



FUNfitness

at HOME

Program and Clinical Director Manual

Table of Contents

Overview of FUNfitness at Home	3
Introduction to Healthy Athletes®.....	4
Suggested Process for a Virtual FUNfitness Screening.....	4
Recruiting Athletes and Preparing for Guided-Assessment.....	5
Working with your Clinical Directors.....	6
Quick Tips for Implementation.....	7
Disclaimer.....	8
Guided-Assessment Instructions.....	10
Guided-Assessment Instructions.....	19
Guided-Assessment: Screening and Follow-Up Care.....	24
Guided-Assessment Materials and Process.....	25
Screening and Data Collection.....	25
Decision Flowchart for Implementation.....	27
Decision Flowchart for Education and Referral.....	28
Virtual Education	29
Developing a Virtual Education Session	30
Athlete Fitness Scorecard	31



Overview of FUNfitness at Home

INTRODUCTION TO HEALTHY ATHLETES®

Special Olympics Healthy Athletes® offers free health screenings and education to Special Olympics athletes in a welcoming, fun environment. Through participation in a Healthy Athletes® screening, athletes are informed as to their health status and advised of the need for follow-up care. In addition, information collected at the time services are provided has been invaluable for developing policies, securing resources, and implementing programs to better meet the health needs of athletes.

FUNfitness is the physical therapy discipline of Special Olympics Healthy Athletes® that addresses the ongoing health needs of our athletes. FUNfitness provides athletes the opportunity to be screened for flexibility, functional strength, aerobic fitness and balance. During these screenings physical therapists, physical therapist assistants, and physical therapist or physical therapist assistant students work with athletes and coaches to improve optimal function in sports training and competition, prevention of or reduced risk for injury and recommending exercises and other helpful strategies.

FUNfitness at Home allows athletes to receive some of these services without an in-person event. The virtual screening begins with a guided-assessment done at home, with the support of a parent and/or caregiver. Here, an athlete completes a series of fitness challenges that examine their strength, balance and flexibility. Results from these tests are recorded on the Results Form, and delivered to the local Special Olympics Program. The assessment results will then be read, and education, stretches and exercises will be provided in the areas of need.

SUGGESTED PROCESS FOR A VIRTUAL FUNFITNESS SCREENING

FUNfitness at Home is a voluntary option for any athlete and family/caregiver who is interested. As you know your athletes, the presentation of virtual FUNfitness should come from the Program. Following are suggested steps to completing a virtual FUNfitness screening.

1. Special Olympics Program notifies athletes and their families/caregivers of the availability of ***FUNfitness at Home***.
 - a. Emails/sends them the description of the virtual FUNfitness screening.
 - b. Requests that those interested contact the Special Olympics Program.
2. Special Olympics Program pre-screens those who are interested to determine:
 - a. Which athletes can manage self-testing with just written instructions.
 - b. Which athletes might need assistance of a PT to guide them through tests
 - i. Choose a Level for each athlete so both the Program staff and the PT/CD will understand possible barriers during the screening.

Screening Levels:

- Level 1
 - Athlete has no challenges with hearing, vision or comprehension (reading, writing, understanding)
 - Athlete has no issues with technology, space or equipment
- Level 2
 - Athlete has no challenges with hearing, vision or comprehension (reading, writing, understanding)
 - Athlete has issues with technology, space and/or equipment
- Level 3
 - Athlete has challenges with hearing, vision and/or comprehension (reading, writing, understanding)
 - Athlete has no issues with technology, space or equipment
- Level 4
 - Athlete has challenges with hearing, vision and/or comprehension (reading, writing, understanding)
 - Athlete has issues with technology, space and/or equipment

RECRUITING ATHLETES AND PREPARING FOR GUIDED-ASSESSMENT

Your Special Olympics Program is responsible for recruiting athletes to participate in this opportunity. Here are some steps to take when soliciting participants:

1. Deliver the Welcome Letter to your athletes via several methods so all athletes receive the information.
 - a. This notice will request that those interested contact you back.
 - b. Provide several methods for them to contact you (phone, email).
2. Review those who are interested to determine if the athlete/caregiver will be able to do the guided-assessment independently OR if they will require the actual virtual assistance of a FUNfitness Physical Therapy volunteer.

If athletes can manage self-testing with just instructions:

- Program delivers testing booklet and results form to athletes.
- After the athlete completes test, they send or email their Results Form back to Program. Program reviews sheet and determines follow-up care per the suggested Decision Tree.
- Athlete is encouraged to complete the [Online Healthy Athletes Satisfaction Survey](#) via Smartsheet.

If athletes might need assistance of a PT to guide them through tests:

- Program delivers testing booklet and results form to athletes.
- Program contacts Clinical Director(s) to schedule their assistance with the virtual screening. Suggest to schedule screenings on one

partial or full day to consolidate the time of the CDs. (see Tip Sheet for Zoom meetings). Once you have chosen a day or days and times, schedule those athletes who need virtual assistance.

- CD works with athlete to complete tests and fills out the Results Form. CD then reviews results and teaches athlete exercises to improve performance as indicated.
- CD sends results for Programs for data entry.
- Athlete is encouraged to complete the [Online Healthy Athletes Satisfaction Survey](#) via Smartsheet.

WORKING WITH YOUR CLINICAL DIRECTORS

Although ***FUNfitness at Home*** was primarily developed for the physical and mental well-being of the athletes, we also wanted a means to keep our Clinical Directors (CDs), seasoned volunteers and eventually student volunteers engaged with FUNfitness and with athletes during this time when actual screenings are not possible.

Some of the CDs and volunteers will be sheltering at home, but many have gone back to work in some socially safe capacity. In light of this situation, we suggest that if you are considering ***FUNfitness at Home*** that you contact your FF CD(s) to discuss the program and determine the best and most efficient manner to host this virtual event.

- For many physical therapy professionals, it might be easier to schedule several mornings or afternoons or a weekend day that will be devoted to either self-assessment or follow-up with athletes. It may help the volunteers to first share their availability, and you can schedule the individual athlete meetings for them. If your Program and CD(s) can decide on one screening period (i.e. a Saturday morning or afternoon), then it may be easier for the CD to block time and schedule athletes.
- Athletes can be scheduled every 40 minutes. This allows time for both the screening and the education.

Another challenge is the availability of computer internet access and the use of video call services (e.g. Zoom) for these athlete engagements. The CDs may not have this technology, so it is the responsibility of the Program to schedule the appointments for both athlete and physical therapist. Please be sure to provide some education surrounding how to use this technology if users are unfamiliar.

Finally, the Special Olympics Professional Liability Insurance has written a rider to extend coverage to physical therapists and physical therapy students who participate in virtual education. Please send the Hold Harmless form out to be signed by all professional and student volunteers so there is a record of who was involved.

