

## **SPECIAL OLYMPICS SAILING SPORTS SKILLS PROGRAM**

### **FOREWARD BY EUNICE KENNEDY SHRIVER**

#### **INTRODUCTION**

A. What the Special Olympics Sports Skills Program Is  
*GENERIC SECTION -- NO WRITING REQUIRED*

B. Individuals with Disabilities Education Act  
*GENERIC SECTION -- NO WRITING REQUIRED*

C. How to Use this Guide  
*GENERIC SECTION -- NO WRITING REQUIRED*

#### **D. The Benefits of Sailing**

Through Sailing, athletes will learn basic Seamanship and Sailing skills. They will also have the opportunity to improve self-esteem and interactive adaptive behaviors. They will gain the functional knowledge of techniques and rules to enable them to participate safely and enjoyable in sailing regattas. Given demonstration and practice, the athlete will:

- Learn boating safety
- Learn boat parts and how each one is used and prepared
- Learn boat handling and sailing techniques
- Learn about the wind, weather and sea
- Learn seamanship skills
- Demonstrate the tasks of various crew positions
- Participate in a sailing regatta.

E. A Preview of the (Sport) Events Offered

### **SECTION II -- ORGANIZING THE PROGRAM**

A. Special Olympics Coach's Job Description  
*GENERIC SECTION -- NO WRITING REQUIRED*

#### **B. Help for the Coach:**

- Families  
*GENERIC SECTION -- NO WRITING REQUIRED*
- Partners Clubs®  
*GENERIC SECTION -- NO WRITING REQUIRED*
- Sport Partnerships  
*GENERIC SECTION -- NO WRITING REQUIRED*
- Other Special Olympics Volunteers  
*GENERIC SECTION -- NO WRITING REQUIRED*
- Coaches Training and Certification  
*GENERIC SECTION -- NO WRITING REQUIRED*

#### **Materials**

*Official Special Olympics Summer Sports Rules Book -*

This Publication provides specific information on the Special Olympics rules that govern summer sports, especially noting the adaptations and modifications of the national governing body rules used for Special Olympics sport specific competitions. Available through your Chapter or national program office.

*Special Olympics Unified Sports Handbook and Guidebook-*

These publications assist coaches and local programs in organizing and developing an effective sailing Unified Sports Program. Available through your Chapter or national programs office.

*Start Sailing Right*

This book by Derrick Fries is the official “learn-to-sail” book of the United States Sailing Association and Red Cross. It provides easy to follow principals and mechanics of sailing. From U.S. Sailing (Box 209, Newport, RI 02840).

*Let's Go Sailing -*

This book by Peter Isler is an introduction to small boat sailing. It is a very concise step-by-step presentation. From American Sailing Association (13922 Marquesas Way, Marina Del Rey, CA 90292).

*Teach Sailing the Fun Way -*

This book by the Training Committee of the U.S. Sailing Association provides many useful games and drills which will be a great aid to the coach. From U.S. Sailing (Box 209, Newport, RI 02840).

*International Yacht Racing Rules -*

These are the official sail racing rules of the international governing body (IYRU) and the United States national governing body (U.S.S.A.) From U.S. Sailing (Box 209, Newport, RI 02840).

*Sailing Smart -*

This book from Budy Melges and Charles Mason presents techniques, tactics and strategies for racing. From U.S. Sailing (Box 209, Newport, RI 02840).

**Sailing Organizations**

*American Red Cross -*

The ARC is a resource for safe boating information. They also provide training in CPR and First Aid. Contact ARC, National Headquarters, Washington D.C. 20006

*International Yacht Racing Union -*

This is the International Governing Body for the sport of sailing.

*Special Olympics International (SOI) -*

SOI is the international headquarters and governing body for Special Olympics. Contact SOI at 1325 G Street N.W., Washington, D.C. 20005 (202) 628-3630

*U.S. Sailing Association -*

USSA is the national governing body for Sailing. A member of the IYRU, the USSA provides a certification program fro racing officials. Contact USSA at P.O Box 209 Newport, RI 02840, (401)849-5200

**C. Recruiting Athletes**

*GENERIC SECTION -- NO WRITING REQUIRED*

Sailing is not a sport for all athletes. A person who is not well suited to the sport of sailing or water should not be allowed to compete in competition. Before allowing an athlete to compete in sailing, the following questions should be posed to the athletes to determine their compatibility:

- q Do I like being in and on water?
- q Can I make quick, important decisions?
- q Do I like being on a team?
- q Can I swim for 25 meters while wearing a PFD?
- q Have I been seizure free ( with medication) for two years.

