coaches can gather in a group setting is a great way to stay connected using tools that are safe & dependable, and require only a device.

To help facilitate this, we have set up a Special Olympics Alberta Zoom account for coaches across the province to access, removing some of the steps for you to set it up!

We are asking coaches that are interested in connecting with their athletes to use Zoom. Please note that this is not mandatory, but just an option to chat with athletes.

If you are interested, here is how to get started:

1. [Sign-up](#) for a time slot. Only one member can organize a Zoom call at a time – as such, you will need to sign-up ahead of time to use the account. We suggest trying to sign-up for your regular practice time slot, if possible. You **MUST** sign-up for your desired time slot at least 72 hours prior to the first call you want to host. You can sign-up for multiple calls at one time. To select a time slot, follow this link: <https://bit.ly/2KHogox>
2. You will receive a confirmation email from SOA with your confirmed time(s) within 72 hours of your submission to the email that is listed for you in the SOA database. This email will have login details & next steps.
3. Share the meet-up details with those you want to invite - Each meeting has a unique 9, 10, or 11-digit number called a [meeting ID](#) that will be required to join a Zoom meeting - these details will be included in the confirmation email. You can send out the information by email or call athletes to give them the number to call.
  - a. For athletes that do not have access to the internet they can call into the chat using a phone number
4. Host your call during your confirmed time slot!

Once you have started your call please feel free to run your session as you see fit. We have some some ideas for topics you can discuss if you want to use some of them as well:

- Ask athletes what they are doing to stay active
- Ask athletes about what they are doing to occupy their day.
- Encourage them to take breaks from screen time by drawing, colouring, listening to music, exercising, etc.
- Ask athletes to share a picture of something that makes them smile
- What are some things they are looking forward to?
- What are some of their goals for when they return to play

Also, be sure to tell your athletes to sign up for the Healthy at Home Newsletter for weekly virtual programming and visit <https://mailchi.mp/specialolympics.ab.ca/healthyathome> for the weekly content calendar of events they can participate in online.

For more in-depth information on how to use Zoom you can also check out the videos featured here: <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>

Please email Rochelle at [rhamczuk@specialolympics.ab.ca](mailto:rhamczuk@specialolympics.ab.ca) for any questions.