QUICK TIPS FOR IMPLEMENTATION

- **Video Communication Service (e.g. Zoom)**
 - Set up a main room and multiple breakout rooms
 - Ensure that the CD/PT has adequate space to demonstrate tests and exercises, as needed
 - Have SO Program staff person administrating the main room and organizing the breakout rooms
- **Screen Set-Up**
 - Ideally, Program staff or a volunteer would do set-up with the athlete prior to entering the breakout room with the CD/PT. The CD/PT can also help the athlete do this at the beginning of the screening, but please note that it adds time to the session
 - Help athlete position camera approximately 11 feet away from the chair
 - This can be measured using a tape measure
 - Athlete or family/caregiver can walk five (5) normal steps from where the camera is positioned, and place the chair there
 - This should allow camera to stay in one place for the majority of the screening
- **Screen Flow**
 - We found the most efficient flow for the screening is as follows:
 - Timed Up and Go
 - Timed Sit to Stand
 - Modified Sit and Reach
 - Apley's Shoulder Scratch Test
 - Single Leg Stance
 - Timed Partial Sit-Up (on the floor by the chair)
 - For athletes who have limited mobility in their lower extremity and/or are wheelchair users, please consider completing tests in this order:
 - Apley's Shoulder Scratch Test
 - Seated Forward Functional Reach
 - Seated Push-Up Test
- **Data Collection**
 - An Excel spreadsheet has been provided to support data collection
 - It has worked best to have a team of the CD/PT and a Program and/or student volunteer in the breakout room with the athlete during the screen
 - The PT volunteer can focus on directing the athlete during the screening process and making the assessments
 - The Program/ student volunteer can record data

We are so excited for you to participate in *FUNfitness at Home!*



Disclaimer

Special Olympics (Program) Disclaimer- EXTERNAL

The virtual Healthy Athletes programming provided by Special Olympics (Program) is for health education, assessment and exercise purposes. These assessments, education and exercises are designed to help individuals better understand their health status and maintain good health. They are not a substitute for in-person care and should not replace any individual need to seek independent medical advice, assistance or care. Individuals may choose to exit from participation at any time and for any reason.

If you engage in this health education, assessment and exercise program, you agree that you do so at your own risk, are voluntarily participating in these assessments, assume all risk of injury to yourself, and agree to release and discharge Special Olympics (Program) and Special Olympics International from any and all claims or causes of action, known or unknown. In addition, you agree that information on your participation and health status may be collected, stored and shared in a secure format which protects your privacy.

Check the box to confirm that you agree

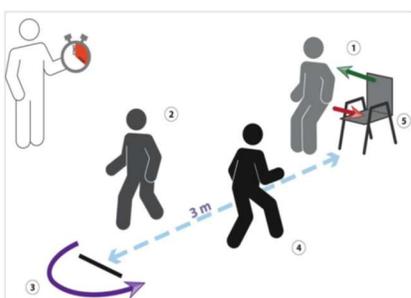


Guided-Assessment Instructions

Please use the following instructions when completing your guided-assessment. It may be helpful to review this guidance prior to the start of your assessment. If you do not have a ruler, we have included one on page 19 for you to use.

*Tests marked with an asterisk are appropriate for athletes who have limited mobility in their lower extremity and/or are wheelchair users.

Timed Up and Go Test



Score:

Time: _____ seconds

Unable to perform test.

What you need for the test:

- Sturdy chair
- Tape measure
- Stopwatch or timer

How to do the test:

- Athlete starts by sitting on the chair (hips all of the way to the back of the seat).
- Place a piece of tape or marker on the floor 10 feet from the chair so that it is easily seen by the athlete.
- Instructions: "On the word GO you will stand up, walk to the line on the floor, turn around and walk back to the chair and sit down. Walk at your regular pace."
- Start timing on the word "GO" and stop timing when the athlete is seated again correctly in the chair with their back resting on the back of the chair.
- The athlete wears their regular footwear, may use any gait aide (cane, walker, etc.) that they normally use when walking, but may not be assisted by another person.

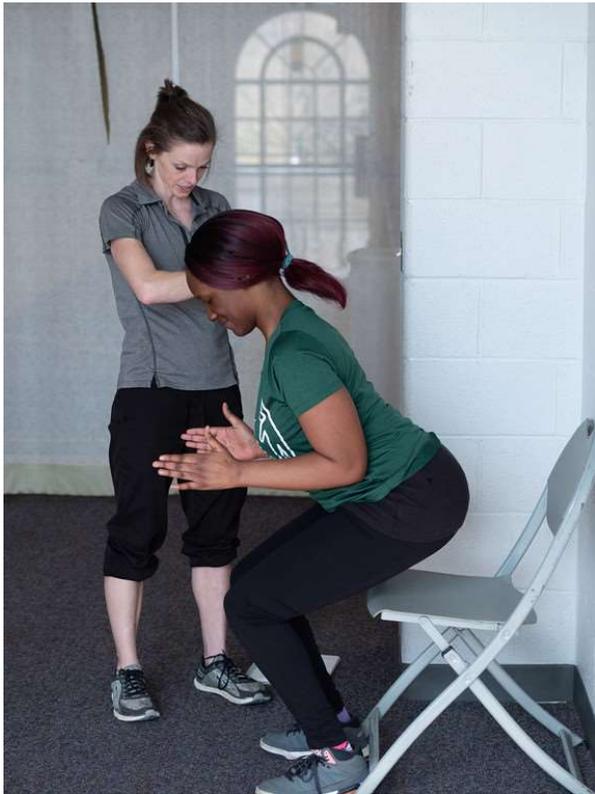
Tips for Safety:

- Position the chair against a wall so it does not move when the athlete does the test.
- Be cautious and close to the athlete when they turn to go back, and when they turn to sit in the chair.

How to record this test:

- Timer starts stopwatch when athlete begins to stand on the word "go."
- Timer continues until athlete sits down again in the chair, or declines to continue.
- Time to complete the stand, walk, turn, walk back, and sit again is recorded in seconds.
- **You are doing great if you finish the test under 14 seconds. Let us know if it takes longer or if you feel unbalanced.**

Timed Sit to Stand Test



Score:

Time: _____ seconds

Unable to perform test.

What you need to do this test:

- Sturdy chair
- Stopwatch or timer

How to do the test:

- Athlete sits tall on the chair. Feet should be flat on the floor with hips and knees at a 90-degree/right angle.
- Athlete positions their arms by their sides, with the elbows bent at a 90-degree/right angle. Arms remain in this position for the entire test.
- Instruct the athlete to, “stand up, then sit down again, **without using your arms**. Repeat this 10 times **as quickly as possible**.”
- Cue the athlete to start, saying “ready, set, go.”

