

**Special Olympics**Lions Clubs International
Foundation

# Opening Eyes®







# SPECIAL OLYMPICS LIONS CLUBS INTERNATIONAL FOUNDATION OPENING EYES® PROGRAM

## **CLINICAL DIRECTOR MANUAL**



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**Special Olympics** began in the early 1960's when Eunice Kennedy Shriver started a day camp for 100 local children with IDD at her home in Rockville, Maryland. From that experience it was clear to Mrs. Shriver that people with IDD were far more capable in sports and physical activities than many experts believed. In the summer of 1968 Mrs. Shriver and the Chicago Park District organized the first Special Olympics Games, which were held at Chicago's Soldier Field. One thousand athletes from the United States and Canada competed in that inaugural event.

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual and developmental disabilities (IDD), giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

## Special Olympics Healthy Athletes History

**July 1-9, 1995:** Healthy Athletes® debuts at the 9th Special Olympics World Summer Games in New Haven, Connecticut **January 1997:** Healthy Athletes becomes an official initiative, offering free vision, hearing and dental screenings as well as injury prevention clinics and nutrition education.

**1999:** FUNfitness begins. Developed in collaboration with the APTA, this screening assesses flexibility, functional strength and balance

**2000:** Health Promotion begins. This discipline focuses on nutrition, hydration, sun safety, hygiene and health behaviors such as smoking cessation that promote good health.

2003: Fit Feet begins. Led by podiatrists, this discipline exams the foot health and gait of athletes.

**2004:** MedFest begins: The MedFest program, which features a sports physical exam conducted by a physician, is launched to assist athletes obtain medical clearance to participate in Special Olympics events.

October 2007: Shanghai, China hosts the 12th Special Olympics World Games. Young Athletes debut at these Games.

**February 2013:** At the World Winter Games in PyeongChang, more athletes receive free health screenings in a single day during the 2013 games than at any other time in the history of the Healthy Athletes program: 2,569 screenings on 1 February alone.

**July 2015:** The Golisano Foundation announces a \$25 million gift to expand the reach and impact of the Special Olympics global health program -- the largest single donation ever received by Special Olympics. This is in addition to Tom Golisano's previous gift of \$12 million, announced in 2012.

**2017:** Strong Minds begins. In response to the high prevalence of mental health and behavioral issues in individuals with ID, Special Olympics launches Strong Minds to improve the emotional well-being of athletes and improve their ability to apply copying skills.

**September 2021:** The Golisano Foundation announces a \$30 million gift to Special Olympics to expand their health programming – the largest single private gift in Special Olympics' history. This takes the total commitment of Tom Golisano to Special Olympics' inclusive health initiatives to \$67 million.

**2022:** Healthy Young Athletes begins: A holistic pediatric screening for children aged 2-7 yrs, Healthy Young Athletes is launched and piloted across a number of countries.

**June 2023:** Over 15,000 Healthy Athletes screenings completed at the World Summer Games in Berlin over 8 days, including a record 193 of the 195 participating countries having athletes screened. Over 1,300 pairs of prescription eyewear were distributed, and 259 hearing aids were fitted including 51 3-D printed custom molds.

## What Is Opening Eyes?

A discipline of Healthy Athletes, the Lions Clubs International Foundation Opening Eyes program provides non–dilated vision screenings, refractions, and fabrication of prescription eyewear to Special Olympic athletes. Opening Eyes strives to positively impact the attitudes of the optometrists, ophthalmologist, opticians, eye care professionals, along with optometry students and ophthalmology residents, who volunteer to care for people with intellectual and developmental disabilities (IDD). Opening Eyes Clinical Volunteers serve to educate the athletes, their guardians, and coaches about the importance of vision in performance in sports, school, and work. Through generous donations from our corporate sponsors, Safilo who provides frames, and OneSight EssilorLuxottica Foundation who provides lenses, athletes will receive appropriate eyewear at the culmination of the screening.

The Opening Eyes screening does **NOT** replace a comprehensive eye exam, which includes dilation. Unified partners are not eligible to receive eyewear. Athletes, Unified partners, coaches, and guardians should be aware of this when present at the screening.

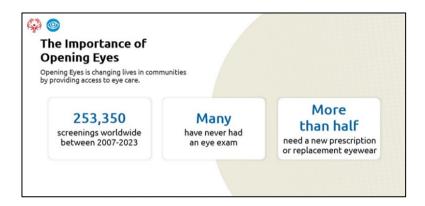
## **Lions Clubs International Foundation Partnership**

The Lions Clubs International Foundation (LCIF) has been Special Olympics International partner since 2001 to help support Opening Eyes programs worldwide through grants and volunteers. LCIF is the grant-making arm of the Lions Clubs International, the world's largest service club organization with more than 1.4 million members in 49,000 clubs. Lions are committed to providing humanitarian service around the globe, and for the past eight decades, have been at the forefront of blindness prevention and eye health initiatives.

For their generosity The Lions Clubs International Foundation is a Global Sponsor which is the highest level of Special Olympics' sponsorship. The partnership will be a working relationship between Lions Clubs members and eye care providers on a worldwide basis. Lions Clubs members should be invited to participate in all Opening Eyes events and Special Olympic Clinical Directors and all clinical volunteers are encouraged to become Lions Clubs members.



