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OCTOBER 2021 EDITION



Special Olympics
British Columbia

Richmond

COACHES UPDATES

- We will have a Coach's Town Hall meeting on October 21st at 6PM at the Richmond Caring Place. This event is mandatory for all coaches, more details to come.
- Our committee is now full with a new Treasurer, Grant Writer, and Program Coordinator!
- We are in the process of inventorying all existing equipment.
- SOBC Softball Athletes were featured in a local independent film about neurodivergence and sibling connections!
- Fall Programming was delayed to the middle of October
- Registration is online and instead of receiving copies of the PDF registrations, you will be sent Excel sheets of all relevant information you will require in the event of an emergency. You must destroy these documents at the end of each year, or you are in breach of data confidentiality at your own liability. The local will be keeping this data for 2 years and emailing you new data at the start of each season.
- The committee will now meet in August instead of December. Last Committee Meeting of the year will be November 22nd until January 17th, however we will all remain operating via email. (Please get New Year program requests or adjustments in by mid-November to have them approved in time.)
- We will be applying for a gaming grant to cover some program overhead, and attempting to fund more professional development for coaches. We will be in contact about this in the future, but for now you can still apply to have half of your registration for Coaching Professional Development covered by the local. (Subject to Committee at Large's approval, you will require 8/15 Yes votes to receive funding.) We are working to establish a

local, and athlete council recommendation.

NEW PROGRAM COORDINATOR



Hi everyone! My name is Jessica, and I am the new Program Coordinator for SOBC Richmond. As a previous program volunteer and Family, Fit & Friends Program Coach, I'm super excited to be on the back-end to support all you coaches during your programs this year.

If you have any questions or concerns at all, please feel free to reach out to me at: sobcrichmondpc@gmail.com.

I'd love to chat!

COMMUNICABLE DISEASE PREVENTION

- Wear a mask when you're not running around
- Athletes and volunteers need to sign that they have their vaccination
- Spectators don't have to be vaccinated but have to be wearing masks and following facility guidelines
- Back to normal ratios, athletes and volunteers are allowed to cross over sports once again and participate in multiple programs (pending space)
- Equipment should be sanitized before and after sessions

- Individuals may bring and consume their own food or beverages but food or beverage should not be distributed
- Athletes should bring their own masks but we can provide them if they forget
- A face shield should be included in the First Aid Kit in the event of an injury including blood or bleeding that may spray at a responder
- 12 years or older MUST be vaccinated, exemptions are very hard to get, even with a doctor's note (handled by the Province, not the local, almost none have been approved)
- If you need any safety equipment for your program, please contact Dawn Thomson, our facilities coordinator ASAP, and we will arrange equipment to be dropped off to you.

COACHING RESOURCES

** These workshops are all free for SOBC Coaches*

1. **NCCP E-learning Modules** (login once you have taken the NCCP Competitions Workshop with SOBC through your local): [The Locker \(coach.ca\)](#)
2. **Free Recorded PD from SOBC and NCCP:** [Online Coach Education | Special Olympics British Columbia](#)
3. **Sports Rules and Resources Videos (Sport Specific):** [Sport Rules, Resources | Special Olympics British Columbia](#)
4. **SOBC Basic Sports Skills Recorded Workshops (Sport Specific):** [Basic Sport Skills | Special Olympics British Columbia](#)
5. **Basic Guide to Functional Testing:** [Functional Testing | Special Olympics British Columbia](#)
6. **Athlete Health Resources with 8 Week Health Calendar:** [Athlete Health Resources | Special Olympics British Columbia](#) (Updated every 8 weeks)

UPCOMING ATHLETE EVENT

Happy October - It's spooky season! 🧛‍♀️

SOBC will be hosting our online Halloween event via Zoom on October 30th at 6PM.

There will be an in-home scavenger hunt, costume contest, tons of prizes, and of course, a dance party!

Be sure to remind your athletes about this spook-tacular event!

** These workshops are not free*

October 19 - Make Ethical Decisions (ONLINE)

You only need to take this course if you did not pass the online e-learning module and quiz. If you did pass the online module you will not be given credit for taking this workshop. This workshop costs \$100, and you can register online until Tuesday, October 19, 2021.

[Click to Register](#)

October 19 - Psychology of Performance (ONLINE)

This workshop costs \$131.25. Registration closes Tuesday, October 12, 2021.

[More Information](#)

October 23 - Basic Mental Skills (IN PERSON - KAMLOOPS, BC)

This workshop costs \$65.

[More Information](#)

October 24 - Planning a Practice (IN PERSON - KAMLOOPS, BC)

This workshop costs \$100.

[More Information](#)



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