Tips for Safety:

- **Position the chair against a wall so it will not slide.**

How to record the test results:

- Start a stopwatch or timer when the athlete begins.
- Timer continues until the athlete sits down from the 10th stand.
- Record the time to perform the task in seconds.
- **You are doing great if you can do it under 20 seconds. Let us know if it takes longer.**

Modified Chair Sit and Reach



Score:

Distance: _____ inches
*Note positive (+) or negative (-)
inches*

Unable to perform test.

What you need to do this test:

- Sturdy chair
- Tape measure or ruler

How to do the test:

- Have the athlete sit towards the end of the chair
- One leg is bent with the foot flat on the floor.
- The other leg is out in front with knee straight as possible and the heel on the floor.
- Athlete will reach forward with arms, hands overlapped, middle fingers even. Cue: "Make alligator hands."
- Slowly bend forward towards or past your toes. Do not bend your knee.
- When the point is reached where you cannot move any further without bending your knee, measure the distance between your middle fingers and toe.

Tips for Safety:

- Position the chair against the wall so it does not slide.
- Make sure that the athlete's bottom is secure on the edge of the chair so he/she will not slide off. Stand to the side so the athlete feels like they will not fall.

How to record the test results:

- If you are able to touch your big toe, the score is 0.
- If you reach beyond your toe, measure the distance with the ruler or tape measure in centimeters and record it as positive (+).
- If you are not able to reach your big toe, measure the distance between your middle fingers and the great toe of your shoe in centimeters and record it as negative (for example -4 in).
- Repeat on other side.
- **You want to be able to touch your toes or reach beyond with you knee straight to pass this test.**

Apley's Shoulder Scratch Test*



Score:

Left: _____ inches
*Note positive (+) or negative (-)
inches*

Right: _____ inches
*Note positive (+) or negative (-)
inches*

Unable to perform test.

What you need to do this test:

- Tape measure

How to do the test:

- Athlete stands or sits in a chair or wheelchair.
- Athlete reaches one arm behind the head and down the back, while the other arm reaches behind the hip and up the back. Cue: "Scratch your back"
- Determine the side being recorded by arm on top
 - Left arm on top = Left
 - Right arm on top = Right
- Athlete tries to touch the index/"pointer" fingers together.
- The measurement is the distance in inches between the index fingers.
- Repeat on both sides and record on the score sheet.

Tips for Safety:

- Stand close behind the athlete so they feel like you are near if they lose their balance.

How to record the test results:

- Use a tape measure to measure the distance between the ends of the index fingers in **inches**.
- If the fingertips touch, record the distance as 0 cm.
- If the fingertips cannot touch, **record the separation as a negative distance** (for example, -6 inches means index fingertips are 6 inches apart).
- If the fingers overlap, **record the overlap as positive** (for example, +2 inches means the fingertips overlap by 2 inches).
- **You are doing great if your fingers are less than 6 in apart.**

Single Leg Stance: Eyes Open



Score:

Left: _____ seconds

Right: _____ seconds

Unable to perform test.

What you need to do this test:

- Stopwatch or timer
- Chair, counter, table or wall for safety

How to do this test:

- **Athlete should stand next to the chair, counter, table, or wall for safety.** Person timing should stand next to athlete.
- Athlete stands on both legs with feet shoulder width apart. The athlete should **place their hands on their hips.**
- Instruct the athlete to, "Slowly lift one leg and balance. I will time you until you lose your balance."
- When the athlete is ready, cue them to start by saying, "Ready, set now stand on one leg."
- Test continues until the athlete loses balance, or puts their foot down. Test should not continue past 20 seconds.

Tips for Safety:

- Stand to one side of the athlete, and have a chair, counter, table, or wall on the other side so the athlete feels like they are not going to fall.

How to record this test:

- Start a stopwatch or timer when the athlete begins.
- Timer continues until the athlete loses balance, or puts their foot down.
- The time completed before error (up to 20 seconds) is recorded.
- **Let us know if you are not able to hold it for more than 15 seconds!**

Timed Partial Sit-Up



Score:

Time: _____seconds

Unable to perform test.

What you need to do this test:

- Floor with rug or mat
- Stopwatch or timer

How to do the test:

- Athlete lies on the floor on their back.
- If athlete cannot get to floor, test can be done on any firm surface, including a mattress.
- Bend the hips and knees so feet are flat on the floor.
- Put the arms straight out in front.
- Athlete will be instructed to lift their head, then the shoulders and touch their fingers to their knees, then lay back down again until their head touches the floor.
 - Cue: "Be sure to lift your shoulder blades off the floor"
- Demonstrate the test.
- Coach the athlete to begin when you say, "Ready, set, go."
- Goal is to **do as many correct partial sit-ups as possible in 1 minute.**

Tips for Safety:

- Sit by the athlete to encourage and to make sure that they do the test correctly.
- Encourage the athlete to keep breathing during the test. Counting out loud with you is a good way to make sure the athlete keeps breathing.

How to record the test results:

- Start a stopwatch or timer when the athlete begins to lift their head the first time.
- Timer continues until 1 minute goes by **OR** the athlete has completed 25 sit-ups
- The athlete can stop and rest momentarily and begin again if needed during the minute.
- Record the number of partial sit-ups completed in the minute.
- If the athlete cannot continue for 1 minute and stops, record the number of sit-ups completed.
- **You are doing great if you are able to do at least 25 sit ups.**

*Tests marked with an asterisk are appropriate for athletes who have limited mobility in their lower extremity and/or are wheelchair users.

Seated Push-Up*



What you need to do this test:

- Sturdy chair with arms or wheelchair
- Stopwatch or timer

How to do this test:

- Athlete sits in their wheelchair or on a sturdy chair
- Instruct the athlete to push their body up from the seat, until their elbows are straight.
- Athlete tries to hold this position for 20 seconds, then slowly lowers back into the seat.
- When the athlete is ready, cue them to start, saying, "Ready, set, go."

Tips for Safety:

- **Position the wheelchair or chair against a wall** so they will not slide. **Lock the brakes on the wheelchair.**
- Position entire bottom on the edge of the chair.

How to record the test results:

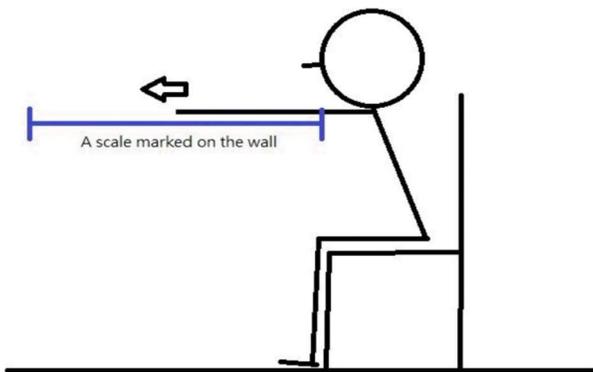
- Start a stopwatch or timer when the athlete begins to lift up. Timer continues until the athlete is no longer able to hold the push-up position and returns to the seat.
- Record the number of seconds held.
- **You want to be able to hold yourself up for at least 10 seconds. Let us know if you can't!**

Score:

Push-Up Hold: _____seconds

Unable to perform test.