## Why Opening Eyes?



- Athletes may not have access to quality eyecare, and some have never had an eye exam
- Athletes may not realize they have a problem with their eyes or vision and need a new prescription
- Athletes may not have the financial resources to cover the cost of an eye exam or glasses
- Athletes may not be able to respond consistently to routine vision testing, unless it's adapted, or alternative
  methods are used
- Athletes may not be able to advocate for themselves should they suspect there is a problem with their vision

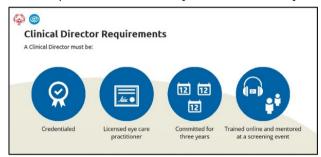
Special Olympics International supports the Lions Clubs International Foundation Opening Eyes® screenings with equipment, supplies, lab services, banners, shirts, etc. **only if all stations are completed up to and including Refraction.** If a screening is not in compliance with the Opening Eyes protocol, funding will not be available.

Unified partners are allowed to participate in the screening up to but **not including Refraction**. Unified partners should allow athletes with IDD priority if there are wait times. Unified partners are not eligible to be screened in Refraction or receive any eyewear or products.

Opening Eyes® teaches eye care professionals around the world how to better screen, care for, and communicate with individuals with IDD. These providers return to their communities better equipped to eliminate barriers faced by individuals with IDD.

## **Clinical Director Requirements**

It is recommended to have multiple Clinical Directors in your state or territory. See CD requirements for recruiting.



## Opening Eyes Clinical Director Background and Requirements

- Licensed optometrist, ophthalmologist, or certified eyecare practitioner credentialed according to regional standards and criteria to evaluate vision and eye health
- Three years of clinical experience post degree, or one year of residency
- A three-year commitment to an active role as an Opening Eyes Clinical Director
- Complete the Clinical Director blended learning online training and in-person experience at an Opening Eyes screening with an approved mentor
- · Comply with the global partnerships, screening & dispensing protocol, and partner engagement requirements
- Supervise eyecare professionals to ensure screening protocol is followed at all Opening Eyes stations

The role of an Opening Eyes Clinical Director includes, but is not limited to:

#### 1. Determining event opportunities

Identifying and scheduling Opening Eyes screenings is a joint effort between the Clinical Director and their local Special Olympic program. Building professional relationships and connecting with the local community will help deliver a successful Opening Eyes event.

#### Recruitment of volunteers

Clinical Directors are best positioned to identify and train eyecare professionals to serve as clinical volunteers in Opening Eyes. Recruit ample numbers of clinical and non-clinical volunteers including Lions Clubs members to support the screening.

Potential volunteers may come from:

- Private practices
- Universities/colleges/schools
- Health and professional associations
- Medical facilities
- State and local public health agencies
- Local Lions Clubs

#### 3. Sourcing Equipment & Supplies

Needed supplies & equipment may be available to Clinical Directors through donations or loans obtained by networking with local sponsors, private practices, and health services. If local sources are not available specific equipment & supplies can be requested through SOI. Through generous donations from our global sponsors, Special Olympics athletes will receive appropriate eyewear at the completion of the screening. Only SOI approved frames are allowed.

## 4. Setting Up and Supervising the Opening Eyes Venue

The Clinical Director is responsible for supervising the set up and delivery of the Opening Eyes screening, ensuring all protocols are followed and overseeing breakdown.

#### 5. Collecting and Reporting Screening Data

Screening data collected at each screening station is used to determine the need for referrals and to assess the vision and eye health of Special Olympics athletes. This data provides Special Olympics Programs and their global stakeholders with information to increase awareness and provide more services. Clinical Directors are supervising quality data entry through the Healthy Athletes System (HAS) during the event to document screening data collected.

## 6. Preparing the Healthy Athletes Grant Application

Clinical Directors will work with their local Special Olympics Program to develop a Healthy Athletes Grant application to submit to Special Olympics International. These grants assist Programs in purchasing interactive educational materials, athlete giveaways, signage, and other supplies and equipment needed to conduct a successful Opening Eyes screening.

### 7. Completing the Opening Eyes Event Evaluation

Post-event evaluation information is critical information needed to continuously improve and adapt the screening to the needs of the athlete. The Clinical Director is responsible for collecting screening numbers, number of eyewear distributed, number of clinical, and general volunteers as well as Lions Clubs members who volunteer, including athlete stories and photos, and submitting this information to Special Olympics International via the Opening Eyes event evaluation.



The Clinical Director will work with the program to form a team of clinical and general volunteers.

- Contact the local Lions Clubs
- Recruit and train volunteers
- Secure necessary equipment
- Tour potential Opening Eyes venues to plan the station layout
- Go over screening protocols and review instruments/equipment prior to event and for each shift
- Set up and break down venue and coordinate the return of equipment immediately following the event
- Oversee eyewear data entry and sending prescriptions to outside labs
- Returning equipment
- Coordinate with the program to verify Tax IDs and/or Import certificates prior to completing the PNF

Volunteers may include ophthalmologists, optometrists, opticians, orthoptists, optometry students, optometry and ophthalmology residents, ophthalmic technicians, Lions Clubs members, and general volunteers. **Note, screening results are captured in minus cylinder.** 

Make sure you follow your state, country, or province regulations governing vision care and professional licensure.

