

# ATHLETE LEADERSHIP

## 1. STAY CONNECTED WITH ATHLETE LEADERS AND COMMUNITY



- Fitness exercise videos - [Watch Johanna from SO Austria](#)
- Tips for things to do at your house - [Watch Hanna from SO Colorado](#)
- Sport training - [Watch Haseeb from SO Pakistan](#)
- Inspiring messages - [Watch Ian from SO Great Britain](#)
- Record a podcast or post about your at home experience - [Check out #SpecialChronicles](#)

## 2. EDUCATE ATHLETES ON HEALTH TOPICS

- Share Special Olympics videos - [Watch Kiera from SO Great Britain](#)
- Take the e-learning COVID-19 course on SO Learn. [Set up your account.](#)
- Promote hand washing - [Watch Nyasha from SO Zimbabwe](#) and [posters](#)
- Share tips for keeping a [Strong Mind](#) and maintaining [healthy sleeping](#)
- Sharing existing [resources around COVID-19](#) encouraging individuals to follow the direction of local health officials, the CDC and the WHO

## 3. CONNECT WITH ATHLETES TO STAY HEALTHY AND ACTIVE

- Introduce different activities for each day of the week like Motivation Monday or Throwback Thursday
- Post workout videos on social media to motivate each other
- [Fit 5 resources](#)
- [Tracking your fitness at home](#)
- Use [School of Strength](#) training as a guide
- Schedule time to do a virtual group workout at home



## 4. SUPPORT YOUR PROGRAM AND FELLOW ATHLETES

- Host team meetings and Athlete Input Council meetings online
  - Discuss the impact this pandemic may continue to have on Programs (local, state, national)
- Set up a group text with your sports team
- Athletes can host live sessions on Instagram or Facebook to facilitate discussions
- Develop ideas for how to support the state and country staff when programming resumes



# SOCIAL MEDIA GUIDANCE



INDIVIDUALS USING PERSONAL SOCIAL MEDIA CHANNELS TO REPRESENT SPECIAL OLYMPICS DURING COVID-19, SHOULD BE USED FOR:

- Information and education around coronavirus, leveraging the approved messaging provided by SOI communications.
- Sharing existing resources around COVID-19 like the [FAQ](#) or this [infographic](#) and encouraging individuals to follow the direction of local health officials, the CDC and the WHO.
- Sharing media highlights of Special Olympics athletes and leaders providing valuable contributions to our communities, like [The TODAY Show clip](#)
- Sharing resources on how to engage with [School of Strength](#) and [Fit5](#) programming to keep athletes active and connected.
- Sharing existing [resources](#) from programming in Health, Sports, Education and Athlete Leadership as shared by those programmatic teams or as shared on @SpecialOlympics.
- Amplifying [positive messages and actions](#) being shared by athletes, family members, coaches and volunteers on their personal social media channels. Try to tag @SpecialOlympics or use #ChooseToInclude so SOI can help amplify further.
- Sharing content from @SpecialOlympics platforms and other Program platforms.

## SAMPLE POSTS

- People with intellectual disabilities are more vulnerable to the effects of COVID-19. Together, we have the power to ensure no one is forgotten during this critical time around the world. Show your commitment to people with ID: [www.jointherevolution.org/pledge](http://www.jointherevolution.org/pledge). #InclusiveHealth
- Access to quality healthcare shouldn't depend on who you are. People with intellectual disabilities have more limited access to health services, despite being among the more vulnerable to COVID-19. See how you can help our athletes stay safe: <http://j.mp/3b2n75V>. #InclusiveHealth ([PAIR WITH CORONA INFO GIF](#)).
- On average, people with intellectual disabilities die 16 years younger than everyone else & are more vulnerable to the effects of COVID-19. See how you can help @SpecialOlympics athletes stay healthy & safe during these times: <http://j.mp/3b2n75V>. #InclusiveHealth ([PAIR WITH HANDWASHING GRAPHIC](#)).
- Social isolation can lead to increased depression & loneliness, especially for people with intellectual disabilities. During these difficult times, please keep @SpecialOlympics athletes in mind and check-in with a note or a phone call! <http://bit.ly/3b2n75V> #ChooseToInclude

## BEST PRACTICE EXAMPLES

- [SONY #VirtualHigh5 video](#)
- [Dr. Bazzano's fight for #InclusiveHealth](#)
- [#VirtualHigh5 tweet](#)
- [Kellen in the School of Strength](#)
- [Athlete encouragement video](#)
- [Caleb working the #Fit5 challenge from SOFL](#)
- [Strong Minds infographic](#)
- [SO Italia Video](#)

