

## MedFest Benefits

- Offers a free sports physical, and other health screening services to people with intellectual disabilities (ID);
- Provides individuals with ID who are not yet Special Olympics athletes the means to become Special Olympics athletes;
- Provides individuals who are already Special Olympics athletes the means to remain athletes by supplying the necessary re-qualification physical examination;
- Provides members of the medical community with training and specialized experience in the examination and assessment of people with ID;
- Fosters partnerships between Special Olympics and local school and health systems; and
- Links MedFest sponsors to the volunteer community.



Special Olympics is an international nonprofit organization dedicated to empowering individuals with intellectual disabilities to become healthy, productive and respected members of society through sports training and competition. Founded in 1968 by Eunice Kennedy Shriver, Special Olympics provides year-round sports training and competition to over 2.5 million children and adults with intellectual disabilities in more than 175 countries. Special Olympics provides one of the world's greatest platforms for acceptance and inclusion for all people—regardless of race, religion, ethnicity or cultural differences.

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*Created by the Joseph P. Kennedy Foundation for the Benefit of Persons with Intellectual Disabilities.*

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Healthy Athletes  
**MedFest**

**EXPANDING THE  
PLAYING FIELD**





## MedFest Overview

More than 2.5 million Special Olympics athletes in more than 175 countries participate in games and events organized by Special Olympics each year. But before they lace up their skates, put on a swimsuit, or step on the playing field, Special Olympics athletes are required to have a comprehensive sports physical.

MedFest offers Special Olympics Programs a fast and effective way to recruit new athletes and retain existing athletes by offering free sports physicals. Screenings assess blood pressure, temperature, pulse, height, weight, body mass index, vision, hearing, medical history, potential medication side effects and general physical health.

MedFest is a highly flexible program. It can be held at a Games event, or as a standalone event. It can occur by itself, or in conjunction with other Healthy Athletes disciplines. MedFest can even be combined with standardized sports skills assessments in order to provide maximum health and sports benefits to Special Olympics athletes.

It can take anywhere from two months to one year to coordinate a MedFest event. The following outlines the key components of bringing MedFest to your community.

## Bringing MedFest to Your Community

### Special Olympics Programs

The Program is responsible for the implementation and coordination of the MedFest event.

### Clinical Directors

The Clinical Director is responsible for supplying clinical expertise to the Special Olympics Program, securing and training clinical volunteers, as well as implementing the clinical protocols set forth by the Global Medical Advisor for MedFest.

### Community Partnerships

Community partnerships help locate and transport athletes, provide volunteers for the event and provide other necessary resources such as funding or equipment.

### Grants

Opportunities for grant assistance exist to help support the initiation and development of MedFest events worldwide. The capacity grants offered by Special Olympics provide a source of funding for Programs to pay for equipment, supplies and coordination.

*"What began as an idea to help special needs athletes get their pre-participation exams became one of the most successful volunteer campaigns in our history."*

Dr. Raymond J. Saputelli  
MedFest Volunteer

*"Some doctors act like they are above you. She [Dr. Stephanie Kaliner] treated me like she has known me for a long time."*

Tyler Sinnwell  
Special Olympics Athlete  
New Jersey, USA