**D. Recruiting Unified Sports® Teammates**

*GENERIC SECTION -- NO WRITING REQUIRED*

E. Recruiting Assistant coaches  
*GENERIC SECTION -- NO WRITING REQUIRED*

F. Retaining Athletes and Coaches  
*GENERIC SECTION -- NO WRITING REQUIRED*

**G. Clothing and Equipment**

To train and compete successfully in sailing, the athlete must be comfortable. Controlling a sailboat requires a person to perform a wide range of motions. Therefore, it is pertinent that the athlete wear clothes which are not restricting. The weather often dictates what clothes are appropriate when training or competing. **NOTE:** *Land temperature may be significantly higher than the temperature while on the water.*

When sailing in warm weather, athletes should wear light clothing which will retain body heat and reflect the sunlight. Light colored material will reflect sunlight most effectively. If cooler weather is at hand, sailors should attempt to dress in layers. Lightweight jackets, sweaters and long underwear will help keep the body warm. *Don't be afraid to overdress on cooler days.*

It is important to protect the head, face and eyes of the athletes. A maximum protection sunscreen will serve as a barrier to the ultraviolet rays of the sun. These harmful rays are present in direct sunlight and also in reflections from the water surface. Be sure that all athletes apply the sunscreen prior to the start of the sail.

A HAT will protect in two ways. In cool weather, a hat will retain any body heats which is lost through the head, and keep athletes warm. Alternately, in warm weather, a hat will keep th esunlight off the athlete's face.

High quality SUNGLASSES, which offer ultraviolet protection, are important. Not only will they block the sun, but they will also serve as a barrier between spray water and eyes.

Boat decks will become wet and slippery. Athletes must have shoes which have non-skid soles to prevent slipping on the boat. A comfortable, non-restricting fit is important to keep the foot from sliding around. In cold weather, waterproof boots will keep the feet warm and dry.

Sailing involve working with ropes and knots and therefore hand protection is important. Proper SAILING GLOVES will prevent rope burn and provide strong gripping.

**Outer Layers**

Foul weather gear should be chosen depending on existing weather conditions. Specific articles of gear will offer protection in a variety of ways. Depending on existing conditions, it is important to choose the clothing which will prevent HYPOTHERMIA most effectively.

Hooded waterproof jacket in combination with suspended pants - Allows you to cool down by removing either the jacket or the pants.

A one-piece waterproof dinghy suit - not removable for cooling purposes.

Wet Suit - Allows water to filter through and get heated by body warmth. Will keep you warm, but not dry.

Dry Suit - A one-piece, insulated outfit which will keep you dry and warm.

Safety of the athletes is the number one priority of Special Olympics Sailing programs. All involved participants of a Special Olympics Sailing Team must wear a Personal Flotation Device when they are near or on the water. This include coaches and athletes as well as support staff. Under United States Coast Guard classifications, all persons should use a type 2 or a type 3 Personal Flotation Device.

Type 2 flotation device is a yoke-style vest with an open back. It has at least 15.5 pounds of buoyancy with modest righting moment. Although effective, this is not extremely comfortable to wear.

Type 3 flotation device is a full body vest with at least 15.5 pounds of buoyancy. A type 3 device is comfortable and is recommended for dinghy sailing.

A whistle should be attached to each vest. In case of emergency, athletes blow whistle to indicate position and give message of being conscience.

## EQUIPMENT

**The Boat:** Any dinghy class, catamaran or day sailor to 24 feet in length is appropriate. This is provided that the boat is able to accommodate a unified team. *NOTE:* The Safety Officer will always be on-board every boat that is competing and should be included in the crew count. Depending on the boat manufacturers recommendations, the boat should be equipped with a spinnaker. **Prior to every training session or competition race, the coach must inspect the boat for safety.**

**Chase Boat:** A small power boat must be on hand at all times. This boat will carry personnel who are trained to rescue in the event of emergency. If the sailboat capsizes, breaks down or if a passenger is injured, the chase boat staff will provide assistance.

**Floating Marks:** Floating devices which will mark off a training area or label turning points in a race. These devices need to be large enough to be recognized by any one who is on the water.