Seated Forward Functional Reach*



Score:

Left: _____ inches

Right: _____ inches

Unable to perform test.

What you need for this test:

- Tape measure or yard stick
- Clipboard or book
- Tape to secure tape measure or yard stick to wall

How to do this test:

- Attach a tape measure or meter stick to a wall, horizontal and parallel to the floor, and at the shoulder level of the athlete.
- Athlete sits in chair or wheelchair, with one side of the chair along the wall as close as possible.
- Arms are positioned at the sides. One arm remained in this position for the entire test.
- Athlete is requested to lift the arm closest to the wall where the stick or tape measure is straight ahead, and straighten their fingers.
 - Cue: "reach forward without twisting"
- Put a clipboard or book at the end of the athlete's longest fingertip to record the starting position.
- Instruct the athlete with a "ready, set, reach as far forward as you can without losing your balance."
- Move the clipboard or book as the athlete reaches forward and use the clipboard to record the final position of the longest finger.

Tips for Safety:

- Lock the wheelchair before the test.
- Position a barrier behind the legs of a chair so it will not slide.

How to record this test:

- Stand at the end of the athlete's fingers.
- Record the starting position with the use of a clipboard/book on the ruler at the end of the longest finger.
- After the athlete bends forward, use the clipboard to record the **inch** measurement at the end of the longest fingertip, as the athlete reaches without a loss of balance.
- Record reach on both sides
- **Athletes may not lean against the wall or the ruler during the test.**
- **It is great if you are able to reach for more than 7.5 in. If you can't, then let us know!**



Results Form

ATHLETE INFORMATION

First Name	Last Name	Date
<input type="checkbox"/> Male <input type="checkbox"/> Female	DOB	Age (years)
<input type="checkbox"/> Athlete <input type="checkbox"/> Unified Partner	Special Olympics Program	Sport

Assistive Devices
Uses Wheelchair <input type="checkbox"/> Yes <input type="checkbox"/> No
Uses Assistive Device <input type="checkbox"/> Yes <input type="checkbox"/> No (for example, a walker, cane, crutch)
Type of Device:
Wears Splint or Brace <input type="checkbox"/> Yes <input type="checkbox"/> No
Type of Brace: <input type="checkbox"/> Hand/Wrist <input type="checkbox"/> Elbow <input type="checkbox"/> Shoulder <input type="checkbox"/> Neck <input type="checkbox"/> Back <input type="checkbox"/> Knee <input type="checkbox"/> Ankle

Diseases or Injuries that may affect Screening Results
<i>Please check all that apply:</i>
<input type="checkbox"/> Problems with heart
<input type="checkbox"/> Problems with circulation
<input type="checkbox"/> Skin problems
<input type="checkbox"/> Pain: <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, where do you have pain? (check all that apply)
<input type="checkbox"/> Foot or Ankle <input type="checkbox"/> Knee <input type="checkbox"/> Hand or Wrist <input type="checkbox"/> Elbow <input type="checkbox"/> Shoulder <input type="checkbox"/> Head <input type="checkbox"/> Back <input type="checkbox"/> Neck
<input type="checkbox"/> Joint Injury: <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what part of your body? (check all that apply)
<input type="checkbox"/> Foot or Ankle <input type="checkbox"/> Knee <input type="checkbox"/> Hand or Wrist <input type="checkbox"/> Elbow <input type="checkbox"/> Shoulder <input type="checkbox"/> Head <input type="checkbox"/> Back <input type="checkbox"/> Neck
<input type="checkbox"/> Muscle Injury: <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what part of your body? (check all that apply)
<input type="checkbox"/> Back or Pelvis <input type="checkbox"/> Foot <input type="checkbox"/> Leg <input type="checkbox"/> Hand <input type="checkbox"/> Arm <input type="checkbox"/> Shoulder or Scapula <input type="checkbox"/> Neck

NONE OF THE ABOVE

Have you fallen in your home in the past year when not competing in your sport?

Yes No

SCREENING QUESTIONS

Flexibility

How often do you stretch?

- Several times each day
- Once each day
- Occasionally, but not every day
- No regular stretching

Strength

On average, how many days a week do you do physical activities for muscle strength?

(physical activities for muscle strength include lifting weights, using elastic bands, push-ups or sit-ups)

- No days 1 day 2 days 3 days 4 days 5 days 6 days Every day

Aerobic Fitness

On average, how many days a week do you do some physical activity?

- No days 1 day 2 days 3 days 4 days 5 days 6 days Every day

On average, how many days a week is your physical activity at a moderate level?

(Moderate means working hard enough to make your heart beat faster and possibly being to sweat.)

Examples: fast walk swimming, bicycling.)

- No days 1 day 2 days 3 days 4 days 5 days 6 days Every day

If you have no regular physical activity program, please tell us why:

- No available exercise space or equipment
- No outside area to exercise
- No money
- No interest
- No fitness person to help me
- Not safe
- Physically Unable
- No one to exercise with
- No equipment or clothes

TEST RESULTS

Timed Up and Go Test

Time to perform test: _____ seconds

- Unable to perform test.
Why were you unable:

Timed Sit to Stand

Time to perform 10 sit to stands: _____ seconds

- Unable to perform test.
Why were you unable:

Modified Chair Sit and Reach

Distance: _____ inches
Note positive (+) or negative (-) inches

- Unable to perform test.
Why were you unable:

Apley's Shoulder Scratch Test*:

Left: _____ inches Right: _____ inches
Note positive (+) or negative (-) inches

- Unable to perform test.
Why were you unable:

Single Leg Stance

Left: _____ seconds Right: _____ seconds

- Unable to perform test.
Why were you unable:

Timed Partial Sit-Up

Time to perform 25 sit-ups: _____ seconds

- Unable to perform test.
Why were you unable:

*Tests marked with an asterisk are only for athletes who have limited mobility in their lower extremity and/or are wheelchair users.

Seated Forward Functional Reach Test*

Left: _____ inches

Right: _____ inches

Unable to perform test.

Why were you unable:

Seated Push-Up Test*

Push-Up Hold: _____ seconds

Unable to perform test.

Why were you unable:



Guided-Assessment: Screening and Follow-Up Care

GUIDED-ASSESSMENT MATERIALS AND PROCESS

FUNfitness at Home uses a guided-assessment model to collect data and identify area(s) of need. Enclosed is a copy of the *FUNfitness at Home: Athlete and Family/Caregiver Manual*, which includes guided-assessment instructions and a results sheet for data collection.