The scope of the Program, number of athletes attending the event, and the hours that the Opening Eyes venue will be open will determine the number of volunteers needed each day.

## Clinical Director acknowledgment

You may use the title of Clinical Director as follows: (you may not use the logo)

Your Name, state or country program, Clinical Director Lions Clubs International Foundation Opening Eyes Program®

## Clinical Director Role and Checklist



- ✓ Contact your local Lions Clubs to inform members about the date and location of the event and invite them to participate.
- ✓ Contact your state or country association to check for restrictions or requirements when conducting a vision screening which includes refractions.
- ✓ Coordinate with the program so that you are aware of the athlete's competition schedule, plan accordingly with adequate volunteers for non-competition times. It may be helpful to prearranged times for teams to attend.
- ✓ Coordinate with your program for supplies and allowable budget items through the Healthy Athletes capacity Grant Application.
- ✓ Complete the program needs form, PNF, 90 days in advance of the event. Connect with your health program manager to ensure delivery times and appropriate supply needs. If you are having SOI equipment delivered, please ensure you are available to inspect, ensure proper function and charge equipment well in advance of the event. Even if you don't require supplies, we ask you to complete a PNF with the date and location of your event for tracking purposes. Note all supplies and equipment must be kept in a climate-controlled environment
- ✓ Overseeing set up and breakdown, it is recommended that you have individual bins clearly marked and inventory is taken pre and post event. You are responsible for ensuring that equipment is properly packed, confirming equipment is functional, all parts included, and handheld/charging bases associated numbers match. In the US return shipping labels will be provided to the health program manager and required to be shipped the next business day following the event. There are no exceptions since the next program is expecting this equipment to arrive timely for their event and in good condition. If equipment is non-functional or damaged please do not ship to next event, insert note in equipment case as to the reason of damage and contact openingeyes@specialolympics.org immediately.
- ✓ Source ophthalmic equipment locally first from schools, colleges, distributors etc.
- ✓ Clinicians will need to bring Ophthalmoscopes, Retinoscopes, Trial lens sets/trial frames, volk 90 lens, phoropters, etc., See <u>equipment</u> and supply list for complete details.
- Imports & Customs: Allow shipping company to broker the receipt of frames and supplies, if you have an outside broker, please note on the PNF and be aware that once a third party is engaged, SOI has limited follow up. Ensure documentation is in order, provide tax ID/tax exempt certificate or charity #, import/export certificate on the PNF. Be prepared for delivery, do not allow products to sit in customs. Verify contents once received. Note we take every precaution to avoid taxes and customs fees, however, you may incur said fees. Please make sure that your program provides all receiving documentation and NGO certificates are in place to avoid unnecessary fees.
- ✓ Contact your state or country optometric/professional association to recruit clinical volunteers from your state or country.
- ✓ Make contacts with potential supporters for equipment, from local source(s) school, colleges, distributors, local labs etc.
- ✓ Ensure that you have the hold harmless agreement and that all volunteers have signed daily and each shift. You will need to assign a volunteer to this task if you have set rotating schedules for volunteers.
- ✓ Frames are supplied by SOI through the <u>PNF</u>. All ophthalmic frames and plano sunglasses must come from SOI supplied by **Safilo**, our global partners. DO NOT accept outside donations. If you have questions, please contact openingeyes@specialolympics.org
- You are not allowed to contact our global sponsors directly. If you require assistance with frames and/or lab services, please contact
   OpeningEyes@specialolympics.org
- ✓ If ordering frames from Europe/Eurasia region be advised that the frame request **must be made 90 days prior to event** to allow for ordering, processing, and delivery prior to your event. If the request is less than 90 days, the request may not be able to be fulfilled due to contractual agreements.
- ✓ Your state program is responsible to collect athlete informed consent forms. Included in this form is permission to take photos of athletes participating in the screening. You may take pictures of athletes and volunteers unless an athlete requests not to, please be respectful of athletes.
- ✓ It is required to complete the Opening Eyes Event Evaluation form post event. Photos and impactful stories of how Opening Eyes positively impacted the athlete's vision and/or lifestyle is included in this evaluation.

## Other informational Forms:

Athlete Vision Report Card
Congratulations on Your New Glasses
Printable Glasses Lab Order Form
hold harmless agreement
Opening Eyes Quality Control Checklist (coming soon) Station set up/break down list (coming soon)

## **Obtaining Equipment**



## Obtaining Equipment, Resources, and Materials

Prepare for the Opening Eyes event by securing the proper equipment, tests, branded shirts and banners.

Secure required equipment for vision and eye health screening in advance. Some equipment is available from Special Olympics International. It is imperative to store equipment, tests, charts, banners, and frames in a **climate-controlled environment**.

Please source equipment locally. If unable to obtain required equipment and supplies, access the PNF for SOI availability. Complete the PNF 90 days prior to the event.