**Safety Officer (S.O):** Although not a piece of typical equipment, this person is a required part of a successful sailing program. The safety officer should be an accomplished and knowledgeable sailor. The responsibility is insure that the athletes are safe at all times, even in the event of an accident.. The safety officers are allowed to assist coaches during training sessions. They act in a way that will help avoid hazardous and potentially hazardous situations.

**Communication:** If possible, each boat should have a handheld two-way radio on the boat. This is used to communicate with the coaches, the chase boat or dock. A bullhorn may also be used.

**Clipboard/Training Session Plan:** Once the session is underway, it may be easy to forget what is next on the itinerary. To be sure not to forget the plan, a clipboard will keep everyone focused.

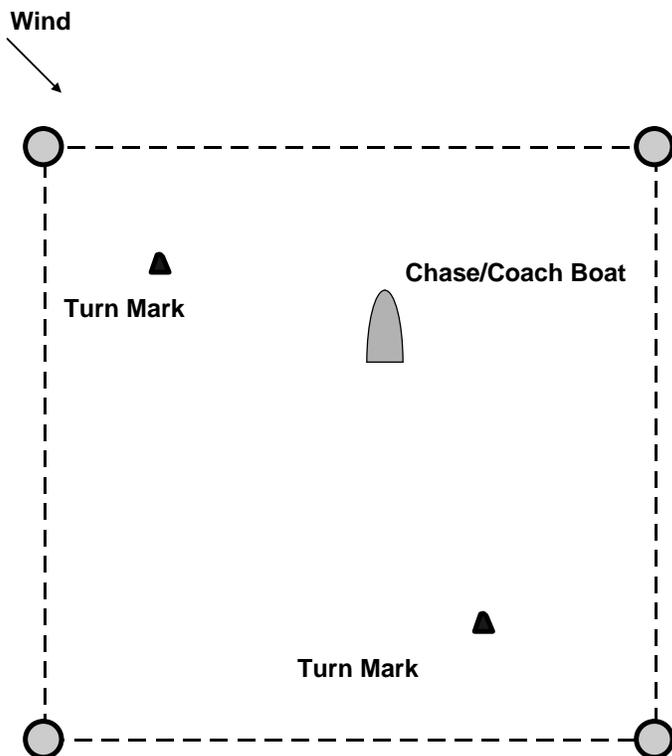
**Current Medicals:** current medicals must be accessible for every Special Olympics athlete during both training and Competition.

## THE VENUE

The training area:

The training area where on-the-water training takes place. This area should be a replication of the competition area. A location with little boating traffic is necessary

- q The training area should be close and easily accessible from the boat launch site.
- q There must be a safety/chase boat present at all times.
- q All safety procedures must be adhered to during all phases of training and competition.
- q The training area should be large enough to accommodate all participating boats, but small enough for easy accessibility by the safety/chase boat.
- q The four corners of the practice area must be clearly marked and identifiable.
- q There should be two turn marks set in the training area.



I. Coach's Safety Checklist

J. **Developing a Season Plan**

It would be a tremendous financial burden on a chapter or an area to start a program on their own. They must rely on yacht clubs and racing associations for help. The director must be sport knowledgeable in order to have a successful program. This individual must have the ability to work well with other people because development and management are dependant on solid communications lines between several organizations. Special Olympics International and the United States Sailing Association are excellent resources in locating potential development partners. These clubs can provide everything which will be needed: coaches, boats and equipment. The type of boat used should be capable of being towed. A large portion of the training can occur on dry land and having the boat there will allow for a longer training session.

**Day 1**

- Introduction to the Personal Flotation Device and other safety rules
- Skills Practice: Boarding and Leaving the boat
- Introduction to the forces of the wind
- Introduction to knot tying

**Day 2**

- Review Safety
- Review knot tying
- Rig the boat
- Identify boat parts

**Day 3**

- Review safety
- Review knot tying
- Rig the boat
- Review boat parts
- Introduction to crew work

**Day 4**

- Review safety

Review knot tying  
Rig the boat  
Review crew work  
Introduction to points of sailing

#### **Day 5**

Review safety  
Review knot tying  
Rig the boat  
Review boat parts  
Review crew work  
Review points of sailing  
Introduction to the rules of racing

### **SECTION III -- TEACHING THE SKILL OF THE SPORT**

#### **A. Planning a Training Session**

This training program has been developed for coaches who are sport knowledgeable. Coaches shall have acceptable practical knowledge of the sport of sailing and be experienced racers. There are inherent risks to this sport which necessitates the coach being safety conscious at all times. The coach is also a role model. The way in which he/she approaches this sport and sportsmanship in general will set the tone for the team.