Deliver these materials to participants ahead of their guided-assessment. Please review the materials to assist you with deciding which athletes might need the additional assistance from a FUNfitness Clinical Director or experienced FUNfitness professional volunteer.

SCREENING AND DATA COLLECTION

The tests in *FUNfitness at Home* have been chosen for several reasons:

1. The tests are either tests used in FUNfitness, or variations that are easy to do at home and in a guided-assessment.
2. The tests have standardized norms for comparison, and/or are the gold standards in their area of assessment.
3. The tests are as safe as possible for use without a healthcare professional in attendance.

The FUNfitness Global Clinical Advisors (GCAs) and Manager have had extensive conversations with FF Regional Clinical Advisors from several regions, as well as other professionals in the business of educating and working with people with IDD. These tests have been reviewed by this group, and revised secondary to their comments.

The process of testing was developed to be a sustainable model that can be used currently until we are able to perform actual screenings again. It can also be used in the future for athletes who cannot get to screenings because of transportation, distance, or disability.

The other consideration in the development of the process was consideration of the time of the CDs and other PT professionals. We are very aware that this virtual process is more one-on-one, and potentially time consuming. Hence, we have developed a process that utilizes either the CD or an experienced FF PT volunteer at the most critical and important times.

Data Storage

The in-person FUNfitness screening has been modified for virtual use, so only a select few of the tests on the HAS scoresheet are being utilized. In order to keep all data in one place, make it easier to record, and send the data, we have created a spreadsheet that you can complete when you get the Test Results Sheets back from the athletes. This will be sent you electronically.

Results should be shared with the FUNfitness Clinical Director prior to the follow-up contact. These results can also be easily analyzed from the spreadsheet should you wish to do so, and athlete process can be easily charted.

SOI can also easily obtain the spreadsheets and analyze individual, state/country, regional or aggregate data as is appropriate with the information de-identified.

The key pieces of information for assessing progress are the name, date of results, age, and location.

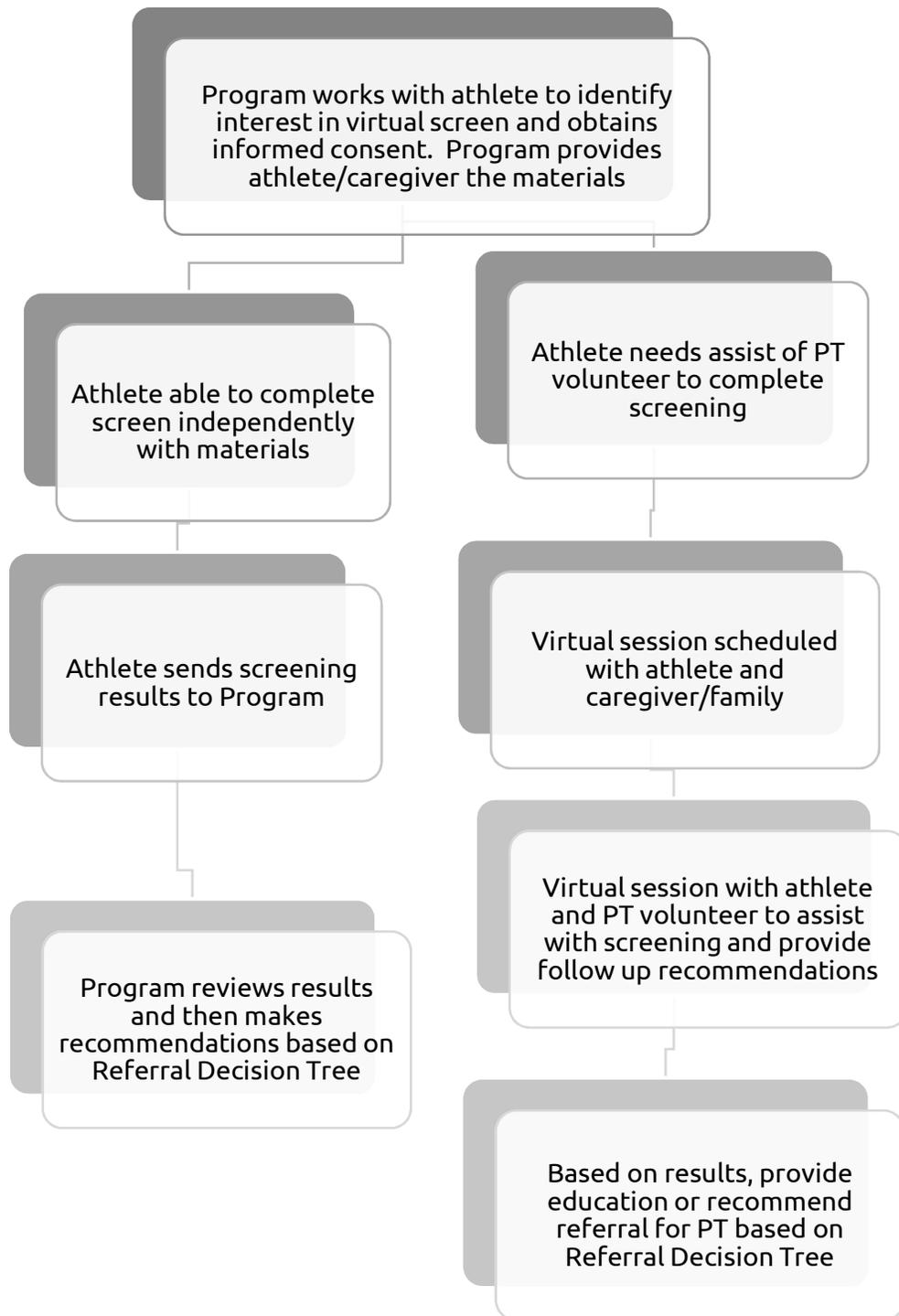
IMPLEMENTATION AND FOLLOW-UP CARE

The virtual FUNfitness task force desired some consistency regarding the implementation of the screening and next steps after the CD reviews their results. Hence, we created a:

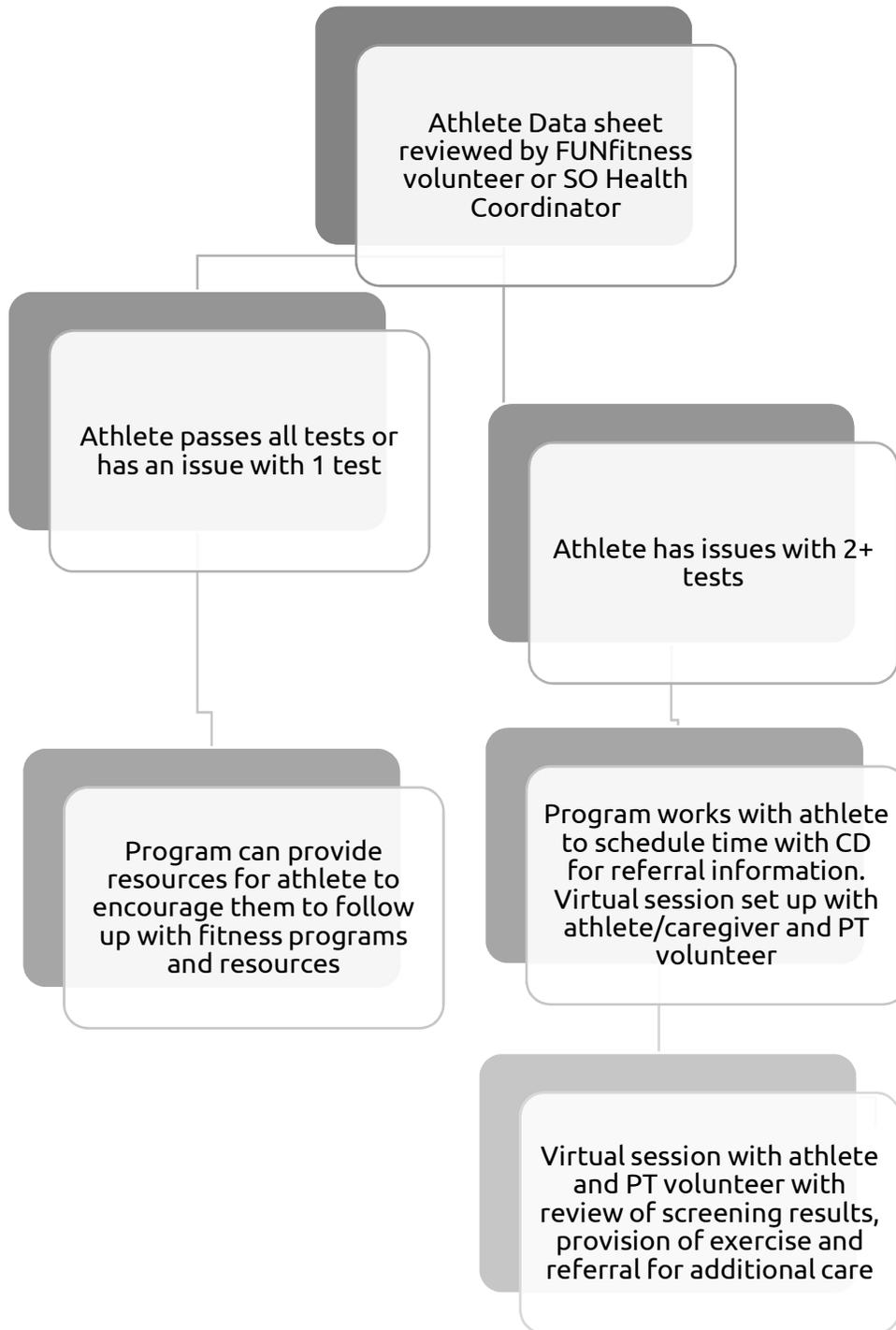
- Decision Flowchart for Implementation
- Decision Flowchart for Education and Referral

This consistency will permit us to analyze athlete tests and consequences in the aggregate around the globe as one measure of the efficacy of this virtual process. An outline of the decision tree is on the following page.

Decision Flowchart for Implementation



Decision Flowchart for Education and Referral





Virtual Education

DEVELOPING A VIRTUAL EDUCATION SESSION

After the *FUNfitness at Home* screening is complete, the Clinical Director decides what follow-up care is needed. This decision is made using the Decision Tree outlined above. Once care is determined, the CD should keep these next steps in mind when developing a virtual education session:

1. Based on the Decision Tree, the CD decides which exercises to teach the athlete via telehealth.
2. The CD shows the exercise to the athlete, demonstrates the exercise, then asks the athlete to demonstrate the exercise.
3. Following the call, the CD sends or emails the exercise description or a video to the athlete.
4. The PT familiarizes themselves fitness opportunities being offered by the program and/or with the fitness programs available on the Special Olympics resources webpage:
 - a. FUNfitness Virtual Education presentation
 - b. Fit 5 <https://resources.specialolympics.org/health/fitness>
 - c. Special Olympics School of Strength <https://www.specialolympics.org/school-of-strength>
 - d. Other online fitness programs (<https://www.specialolympics.org/tag/fitness>)
 - e. Program-specific virtual activities (e.g. fitness/wellness challenges, social media groups, etc.)
5. If appropriate, recommend a fitness program to the athlete.
6. Plan to re-engage with the athlete in 2-3 months' time to check progress and potentially advance their program.
7. If athlete might use a PT referral, either provide a list of local PTs who might engage with the athlete in a virtual or actual visit as indicated. Inform the athlete and family that this work with a PT would be considered telemedicine, may need a referral from their physician, and may have a cost.
 - a. It would be appropriate for the PT volunteer to accept the referral if they are licensed in their state/country, allowed by law to perform telemedicine, and covered by insurances that will reimburse for this service.
8. Create a written record of the virtual encounter so that the PT, the SO Program and SOI can track the activities. We have created a suggested Encounter Sheet for your use so we gather all needed information.
9. Report any issues or problems to the SO Program.

NOTE: All professionals and students participating in FUNfitness at Home will be covered by a rider on the Special Olympics Professional Liability Insurance. Your program will send you the Hold Harmless Form to sign so you are covered.

Athlete Fitness Scorecard

What I Need to Improve:

- Flexibility
- Strength
- Balance
- Aerobic Endurance

- Referral to a Physical Therapist Recommended

- Referral to a Doctor or Other Health Professional Recommended

Reason:

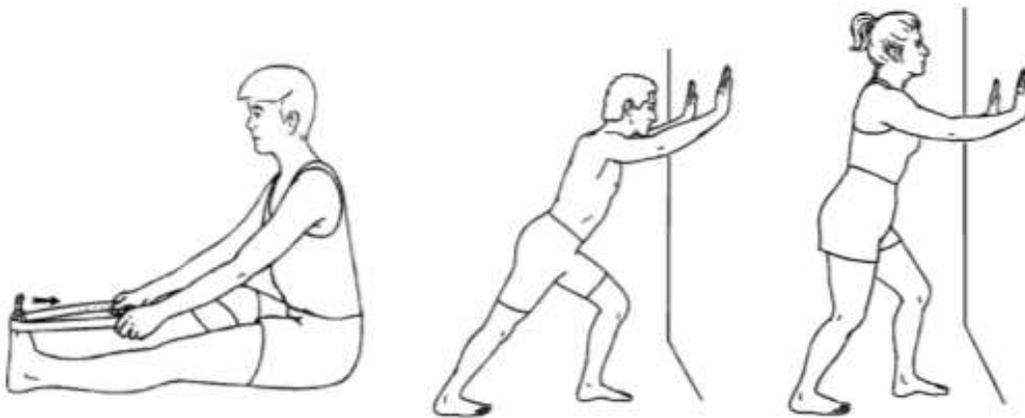
Hamstring Stretch



Repeat ___ times on:
_____ Left side
_____ Right side

Count to ____ for each stretch

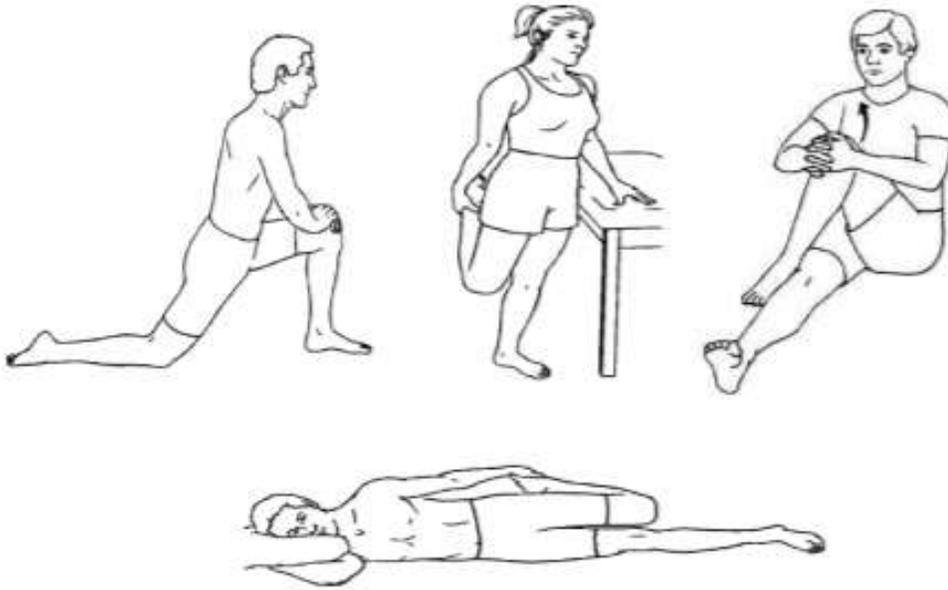
Calf Stretch



Repeat ___ times on:
_____ Left side
_____ Right side

Count to ____ for each stretch

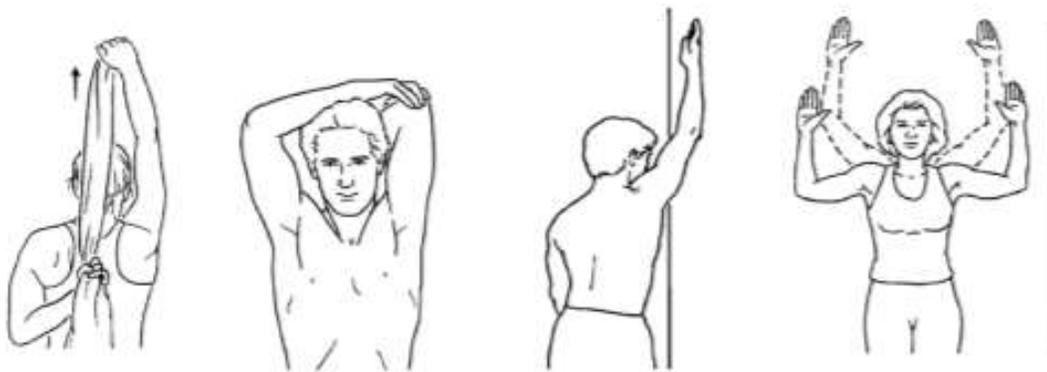
Hip Stretch (Anterior Hip)