Branded T-shirts with Opening Eyes global sponsors are required to be worn by **all volunteers**. Opening Eyes program banners that include sponsors are required and must be displayed in the Opening Eyes venue along with the Healthy Athletes banner.

## Branded T-shirts for US programs are supplied through the PNF.



Global programs: non-US shirts must be sourced locally. Please ensure that you are following OE t-shirt global branding guidelines.



## Clinical Director Polo Shirts (Optional)



#### SET UP

Actual event layouts depend on venue size, anticipated screening numbers, number of volunteers, and the duration of the event. It is important to set up the day before the event.

You will need a minimum of 4-6 people to help with set-up. Set up may take 4-8 hours depending on venue size and expected number of screenings. Choose a lockable room equipped with electrical outlets across the venue, proper lighting with the ability to adjust the light in identified areas (or by using a dark tent or a pipe and drape) for internal eye assessment.

The room must accommodate a separate entrance and exit, clearly marked, and be able to sufficiently accommodate an appropriate number of tables and chairs to organize the Opening Eyes stations and waiting areas.

Stations must be clearly labeled, and athlete flow must be distinguishable. The layout needs to be logical and comfortable for the athletes. Directional signage is important to ensure people know where to go throughout the venue. See supply list for signage options.

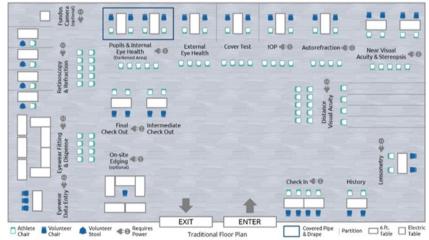
You will need to calibrate and charge equipment. Equipment should be inspected and confirmed functional at least 1 week prior to the event in case of damage or malfunction. This will allow time for a replacement if available. Inspection needs to be performed by an eyecare professional to ensure functionality. Please work with your program health manager to arrange time for inspection and quality control.

You and your program manager will need to make a visual inspection of the screening site. You need to ensure appropriate electricity and lighting. If you are at an outdoor site, be aware that some equipment is sensitive to humidity and therefore may not function in poor weather conditions.

- Oversee set up and break down of screening site, see station set up/break down list here. (coming soon)
- Make sure that all equipment is checked, packed in original containers and shipped back promptly
- Confirm delivery and pick up with your SO Program

## Traditional Floor Plan

Please note that the floor plans are based on hand-held equipment and will need to be modified for table-top equipment models. Use these floor plans as guidance based on your venue and clinical volunteers.



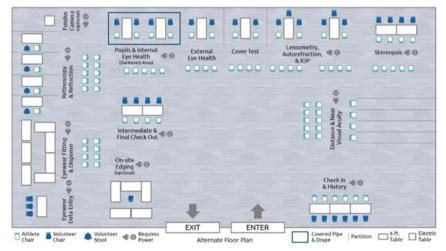
## Alternate floor plan with optional combined stations

Please note that the floor plans are based on hand-held equipment and will need to be modified for table-top equipment models. Use these floor plans as guidance based on your venue and clinical volunteers.

Combined stations can improve athlete flow, reduce screening time and reduce station disinfection.

Example at the lensometry station, you will have one optician to read the athlete eyewear while an eyecare professional performs autorefraction and tonometry. (2 ECP to 1 athlete).

Depending on the type of optional fundus camera, this station may be placed prior to External Eye Health.



Station/Volunteers based on 100 athlete screening

Opening Eyes					
Station Title	Estimated # Testing Sites	Estimated # Volunteers	General	Clinical	Volunteer Qualifications
Station 1: Check In	4	4	4	0	General/Lions Clubs members or Clinical
Station 2: History	2	2	2	0	General/Lions Clubs members or Clinical
Station 3: Lensometry	2	2	0	2	Clinical: Opticians, advanced optical technicians
Station 4: Distance Visual Acuity	4	8	4	4	1 Clinical, 1 General/Lions Clubs member per testing site
Station 5: Near Vision Acuity & Stereopsis	4	4	0	4	Clinical: Optometry student, optician, optometric technician, or General
Station 6: Autorefraction	2	2	0	2	Clinical: Optometrist, optometry student, optician, optometric technician
Station 7: Intraocular Pressure (IOP)	2	2	0	2	Clinical: Optometrist, optometry student, optician, optometric technician
Station 8: Cover Test	2	2	0	2	Clinical: Optometrist, advanced optometry student with optometrist supervision
Station 9: External Eye Health	2	2	0	2	Clinical: Optometrist, advanced optometry student with optometrist supervision
Station 10: Pupils & Internal Eye Health	4	4	0	4	Clinical: Ophthalmologist or optometrists
Optional: Fundus Camera	1	2	0	2	Clinical: Ophthalmologist or optometrists, and optometry student or optometric technician.
Station 11: Intermediate Check Out	2	2	0	2	Clinical Director and at least one optometrist or ophthalmologist
Station 12: Retinoscopy & Refraction	4	8	4	4	1 Clinical optometrist or ophthalmologist, 1 General/Lions Clubs member per testing site
Station 13: Final Check Out	2	2	0	2	Clinical Director and at least one optometrist or ophthalmologist
Station 14: Eyewear Fitting & Dispensing	1	4	2	2	Clinical: opticians, optometry students, optometric technicians; General: Lions Clubs members, sponsor volunteers
Station 15: Eyewear Data Entry	3	3	0	3	Clinical: opticians, optometry students, optometric technicians
Optional: On-site Edging	1	2	0	2	Clinical: Optician or optical technician from edging company
Total	39	51	16	35	