The boats shall be dinghy class boats or day-sailor racing class. They shall be either monohull or catamarans. The exact boat to be used shall be determined by the following factors: availability of boat, boat knowledge and experience of the coach and the size of the crew team. The boats shall be sloop-rigged spinnaker equipped for level @ competition.

As a Unified Sport, each team will be comprised of equal numbers of athletes with and without mental retardation or cognitive delays. If a 16-foot catamaran is the type of boat, then there will be one athlete with mental retardation and one partner. If an 18-foot day sailor is used and it is a four-member crew, the team will consist of 2 athletes and 2 partners. A level 3 team will consist of only athletes with mental retardation.

Teams can be composed of both males and females. All members of a team will train together, but the coach will allow for individuality among the crew members. All athletes will learn at their own level; Review and repetition will help solidify lessons.

This training program is divided into two parts: Dry land training and On-the-water training. All aspects of sailing should be taught on land before training on water. This ranges from merely boarding the boat to tacking. There is no set minimum number of training sessions, but more time and effort spent training will lead to a successful effort competing on the water.

Each section has suggested skills objectives and activities

B. Warming Up

C. Stretching

D. Basic Skills and Progression

#### **Skill Area 1 - PERSONAL SAFETY**

Objective: To learn to wear the appropriate clothing and apparel for existing weather conditions. The athlete will realize the importance of proper safety equipment and waterfront safety.

Activities: The coach will discuss the need for correct clothing. Examples of proper clothing for various weather conditions should be shown.

The coach will emphasize the importance of sailing gloves.

The coach will explain the need for hypothermia.

Proper selection of a PFD will be illustrated and demonstrated.

Proper safety procedures on boats and on a dock.

#### **Skill Area 2 - THE BOAT**

Objective: To identify the various parts of a sailboat and learn the purpose and function of each.

Activities:

Using a chart and a fully rigged sailboat, the athletes identify the following components of a boat with name cards.

Hull  
Stern  
Bow  
Transom  
Daggerboard  
Centerboard  
Fixed Keel  
Rudder  
Tiller

The athlete will learn the procedures of standing and running riggings on a fully rigged boat.

The athlete will learn the use of the halyards

The athletes will learn the use of blocks.

The athletes will change the position of the ?????????? by using the sheets.

The athlete will learn the proper names of the sides of the boat

Port Starboard

*NOTE:* The starboard sheets should be green, the port red and the main sheet a neutral third color.

### **Skill Area 3 - TYING KNOTS AND USING LINES**

Objective: The athlete will learn to tie important knots and to distinguish between different lines.

Activities

Using hand-on-hand method, the athlete will learn to tie a figure-8 knot.

Using hand-on-hand method, the athlete will learn to tie a bowline

The athletes will learn to identify the different lines used on a boat and their color coding.

### **Skill Area 4 - RIGGING AND DE-RIGGING**

Objective: The athletes will learn how to set up and take down the equipment of a boat.

Activities

Lay all material and equipment necessary for rigging on the ground.

Athletes will identify each component by name and by purpose.

Athletes will point the bow into the wind.

At the coach's instruction, the athletes will rig the boat.

The athletes will rig and de-rig the boat without assistance from coach.

The athlete will stow all equipment in the proper manner and the proper place.

### **Skill Area 4 - SENSING THE WIND**

Objective: In order to understand how the boat moves, sailors must understand the wind. The athletes will learn that the wind is their power. They will also learn that keeping the boat in contact with the wind will keep it moving, and that how they feel the wind hitting them will dictate how to set the sails.

Activities:

Athletes stand facing the wind.

The athletes should look for signs of wind direction: flags blowing, position of moored boats, ripples on water.

The athletes will point the bow of the boat into the wind.

The athletes will turn the boat so that the wind will be at the side of the boat.

The athletes will turn maneuver the boat so the wind is coming from the stern.

### **Skill Area 5 - WIND AND SAILS**

Objective: The athletes will learn that the wind moves the boat. They will learn how to adjust the sails depending on how the wind is hitting the boat.

