

SRSNLC Sports Manual



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The Purpose of the Manual is to inform both parents and athletes of the guidelines of SRSNLC and Special Olympics sports.

Special Olympics Medical Applications

Special Olympics REQUIRES all athletes to complete a Medical Application before they can participate in a Special Olympics sport. We are currently competing in Region B of Special Olympics Illinois

- Your medical application is valid for two years from the date of the exam.
- **No other form can be used in the place of a medical application.**
- A blank medical application can be found in registration section of any of the SRSNLC seasonal brochures.
- Please complete this application as soon as possible so your athlete is ready to go by the start of their sports season.
- The Special Olympics Athletic Director (SOAD) at your SRSNLC member district will give you a deadline date for your athlete's medical application.
- **If your athlete's application is not returned by the date listed he or she will NOT be eligible to compete at the Special Olympics tournament.**
- **SRSNLC member districts are NOT responsible for forms turned in after this date.**
- Medical applications can now be scanned or faxed to our office. Please still send the original to our office and keep a copy for yourself.

**If you have a medical application on file with another school or agency please get a copy from them and return it into the SRSNLC member district your athlete is competing with by the deadline given.

Please contact the SOAD at the SRSNLC member district your athlete is competing with, if you would like to know the status and expiration date of your athlete's medical application.

Schedules:

- Vary by sport. If there is a game schedule it will be given at the start of your sports season. Please contact your area office for any questions.

Tournaments

SRSNLC does require a minimum of 4 athletes attending a Special Olympics (SO) Regional Tournament in Region B or State Competition in order to travel down as an agency. If less than 4 athletes can attend we will assist guardians or family members in becoming a certified coach and give them all the information they will need to attend the competition with their athlete.

- Basketball, Soccer, Softball and Volleyball athletes also may compete in an ITRS (Illinois Therapeutic Recreation Section) tournament. This gives these athletes the opportunity to play

different teams that they may not see during the season or during SO competition. These tournaments are for fun and further skill development.

- **If your athlete does not complete the required training period they are not eligible to compete at the SO Region B competition.** We will discuss this further in the Sports Training section.
- **Please note that if your athlete misses the SO Region B competition and our team wins a gold medal, they are NOT able to compete at the state tournament.**
- If a tournament or State Games is cancelled due to weather it will NOT be rescheduled.

Sports Training

- It is important for your athlete to attend every practice.
- **You must attend test days for Special Olympic competition or you will NOT be entered.**
- Special Olympics REQUIRES all athletes **receive at least eight hours of training with their registered agency** before they compete at the area competition.
- Please remember that if your athlete is registering for a team sport they are making a commitment to their teammates to be at every practice, game and tournament.
- **If an athlete misses four or more practices and/or games before the Special Olympics Region B competition they will NOT be eligible to participate.**

Uniforms

- Before tournaments/meets or games, your athlete may be issued a uniform.
- This is a rental for the season.
- Please wash uniforms after each use with similar colors in COLD water.
- Athletes will NOT receive a uniform for the current season until the previous seasons' uniform has been returned or replaced.
- If the uniform cannot be found, another uniform can be reissued to the athlete once the cost of the replacement pieces has been received.
- Please have your athlete in the appropriate uniform at game/tournament time.
- Jewelry, jeans or street shoes are not allowed during practice, games or competitions.

Volunteers and Coaches

If you have a question, comment or complaint, please come directly to the head coach or an SRSNLC member district full time staff.

- All coaches for our Special Olympics programs are SRSNLC member district staff or volunteers who are committed to helping your athlete learn the appropriate skills needed for that particular sport.
- **Our referees and scorekeepers are volunteers. They do their absolute best to make sure the game runs smoothly. Parents are not allowed to communicate with referees or scorekeepers. All communication must go through the head coach. Any violation of this rule may result in removal from the facility.**

- Please keep in mind that there are rule differences between Special Olympics and ITRS. When we are playing games during the season we are playing by ITRS rules. Please ask the head coach for a clarification on the rules if you feel something is called incorrectly. These rules are not too different and will not change the nature of the game.

Weather Guidelines

Games/Tournament may be cancelled due to unsafe weather circumstances or low attendance. These games cannot be made up due to the schedules of both teams. If a game needs to be cancelled parents will be notified as soon as possible. Please remember that last minute cancellations will come up if a team cannot travel due to unsafe weather conditions or low attendance.

- The decision to cancel a program for the evening will be made by 4:30 pm.

Below you will find Special Olympics Tournament inclement weather policy.

Heat Guidelines for all one day events:

If any of the following conditions are forecasted or are reached during the event then the event will be cancelled and will NOT be rescheduled:

- Temperature above 95 degrees
- Heat Index above 102 degrees
- The National Weather Service has issued a Heat Advisory or Warning for the time frame of the event.

Cold Guidelines for all one day events:

1. The event will be cancelled & NOT rescheduled:

- The temperature forecasted or reached during the event is 10 degrees below zero, whether it is temperature alone or temperature with wind chill figured in.
- The National Weather Service has issued a Wind Chill Advisory or Warning, Winter Storm Warning or Blizzard Warning for the day of the event.
- Authorities have issued driving advisories.

Lightning Guidelines

If any of the following conditions exist, the event is suspended and individuals are moved to a safe location:

1. The facility lightning detection device provides an alert.
2. If no lightning detection device then, the first flash of lightning, clap of thunder

Activity may not be resumed for 30 minutes after both the last sound of thunder and last flash of lightning.

Expectations For All

Along with Special Olympics, SRSNLC focuses on what athletes can do. We strive for sportsmanship, teamwork, and self-discipline in all areas of each sport.