## **Check In and History**



When athletes enter the venue, they are greeted by volunteers and checked in on paper or on our electronic tablet system. The volunteers at the station identify the athletes by name, Program, date of birth, and ask simple questions related to their vision and history of eye care. If the athlete wears glasses, the lensometer is set up nearby and an optician can determine the athlete's current prescription.

The Check In and History stations can be combined or separate.



#### Volunteers

- At least two general or clinical volunteers
- · Good fit for Lions Clubs and Leos members
- Enthusiastic volunteers who explain the process clearly



#### Volunteers:

This station requires at least two general or clinical volunteers. Lions and Leo Clubs members enjoy the opportunity to participate at this station. Leos are young members of Lions Clubs; Leo stands for Leadership, Experience, Opportunity. This is the athlete's first impression of Opening Eyes®; select volunteers who can explain the process clearly and enthusiastically.

#### Equipment:

For the Check In and History stations, you will need an Opening Eyes® Program banner, a Healthy Athletes banner, tablets, HAS forms, and Opening Eyes® volunteer T-shirts.



## **Procedure:**

- Greet the athlete
- · Ask athletes about their vision history and if they have concerns about their vision or eye health
- Explain the duration that the Opening Eyes screening may last 45-60 minutes
- Instruct athletes to wear their glasses throughout the screening unless directed by the clinician overseeing a specific station

PLEASE NOTE: Many times, coaches, delegates, parents, and other volunteers will ask to go through the screening. Our policy is that only athletes and Unified Partners (people without ID playing together with athletes) may participate in the Opening Eyes Vision screening (athletes receive priority) but only athletes will receive refractions, and any glasses (including sunglasses) Unified partners are not eligible for refractions and/or products.

Keep in mind that an athlete may have to leave the Opening Eyes® event to compete in their sport. Be sure to document this on the digital or paper HAS form and inform the athlete where to return for screening completion

## Lensometry

At the Lensometry station, the athlete's current prescription will be verified and recorded, including documenting measurements, accurately determining if there is a bifocal and/or prism present in the glasses. This station can be separate or combined, see alternate floor plan.

#### Clinical Volunteers:

This station requires a licensed optician or experienced optical technician skilled at determining current prescription, including bifocals and prism.



**Optical Volunteers** 

This station requires a licensed optician or experienced optical technician skilled at accurately determining current prescription, including bifocals and prism.

#### Equipment:

For the Lensometry station, you will need: lensometers, which require power and extension cords; pupilometer and pupillary distance (PD) ruler, dotting ink and pad, lens marking pens and lens clock.

## Procedure:

Take the athlete's glasses, verify the prescription, measure pupillary distance (PD), optical center, base curve, and record if a bifocal and/or prism is present.



#### Procedure

Take the athlete's glasses, verify the prescription, measure pupillary distance (PD), optical center, base curve, and record if a bifocal and/or prism is present.

#### Options:

Lensometry, Autorefraction, and Tonometry stations can be combined if Lensometry is after Distance Visual Acuities, Near Visual Acuities and Stereopsis. A clinical volunteer can perform Autorefraction and Tonometry while Lensometry is performed by the optician or optical technician. This is a time-saving process and will prevent the athlete from moving from station to station, reducing screening time and the disinfection process.

## **Distance Visual Acuity**







## Clinical Volunteers:

Optometrists, opticians, optometry students, and experienced Lions Clubs volunteers with knowledge of performing visual acuities are preferred at this station.

## **Equipment:**

For the Distance Visual Acuity station, you will need a distance LEA chart, a pointer, and a patch, occluders, or special frames designed to permit complete occlusion of one eye at a time. Near Visual Acuity can be combined with the Distance Visual Acuity station.

#### Procedure:

- Measure 10'/3m distance and place **tape** to maintain consistent and accurate measurements throughout the screening.
- Record type of visual acuity chart used; LEA chart is preferred. Record the Snellen equivalent for a 3 meter/10-foot distance.
- Record LEA for the method of visual acuity testing. The athlete responds by pointing, matching, hand-signing, or speaking. The information from this station will guide the clinician at the Refraction and Check Out stations.

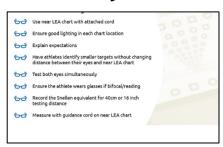
**Helpful hints:** It is recommended that if you combine Distance and Near VA, you start with the Near VA's for the athlete to adapt to the test and become familiar with the process and symbols prior to performing Distant VA's.