*NOTE:* This skill is to be coached while on land, not on the water.

Activities

Using chart paper, the coach will explain the no-go zone and the points of sailing.

The athletes will rig the boat.

The athletes will sit on the windward side of the boat.

The athletes will sense the wind while sitting on the boat.

Upon direction from the coach, the athletes will move the position of the sails, This will illustrate the pressure which the wind puts on them.

The athletes will adjust the sails for the various points of sailing

### **Skill Area 6 SAILING**

Objective: The athlete will learn the proper technique for tacking and jibbing.

Activities

The athletes will rig the boat.

The athletes will learn proper care positions on the boat.

The athlete will review points of sailing.

The athletes will learn how to change directions while sailing.

The athletes will learn proper way to hold and control sail sheets and prevent entanglements.

The athletes will learn correct procedures for tacking jibbing. Coaches physically lead the athletes through this procedure one step at a time.

### **Skill Area 7 - CREW ROLES**

Objective: To learn the crew system and how each member plays a vital role in sailing of a boat.

Activities

The athlete will learn the role of the skipper.

The athlete will learn the role of the helmsmen

The athlete will learn the role of the sail trimmer.

### **Skill Area 8 - SAILING ON THE WATER**

Objective: The athletes will learn the proper sailing techniques.

*NOTE:* The entire sailing team should be together for these on-the-water activities. This must include the safety officer/coach.

Activities

The team will rig and launch boats.

The athletes will be taken for a pleasure sail by the partners.

The skipper will review crew roles and responsibilities.

the team will practice a series of tacks.

The team will practice a series of jibs.

The team will sail a specific course which brings all points of sailing together.

The athletes should receive physical assistance in sail trimming. The team should start with short period of tiem on the water and increase as athletes' confidence increases.

**Skill Area 9 - ON THE WATER LEVEL 2**

*NOTE:* Do not use the Level 2 training until the team is confident and capable at Level 1 sailing.

Objective: To learn to steer and use a spinnaker.

Activities

Using hand on hand assistance, the athlete will learn to steer the boat.

The team will set and use the spinnaker

**Skill Area 10 - CAPSIZE PROCEDURES**

Objective: To learn to work with other team members on how to right the boat.

Activities

The entire team will spend time swimming and treading water while wearing the PFDs

The skipper will conduct a controlled capsize.

The team will perform a recovery.

*NOTE:* The skipper and partner crew members will take primary responsibility for the recovery. Athletes should not be involved in walkover, unless the confidence is there. A safety boat must be on station when doing capsize drills.

**Skill Area 11 - RACING**

Objective: To gain knowledge which is necessary for successful and safe racing.

Activities

The athlete will learn to identify the race course.

The athlete will learn race start procedures.

The athlete will learn to locate turning marks.

The athletes will learn crew roles and procedures.

- \_ Assessment of Each Athlete's Current Skill Level
- \_ Steps to Teaching Each Skill

- Tools and or Hints to Help the Teacher/Coach, including Adaptations and Modifications
  - Drills
    - Low Ability Level
    - Intermediate Ability Level
    - High Ability Level
- E. Individual Competition Events
- Assessment and Matching Athletes and Events
  - Combining Component Skills into Complete Events
  - Teaching Strategies
  - Drills
    - Low Ability Level
    - Intermediate Ability Level
    - High Ability Level
- F. Team Play
- Assessment and Selecting an Appropriate Position for Each Athlete
  - Combining Component Skills to Play the Game
  - Teaching Game Concepts, Positioning, and Strategies
  - Drills
    - Low Ability Level
    - Intermediate Ability Level
    - High Ability

#### **SECTION IV -- IMPROVING ATHLETE PERFORMANCE**

- A. Strength and Conditioning Activities
- B. Cross Training Suggestions
- C. Nutrition  
*GENERIC SECTION -- NO WRITING REQUIRED*
- D. Care of Common Minor Injuries and the Prevention of Injuries

##### **Hypothermia**

When you are sailing in cold weather, the combination of cold temperatures and cold water can cause a life-threatening condition if you are not dressed properly. Hypothermia occurs when the body is subjected to prolonged cold temperatures. The most common cause of hypothermia is exposure to cold water, though extended exposure to cold air can also be dangerous.

Look the signs and symptoms of hypothermia. Be aware of these signs when you or someone else has been in cold water, such as during a capsized or in a man-overboard situation.