Expectations of Coaches

I agree to support and respect each athlete, official and parent. I will teach proper techniques and rules to the game. I will be a model for proper behavior and demonstrate quality sportsmanship, teamwork, and self-discipline. I will be prepared for every practice and game regarding content and equipment. I will notify players and parents of schedule changes and arrangements to be made. I will take all criticisms constructively. I will be aware of the Parent and Player expectations and determine whether or not the parties stated are abiding by the corresponding contracts and take appropriate action.

Expectations of Spectators

I agree to support the coaches and officials in teaching the overriding goals of good sportsmanship, teamwork, and self-discipline to the participating athletes. I agree to read and support the players' expectations below. I will donate my time when possible to present any criticism that I may have in a positive way to SRSNLC member district staff. I agree that when I attend games to act as a role model. I will refrain from arguing with official's decisions, criticizing players on the court or field, or using loud or abusive language. I understand that unsportsmanlike behavior on my part can result in my being escorted out of the game or practice.

Expectations of Players

I agree to cooperate with and show respect to my coaches, teammates, opponents, and officials during the season. I will not argue with an official's decision and will not use foul or abusive language. I will listen to and follow directions given by coaches and assistant coaches. I will dress appropriately for all practices and games (gym shoes, comfortable clothes, no jeans or jewelry). I will attend practices and games with few exceptions. Whenever possible, I will let my coach know in advance if I will not be able to attend. I will always be safe in my actions. I will tell my coach if and when I become hurt or injured. I understand that if I do not follow these rules, I may be suspended as deemed appropriate by the coach and/or SRSNLC Administrative Staff.

Overnight Trip Policy

Individuals who wish to attend any overnight trips must meet specific guidelines and expectations, as established in the SRSNLC Overnight Trip Guidelines & Expectations. These guidelines and expectations have been established to ensure the safety and enjoyment of the participants, staff, and volunteers in attendance. Participant, staff, and volunteer safety is our utmost priority for the duration of a trip.

Participation in an overnight trip is at the discretion of SRSNLC member districts' staff and the trip coordinator. Overnight trip registrations require preapproval by the SRSNLC member districts' Program Manager to determine eligibility prior to registration. Because of financial and staffing limitations, among other factors, trips are designed for adults with special needs that can function with minimal assistance. All registrations (and associated requests for accommodation, if any) will be reviewed on a case-by-case basis.

Overnight trips include both planned and impromptu activities. SRSNLC cannot guarantee the complete accessibility of all trip activities, but will make reasonable accommodations when doing so does not create an undue hardship, does not fundamentally alter the nature of the program, and does not pose a direct threat of safety to the patron or to others.

All participants are required to complete an Overnight Trip Form, Medication Dispensing Release Form, provide a copy of a valid government issued identification card, and provide a copy of his/her current medical insurance card one week prior to the departure date. Participants may or may not share a double/queen/king size bed. Staff may or may not be in the same room as your adult participant.

Failure to comply with these requirements by the established deadline will result in cancellation and the forfeiture of the participant's deposit and/or trip fee.

Guidelines & Expectations

Staff / Participant Ratio:

Participants must be able to function in a 1:6 staff to participant ratio throughout the duration of the trip.

Independent Living Skills:

Independent Living Skills are defined as a participant's ability to function independently during most everyday situations. Independent Living Skills are a necessary component of all overnight trips. Participants must be able to perform Independent Living Skills including but not limited to:

- Personal, Physical, Vehicle & Travel Safety
- Interpersonal & Socialization Skills
- Time Management
- Following Group Directions/Instruction— Participant must possess the ability to stay with the group and not wander/stray away from staff and other participants.

Behavioral Management Skills:

Behavioral Management Skills are defined as a participant's ability show that they can manage conflict with other participants and staff without becoming physically or verbally aggressive. Participants with multiple minor and/or one serious Discipline Action Report(s) within the year of a trip will not be allowed to attend any overnight trips until they can demonstrate significant improvement in their own behaviors on other programs.

Self-Care Skills:

Self-Care Skills are defined as a participant's ability to take responsibility *for their own health and well-being*.

Self-Care Skills are a necessary component of all overnight trips. Participants must be able to perform Self-Care Skills including but not limited to:

- Personal Appearance
- Cleansing/Personal Hygiene
- Toileting
- Resting/Sleep
- Meal Management
- Medication

SRSNLC has established three Self-Care Principles:

- Participants must make informed choices to manage their self-care needs.
- Participants must effectively communicate individual self-care needs.
- Participants must have the ability to manage self-care needs.

Money Management Skills:

Money Management Skills are defined as a Participants ability to maintain their own spending money, personal items, and purchases. Participants will be responsible for their money and any items purchased during the trip. SRSNLC member districts' staff and volunteers cannot be held responsible for lost or stolen money/souvenirs.

SRSNLC Program Participation:

Participants must complete a minimum of one hundred contact hours in SRSNLC programs in a variety of program settings (i.e., day camp, athletics, day trips, etc.) prior to attending an overnight trip.



SRSNLC Sports Handbook

By signing below, I acknowledge that I have read, understand and agree to this SRSNLC Sports Handbook.

Athlete's Signature

Date

Parent/Guardian's Signature

Date

Please return this signed page before the first practice of your sports season.
Athletes will not be allowed to begin practice until this is signed and returned.

Participants/Athletes Copy



SRSNLC Sports Handbook

By signing below, I acknowledge that I have read, understand and agree to this SRSNLC Sports Handbook.

Athlete's Signature

Date

Parent/Guardian's Signature

Date

Please return this signed page before the first practice of your sports season.
Athletes will not be allowed to begin practice until this is signed and returned.

SRSNLC's Copy

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