

UNIFIED SPORTS FITNESS CLUBS



Program Requirements:

- Each club must follow the recreation model of Unified Sports®.
- A club must have, at minimum, **25% athletes and/or 25% partners** (people without ID). Athletes do not need to participate in a sport to get involved.
- Club leader must be trained. Programs must decide on an appropriate training protocol that will include Unified Sports® training and get approval from SOI before starting this model (SOI utilized Unified Sports Coach training and concussion training through NFHS).
- Participants, both partners and athletes, must fill out SO forms for their role in the club. For partners, this includes becoming a **Class A volunteer in the VMS**. For the athlete, this includes a medical clearance and release form.
- Each club must meet at least **once per week** to walk and/or do other fitness activities
- Walking is suggested to be the main activity because it is appropriate for all levels of fitness, it does not require a facility or equipment, and it helps participants earn miles quickly; however, other fitness activities can be done in conjunction with walking or instead of walking.
- Examples of other fitness activities include hiking, stretching/yoga, Zumba classes, bike rides, strength training, etc.
- Clubs can meet more than once per week if time allows.
- Clubs should also encourage individual members to be physically active (in safe environment) outside of club activities.
- Clubs should provide year-round opportunities for fitness.
- Steps must be tracked through **MOVBands, pedometers**, or other activity trackers.
- Data should be **synced and recorded** at least once per week.
- Both athlete and partner should receive a tracking device.
- Do not issue this device until paperwork is complete for the participant.
- Health metrics from the SOI reporting sheet (i.e. **height, weight, BP, RHR, steps, and lifestyle survey**) should be recorded at least once in a reporting period.
- Also, each participant should record this information on enrollment forms before they start the club.
- Encourage club leaders to discuss and incorporate fitness and nutrition education and opportunities (i.e. stretching before a walk, discussing drinking enough water, discussing healthy snack ideas, passing out information about healthy meal ideas...). This information should be incorporated into all Universal Walks as well.
- Clubs and participants should earn incentives for reaching various numbers of steps. Programs can utilize the model provided by SOI, or can pick their own increments of steps and incentives.
- Incentives should motivate participants to continue. SOI recommends a certificate of achievement as the first level of incentives.
- Photos and success stories are necessary for the grant report. Communicate with club leaders frequently, and encourage that they get these as often as possible.
- To register :www.soindiana.org or call 317-328-2020



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