## Accommodations:

If the athlete cannot identify the largest symbol on the LEA chart, the test should be continued with an ophthalmologist or optometrist. Ask them to slowly walk up until the largest symbol can be correctly identified. Select "walk-up" and record the distance to the chart. If the athlete cannot complete the walk-up accommodation, use a torch/pen light to see if the athlete can localize light. If they're unable to localize, indicate no light perception if a response is unable to be determined or they cannot report its appearance. If the athlete is able to localize light with torch or pen light, indicate that light perception was used.

Reference: Guidelines for a Standardized Vision Evaluation

## **Near Visual Acuity**







#### Volunteers:

This is a great station for general or clinical volunteers who can patiently explain what the athlete is expected to do for the test.

#### Equipment:

For the Near Visual Acuity station, you will need a near LEA chart with attached measuring cord, and good lighting for each chart location.

#### Procedure:

The volunteer needs to be able to coach the athlete to try to identify the smaller targets without changing the distance between their eyes and the near LEA chart **using the measuring cord**. Both eyes are tested at the same time, and the volunteer needs to ensure if the athlete wears glasses for near viewing, (bifocal or reading glasses) if so, use the near segment portion for this test.

- Record the Snellen equivalent for a 40cm or 16-inch testing distance.
- Make sure that you consistently measure the near vision distance using the attached measuring cord to ensure measuring near visual acuities at the correct distance.

Reference: Guidelines for a Standardized Vision Evaluation

## **Stereopsis**





#### Volunteer:

This is a great station for general or clinical volunteers who can patiently explain what an athlete is expected to do for the test.

#### Equipment:

For the Stereopsis station, you will need a set of the PASS (Preschool Assessment of Stereopsis with a Smile) or RDE (Randot E) SOI provides only the Stereopsis with a Smile, not the RDE test. The RDE test is acceptable, but Smile is preferred.

## 3 Cards:

Card  $\mathbf{A} = \mathsf{DEMO}$ 

Card  $\mathbf{B} = 480$  seconds of arc

Card C = BLANK Card

1 Intermediate Polarized Viewer glasses (Not to be used as sunglasses)

1 Measuring tape (for measuring 40cm testing distance)

Instruction manual

#### Procedure:

If the athlete wears glasses, be sure to place the stereo glasses over the athlete's glasses and, if wearing a bifocal, use the near segment portion for this test.

To ensure the athlete is clear on the task, demonstrate using the demo target and the blank when explaining the test. Be sure to tell the athlete that not everyone can find the "smile" or the "E" and that is okay. This test is a forced choice response and does not require a verbal response.

Care/Handling & Storage: Clean cards with a soft, damp, lint-free cloth. Dampen cloth using glass cleaner or mild detergent/water.

Store test in a dry cool place away from direct sunlight, cards are susceptible to damage if exposed to heat and humidity.

Reference: Guidelines for a Standardized Vision Evaluation

## **Autorefraction**





#### Volunteer:

This test should be performed by a clinical volunteer such as an optometrist, eye care professional, optometry student, optician, or trained ophthalmic technician. This test does not require a verbal response.



#### **Equipment:**

At the Autorefraction station, you will need a tabletop or handheld autorefractor, such as a Retinomax, which requires power. Be sure to have at least one handheld model to be used with athletes in wheelchairs. Source equipment locally, handheld equipment may be available through SOI, see PNF to check availability in your region.

Autorefraction is a baseline assessment of the refractive error. Ensure that you are documenting the reliability rating to avoid invalid results. This is important for the clinician at Refraction and Check Out stations in determining an accurate prescription for the athlete. **Never** should you prescribe off the results of autorefractor for determining athlete prescriptions.

Fully charge any batteries prior to the event and ensure that the units are working properly. Keep units charged for the next event. Ensure that the handheld units match the charging base, especially when packing up for shipping to the next event. Units will not charge without corresponding bases and will not be functional for the next screening. Do not send damaged or malfunctioning equipment to the next program screening.

Reference: <u>Guidelines for a Standardized Vision Evaluation</u>

## Intraocular Pressures (IOPs) Tonometry





**Volunteers:** This test should be performed by a clinical volunteer such as an optometrist, eye care professional, optometry student, optician, or experienced optometric technician.



#### Equipment

The station should have a desktop non-contact tonometer (NCT) or handheld iCare tonometer, handheld tonometers require single-use probes and an appropriate trash receptacle. One single-use probe is used for each athlete screening.

Reference: <u>Guidelines for a Standardized</u> <u>Vision Evaluation</u>

## **Cover Test**









#### Volunteers:

The cover test should be performed by a clinical volunteer such as an optometrist or experienced eye care professional.

#### Equipment:

This station will need near fixation targets (such as finger puppets, stickers, or fixation sticks). To perform the distance cover test, you will also need a distance fixation target, torch or pen light, prism bars, and occluders.

**Helpful hints:** It is recommended that you start with the Near cover test so the athlete can adapt to the test and become familiar with the process and fixation targets/occluders prior to preforming Distance cover.

Reference: Guidelines for a Standardized Vision Evaluation

## External, Pupillary Testing, and Non-Dilated Internal Eye Health











## Volunteers:



This test should be performed by an experienced clinical volunteer, such as an optometrist or ophthalmologist.