Repeat ___ times on:
_____ Left side
_____ Right side

Count to ___ for each stretch

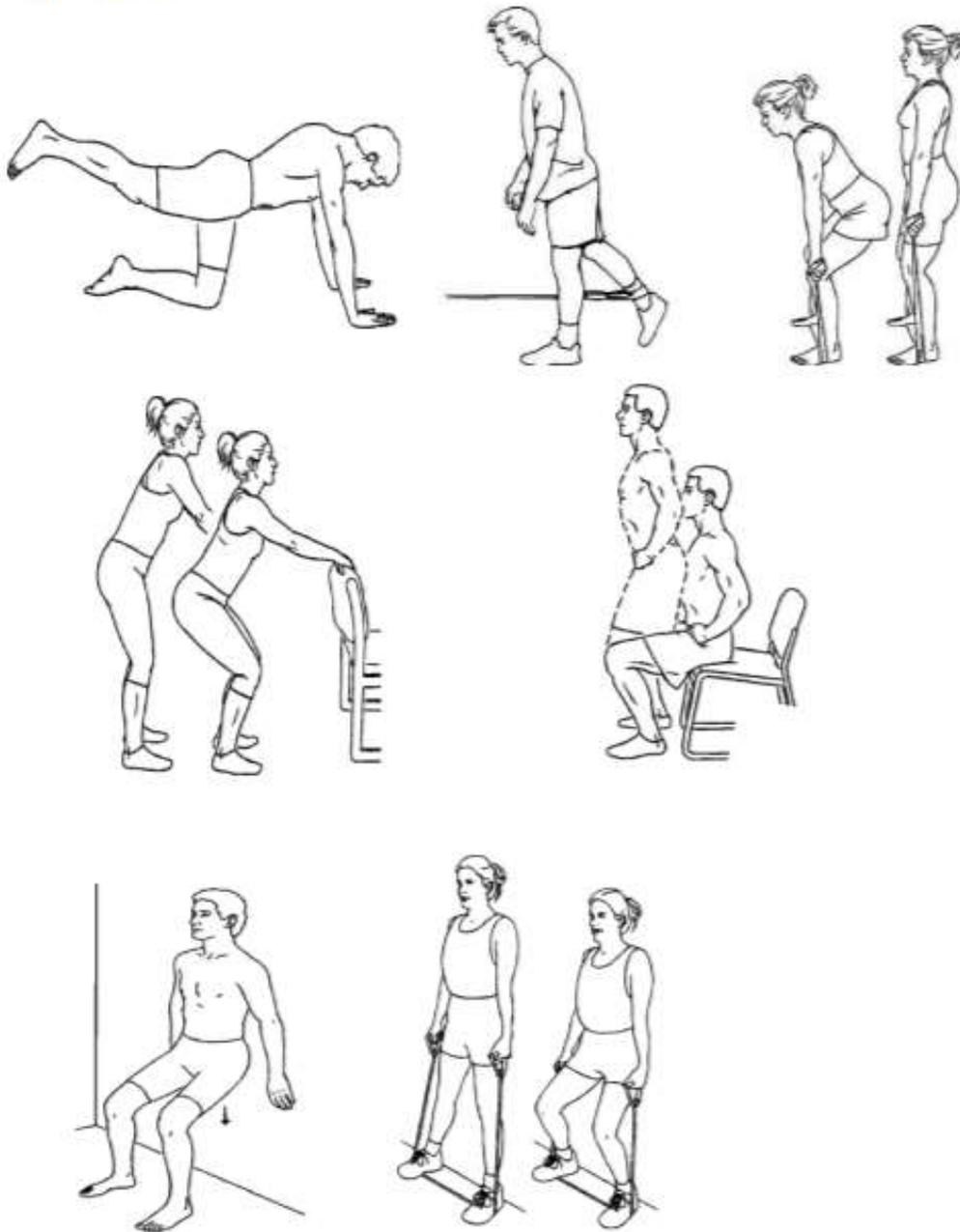
Shoulder Stretch



Repeat ___ times on:
_____ Left side
_____ Right side

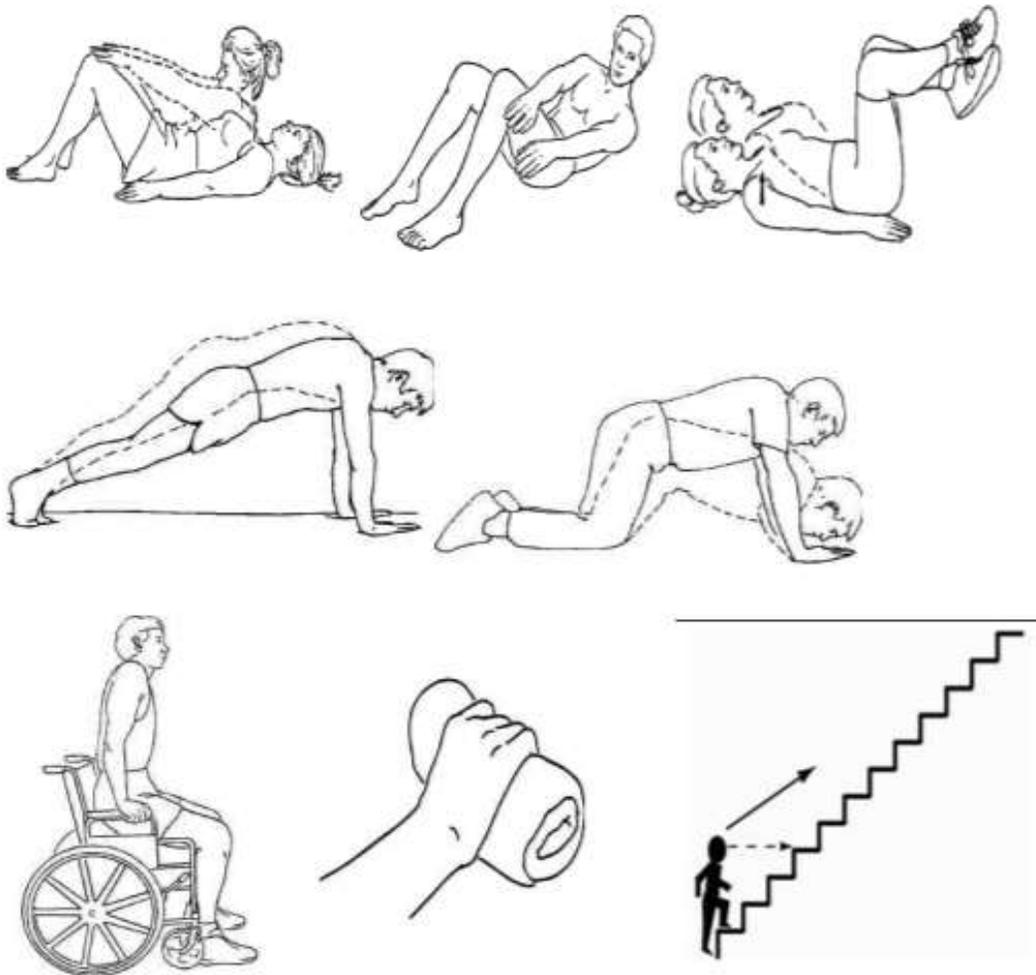
Count to ___ for each stretch

Strengthening:



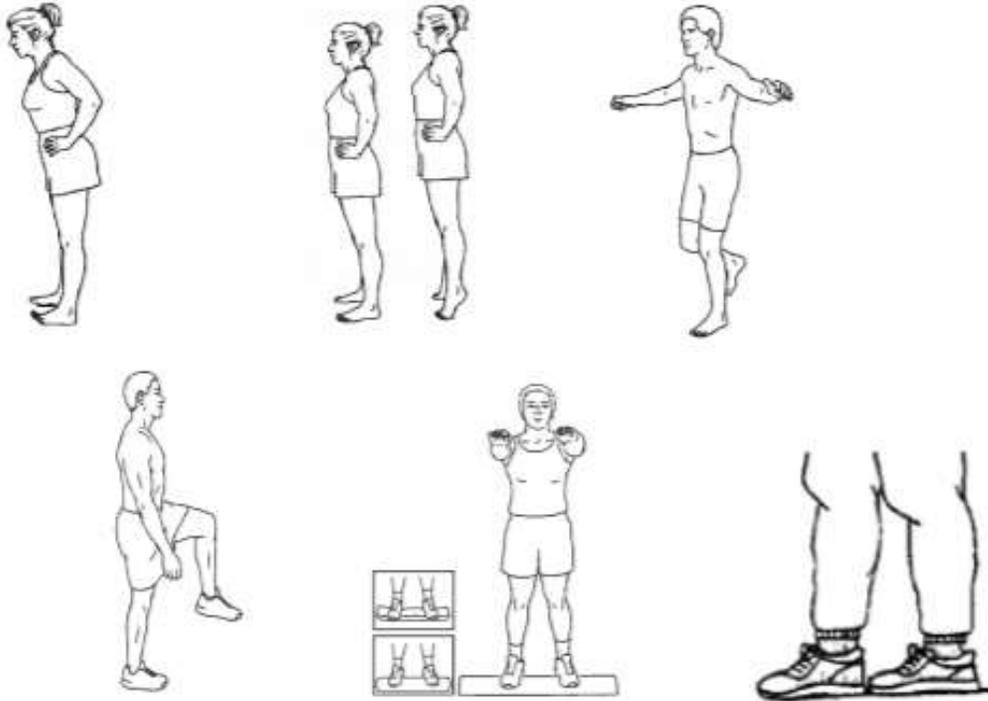
Repeat __ times EACH DAY

Strengthening:



Repeat __times EACH DAY

Balance:



AEROBIC Fitness – 30-60 minutes at least 4 days each week



What else do YOU CHOOSE to improve your fitness: _____