The physical symptoms of hypothermia may vary, since age, body size and clothing will cause individual difference. Medical assistance should be given to someone with hypothermia. Until medical assistance arrives, these steps should be taken:

Move the afflicted person to a warm place and handle gently.

Remove all wet clothing.

Warm the body gradually.

Cover with blankets or sleeping bags and insulate from cold.

If the person is fully conscious and can swallow, give him/her something warm to drink, like a warm broth. If the person is not fully conscious, don't give any food or drinks.

### **Heat Emergencies**

Although most sailors do not think heat emergencies are common, they do occur. On hot, humid days without a breeze, anyone may be affected by the heat. People who are especially susceptible to heat related problems are the very young, very old, chronically ill, overweight, those who work in hot places and athletes. They may suffer heat stroke, heat exhaustion or heat cramps.

Drinking water at regular intervals and cooling off through supervised swimming activities are primary defenses against heat emergencies. Wearing light, airy clothing with a hat and sunglasses can also help prevent heat emergencies.

In a teaching situation under conditions that could cause heat emergencies, it is a good idea to include cooling-off activities such as practicing capsizing procedures.

**Heat Stroke** is life threatening. Any one afflicted with heat stroke needs to be cooled down. First aid includes:

Moving the person to a cool environment

Cooling the person rapidly by immersing the person in a cold bath wrapping wet towels or sheets around the body.

Contacting medically trained people.

Not giving the person anything to eat or drink.

**Heat Exhaustion** is less dangerous than heat stroke. If the signs and symptom are evident, caring for the person includes:

Moving the person to a cool environment.

Caring for shock by placing the person on his/her with the feet elevated about 10 inches.

Removing or loosening the person's clothing.

Applying wet towels or sheets.

Giving the person 1/2 glass of cool water every 15 minutes if he/she is fully conscious and can tolerate it.

**Heat Cramps** are painful spasms of skeletal muscles. They are believed to be caused by a loss of salt and fluids when a person sweats heavily. Care includes having the person rest in a cool area, providing cool water, and lightly stretching the muscle and massaging the area.

## **SECTION V -- GETTING READY FOR COMPETITION**

A "Notice of Race" should be posted by the host organization at least **EIGHT** weeks prior to the sailing regatta. This notice must answer the following logistical questions regarding the race.

What type of Regatta

When is the race taking place?

How can register for the race?

Description of the offered events:

What type of boats will be used?

Will any boats be provided?

How many members compose a team.

How are the Special Olympics sailing races divisioned for equal levels of competition.

What set of rules will govern the race.

What is the Special Olympics low-point scoring system.  
When will the divisioning be done?

Alternative Penalties - Instead of 720, one 360 is more appropriate.

Sailing Instructions - Rules must be mailed to participating teams 4 weeks before race.

Equipment Needed - List personal and boat gear/equipment which is typically needed in a regatta.

Planning Ahead:

Once coaches receive the Notice of Race, they can do their planning with specific attention to the following:

- q Do we need to take our own boat?
- q Do we need to take safety officers?
- q How will we travel to the competition
- q Where will we arrange to house ourselves during the competition.
- q What personal gear do we need to take?
- q What boat equipment do we need?

### **SAILING INSTRUCTIONS**

The regatta organizers will send "Sailing Instructions" to every coach. These instructions explain rules and procedures which are applicable to the race. Any modifications to rules of the International Sailing Federations will be stated in these instructions. All sailing instructions must include detailed sections on the following topics.

- q Safety
- q Racing/Divisioning Rules
- q Levels of Competition
- q Notices/Changes/Team Meetings
- q Signals Made Ashore
- q Schedule of Races
- q Race Starts/Starting Sequence
- q Recalls
- q The Course
- q Start/Finish Lines
- q Return from a Race
- q Alternate Finishes
- q Protests
- q Scoring
- q Yachts
- q Breakdown Requests
- q Breakdown Award
- q Special Notes
- q Boat Turning Sheets

### **CONDUCTING A REGATTA**

These procedures will make for a successful competition

Secure a Yacht Club/ Sailing Association to host the event. These organization can provide everything needed - Boats, Safety Officers, Race/Protest committee, Equipment, and facilities.