#### Equipment:

Slit lamps, Ophthalmoscopes, panoptic, Volk-90 lens, torch/penlight, fixation light, pipe & drape or darkened area.

#### Procedure

The eye health station evaluates the external and anterior segment of the eye. The direct consensual and afferent pupillary response and the internal health status of both eyes. Using a biomicroscope or a direct ophthalmoscope, make sure the screening area is dimmed to allow the pupil to dilate for better evaluation of internal eye health. This test is to be performed with non-dilated eyes. At this station, you will evaluate the integrity of the eyelashes, eyelids, puncta, conjunctiva, sclera tear layer, cornea, anterior chamber iris and the lens record any findings of issues on the screening form.

Continue with the evaluation of the response of pupil to light, followed by the evaluation of the fundus of the eye, including the optic nerve head containing the disc margin, color and contour of the rim tissue, disk size and depth. Then examine the fovea/macular area and vasculature, arteries and veins, recording any aberrant findings.

Reference: <u>Guidelines for a Standardized Vision Evaluation</u>

## **Fundus Camera (Optional)**









The Retinal Imaging camera can be placed before or after Internal/External depending on clinical volunteers and type of imaging equipment.

SOI does not provide fundus cameras; however, it is recommended that you source locally for loan and/or fundraise for program purchase.

## Intermediate Check Out



Intermediate Check Out is performed after all stations prior to refraction are completed to determine if the athlete proceeds to the Retinoscopy and Refraction Station. This station should be performed by an experienced clinical volunteer such as an optometrist or ophthalmologist, preferably the Clinical Director.

#### Responsibilities:

The eye care professionals at this station are responsible for:

- Making sure the athletes have completed all the stations.
- Reviewing all data from the stations, and determining results based on findings. The check out clinician, typically the CD, will determine if there is a discrepancy, if the athlete should be returned to a station and be retested.
- It is recommended that **all** athletes with a refractive error go to Refraction to determine if their corrected visual acuity can be improved. It is the expectation regardless if their DVA is 20/40 or better, to improve an athlete's vision if possible. Please plan for enough refraction lanes and clinicians skilled in retinoscopy and refraction to support the anticipated number of screenings to avoid delays at this station.
- Athletes who need a refraction will be asked to sit in a designated waiting area until there is an open Retinoscopy/Refracting Lane. It is recommended using a "post it" or other "ticket" indicating that the athlete is waiting for a refraction so athletes can be seen in turn.
- The athlete will return to Check Out following retinoscopy and refraction for recommendations. This can be a combined station or separate Final Check Out Station.
- If no prescription change is necessary, initiate Final Check Out.
- If a Unified Partner has participated in the screening, they do not proceed to refraction, initiate Final Check Out. Unified Partners are not eligible for any optical products including sunglasses.

#### Eyewear options: Intermediate Check Out

- An athlete who completes the screening with their current prescription (no prescription change) may be allowed to get a replacement pair
  of glasses if their current pair of glasses are in poor condition. The Check Out clinician may also determine if that athlete needs sport
  goggles, either plano or prescription, only if competing in a contact sport. The athlete would then be directed to the Fitting & Dispense
  station.
- Athletes who do not require a distance prescription are eligible for a pair of plano sunglasses if they have completed the screening. Do not dispense plano sunglasses to athletes with a distance prescription, sunglasses are not to be used as fit overs. \*Sunglasses and/or optical products are not for coaches, family members, Unified partners, or volunteers.
- Athletes may come to the screening with a prescription from a community eyecare professional. The athlete would be eligible for products
  only if participating in the complete screening. It is the expectation that the athlete completes all screening stations and goes to refraction
  to confirm the written prescription before being directed to the Fitting & Dispense station. Completing a screening form as "Unable to
  Test" in this case is not allowed.
- PLEASE NOTE: Many times, coaches, delegates, parents, and other volunteers will ask to go through the screening. Our policy is
  that only athletes and Unified Partners (people without IDD playing together with athletes) may participate in the vision
  programs (athletes receive priority) but only athletes will receive refractions and glasses/products (including sunglasses).
  Unified partners are not eligible for refraction and/or products.

## **Retinoscopy & Refraction**





Depending on the availability of qualified volunteers, these stations can be combined or separated.

At the Refraction/Retinoscopy station, the most appropriate correction for athletes who need new glasses is determined. For this station, it is advised to recruit eye care specialists that are experienced in refracting patients (data is collected in Minus Cylinder only) with different needs such as children and people with disabilities.

When prescribing glasses for an athlete, consider the following: what are the athlete's visual needs, their sport, occupation, and age.

We have found that many times others who are not waiting for a refraction will sit in these waiting areas. We recommend using a "post it" or other "ticket" indicating that the athlete is waiting for a refraction.

This test should be performed by an experienced clinical volunteer such as an optometrist, or eye care professional, skilled in Retinoscopy and Refraction, and a general volunteer to assist the eye care practitioner. Ophthalmic technicians are not allowed to perform Retinoscopy and Refraction.









## **Equipment:**

LEA charts are used for Retinoscopy/Refraction lanes, and a light source will be needed to illuminate the LEA chart. There should also be near point LEA charts at Refraction for those presbyopic athletes needing a near point correction.

