**Volunteer Pathways**

**Parents, Caregivers & Siblings**

Special Olympics offers the perfect platform to become an engaged sibling, parent or caregiver! Explore some options below.

**Parent and Caregiver Pathway**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Parent and Caregiver Pathway** |  |
|  |  | **Support:** |  |
|  |  | * Cheer on your athlete at practices and competitions.
* Take time to meet your athlete's coach, ask questions, and learn about Special Olympics.
 |  |
|  |  |  |  |
|  |  | **Volunteer:** |  |
|  |  | * Volunteer at local Special Olympics events.
* Assist with health screenings and education at Healthy Athletes® events.
* Officiate at Special Olympics sporting events.
 |  |
|  |  |  |  |
|  |  | **Participate:** |  |
|  |  | * Participate in or lead a Young Athletes Program for children ages 2-7.
* Be a Unified Sports® partner with your athlete.
* Become a Special Olympics coach.
* Use your expertise to support your local Special Olympics office (ex: media, IT, graphic design, fundraising, etc.).
* Attend or support the planning of a Family Health Forum
* Become a Healthy Athletes® Clinical Director
 |  |
|  |  |  |  |
|  |  | **Get Fit:** |  |
|  |  | * Join a Unified Fitness Club to get fit with athletes and supporters.
* Compete in the 6-week Fit Families challenge.
* Join SOfit, an 8-week Unified Program that teaches fitness and holistic wellness.
 |  |
|  |  |  |  |
|  |  | **Connect:** |  |
|  |  | * Join or initiate a Special Olympics Family Support Networks to share ideas and experiences with other siblings and family members.
 |  |
|  |  |  |  |
|  |  | **Advocate:** |  |
|  |  | * Spread inclusion in your community as a trained Family Leader.
* Become a Special Olympics Program leader.
* Work with your Special Olympics Program leadership to advocate to governments for inclusive education.
 |  |

**Sibling Pathway**

Sibling Pathway

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Support:** |  |
|  |  | * Cheer on your sibling at practices and competitions.
 |  |
|  |  |  |  |
|  |  | **Volunteer:** |  |
|  |  | * Volunteer at local Special Olympics events.
* Assist with health screenings and education at Healthy Athletes® events.
* Officiate at Special Olympics sporting events.
 |  |
|  |  |  |  |
|  |  | **Participate:** |  |
|  |  | * Participate in or lead a Young Athletes Program for children ages 2-7.
* Be a Unified Sports® partner with your sibling or other athlete with disabilities.
* Join the Special Olympics club/society/student group at your university.
* Become a Special Olympics coach.
* Attend or support the planning of a Family Health Forum.
 |  |
|  |  |  |  |
|  |  | **Get Fit:** |  |
|  |  | * Join a Unified Fitness Club to get fit with athletes and supporters.
* Compete in the 6-week Fit Families challenge.
* Join SOfit, an 8-week Unified Program that teaches fitness and holistic wellness.
 |  |
|  |  |  |  |
|  |  | **Connect:** |  |
|  |  | * Join or initiate a Special Olympics Family Support Network to share ideas and experiences with other siblings and family members.
 |  |
|  |  |  |  |
|  |  | **Advocate:** |  |
|  |  | * Spread inclusion in your community as a trained Family Leader.
* Become a Special Olympics Program leader.
 |  |
|  |  |  |  |