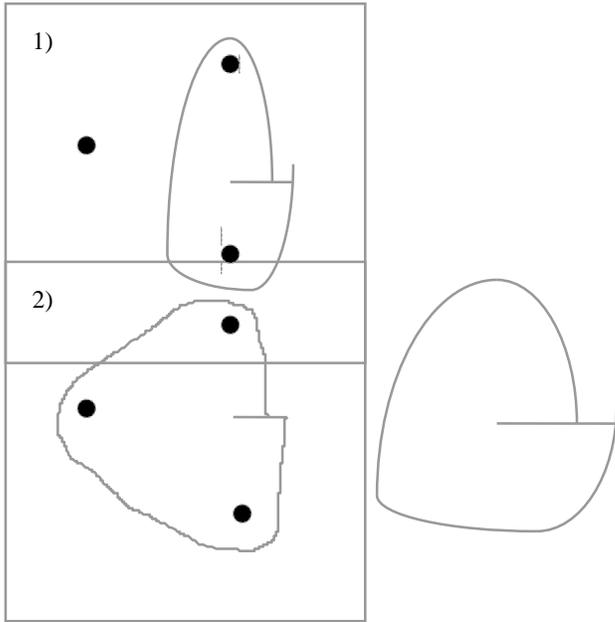
Select a date - Make sure to pick a Date which will not conflict with the partners regular racing schedule.

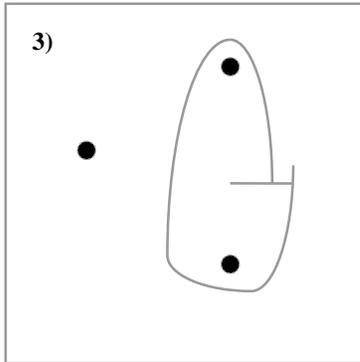
Decide on length of Regatta - either one-day, 3 race regatta or a two-day, 6 race regatta.

Volunteers - Designate all volunteers to be either on-water or on-shore. Keep the responsibilities of these groups independent.

Publish and send out the notice of Race and the Sailing Instructions.

On-Shore Logistics - Depending on the length of the regatta, the number of teams and the facility, plan on-shore logistics accordingly. Once the determination is made in relation to these above factors, the volunteers can plan for food, living accommodations, social and other non-rainy activities.





### **ON-WATER LOGISTICS**

The race committee is supplied and trained by the host organization of the regatta.

There should be at least three, inflatable chase boats on the race course which are available to lend assistance to participating boats. They might help a distressed boat who has capsized or help an athlete who was injured.

There should be a Mark Boat located at each turning point in the course. These boats should be 17-19 feet long and available for setting marks and assisting in case of an emergency.

The race equipment used during the race is supplied by the host organization.

The following parties should be supplied with a UHF radio tuned into a channel specific to the race course:

- The Committee Boat
- Chase Boats
- Mark Boats
- The Beach Captain

A medical team should be on hand at all times!

\_ Follow Up

#### **B. Divisioning in Special Olympics (Sport)**

\_ Sample Scripts for Opening, Closing and Awards Ceremonies  
*GENERIC SECTION -- NO WRITING REQUIRED*

\_ Sample Script for Announcer during a (Sport) Competition

### **SECTION VI -- OFFICIAL SPECIAL OLYMPICS RULES FOR (SPORT)**

#### **A. Official SOI Rules**

*INFORMATION ALREADY CREATED -- NO WRITING REQUIRED*

- B. Assessment and Matching Athletes and Events
- C. Combining Skills and Providing Strategies to Teach Individual Competition Events
- D. Scorecards/Scoresheets
- E. Roster Sheet

**SECTION VII -- ADDITIONAL RESOURCES**

- A. (Sport) Home Training Program
- B. Glossary of (Sport) Terms
- C. Criteria for Advancement  
*GENERIC SECTION -- NO WRITING REQUIRED*
- D. Life Benefits of Special Olympics  
*GENERIC SECTION -- NO WRITING REQUIRED*
- E. Infusion Chart
- F. Sample Medical Form  
*GENERIC SECTION -- NO WRITING REQUIRED*
- G. Sample Certification Form  
*GENERIC SECTION -- NO WRITING REQUIRED*
- H. Sample Athlete Skills Development Record  
*GENERIC SECTION -- NO WRITING REQUIRED*
- I. Sample Portion of an Individualized Education Program (IEP) Form
- J. Materials Order Form  
*GENERIC SECTION -- NO WRITING REQUIRED*