



Getting Started Checklist

Unified Sports Recreation Style

- 1. Meet with the Unified Champion School Leadership Team** to discuss getting a Unified Sports activity started in your school. Develop a timeline for recruiting participants, organizing, and preparing for the activity.
- 2. Contact your state Special Olympics office** to begin the process of starting a Unified Sports activity at your school.
- 3. Choose the sport/activity** that the school will implement and when/where it will take place.
- 4. Recruit an adult sponsor/coach and identify others** who can support the activity.
- 5. Have coaches complete the training required** by your state Special Olympics office. A free online course on Coaching Special Olympics Unified Sports is available at <https://nfhslearn.com/courses/coaching-unified-sports>.
- 6. Recruit participants with and without intellectual disabilities.** Ensure that there will be a meaningful role for each student who is interested in participating.
- 7. Ask interested students/parents** to complete and submit required participation forms in a timely manner.
- 8. Establish a schedule** for when and where the activity will take place.
- 9. Address transportation, equipment, uniform, and facility needs,** if necessary.
- 10. Conduct team orientation meeting** (which may involve parents).
- 11. Get together regularly** to have fun, develop sports and fitness skills, and build friendships.
- 12. Use the school's website or social media** to post photos, videos, and stories about the team.