## Equipment

- Distance and near LEA charts
- Light source or lamp (requires power)
- Trial lens and frame kits
- Sciascopy bars
- Prism bars
- Volunteer Pointer
- · Phoropter and stand
- Retinoscope and charger (requires power, including extension cords)
- Pipe and drape (optional for refracting lanes, recommended for retinoscopy testing)
- Stool with wheels for ECP
- Occluders
- Wall mounting or easels for distance

#### Phoropter:

The equipment will vary between sites and geographic locations but will include either a phoropter and stand and/or trial lens set with a trial frame. Phoropters are not supported by SOI and need to be sourced locally. Phoropter stands are available for loan in the US only.



Keep in mind challenging retinoscopy and refractive cases, such as older athletes, large changes in refraction, new prescriptions that vary greatly from the current glasses, or large differences between two eyes with poor motor skills.



Reference: Guidelines for a Standardized Vision Evaluation

## **Final Check Out**



When the athlete has completed Retinoscopy and Refraction, they should go to Final Check Out.

This review should be performed by an experienced clinical volunteer, such as an optometrist or ophthalmologist, **preferably the Clinical Director**. The eye care practitioner does a final review of the athlete's screening form, ensuring all stations are complete, recommending any station retesting if necessary and making appropriate recommendations.

Athletes may receive a routine, non-urgent, or urgent referral for follow-up care as a result of screening. **All** athletes should be referred for a routine comprehensive eye exam that includes dilation.

A screening summary and referral recommendation are given to the athlete or their guardian.

The athlete is directed to the Fitting & Dispense Station to choose eyewear and/or sport goggles recommended by the Final Check Out clinician.

#### Eyewear options: Final Check Out

Athletes who present with a correction are eligible for either:

- One pair of bifocals, or
- One pair of distance dress eyewear, or
- One pair of distance dress eyewear and/or one pair of near dress eyewear
- One pair of distance sport goggles if participating in a contact sport (Single Vision ONLY, clear lenses)
- If the athlete presents with a distance prescription and competes in swimming, swim goggles can be provided if available.
- Refer to recommendations page to view prescription ranges for sport goggles and swim goggles.

PLEASE NOTE: Many times, coaches, delegates, parents, and other volunteers will ask to go through the screening. Our policy is that only athletes and Unified Partners (people without IDD playing together with athletes) may participate in the vision programs (athletes receive priority) but only athletes will receive refractions and glasses/products (including sunglasses). Unified partners are not eligible for refraction and/or products.

## **Eyewear Fitting & Dispense Station**





At the Fitting & Dispense station, athletes will be properly fitted for a pair of frames.

#### **Optical Volunteers:**

Experienced opticians and/or optical technicians with fitting and dispensing skills should fit athletes with appropriate frames suitable for the prescription and facial features and take accurate measurements. General volunteers can assist with frame styling/selection but must have qualified opticians approve fit and take measurements. It is expected that you assist athletes in frame styling and selection.



#### Optical Volunteers

Experienced opticians and/or optical technicians with fitting and dispensing skills should fit athletes with appropriate frames suitable for the prescription and take accurate measurements. General volunteers can assist with frame selection but must have a qualified optician approve fit and take measurements.





#### Approved Eyewear:

At this station, the optical volunteers will assist athletes to choose an appropriate pair of dress eyewear from a current selection of styles, colors and sizes provided by our global partners through SOI. Ensure that all frames are approved and supplied by SOI to comply with our partners' and sponsors' contractual agreements. Do not accept independent donations.

- You will need an appropriate selection of eyewear to give the athlete a choice and ensure that you have enough styles and sizes to properly fit the athletes' facial features and prescription needs. Request frames through the PNF **90 days** in advance of the event.
- Allowable Frames: Sourced through SOI PNF

Ophthalmic Frames: Safilo

Sunglass Frames: Safilo

Sport Goggles: SOI, limited (varies) at this time you may fundraise for sport goggle purchase, requires pre-approval, contact openingeyes@specialolympics.org

Swim Goggles: SOI, may not be available in all regions

Specs4Us: SOI (Ophthalmic frames for Down Syndrome)

Lenses/lab services provided by Onesight EssilorLuxottica Foundation



## Approved Eyewear

Athletes choose from the eyewear provided by our global partners through SOI. Ensure frames comply with agreements. Independent donations are not allowed.

## **Equipment:**

- Optical forms, pupilometers, PD rulers, frame warmer and small optical hand tools, trays and a lens clock are necessary for this station.
- Optical forms for documenting prescription, frame measurements, and monocular pupillary distance measurements, ocular center measurements and bifocal segment measurements (if a multi-focal) are recommended.
- It is imperative to document all information on the optical form and confirm against the HAS form for accuracy.

## **Sport Goggles:**

Sport goggles will be available for those athletes who participate in contact sports only. Athletes are eligible for either prescription or non-prescription goggles. Sport goggles are limited, be conscious to not to over request these products. Tinted lenses in sport goggles are not allowed.



## **Plano Sunglasses:**



#### Plano Sunglasses

Athletes who completed the screening and do no need distance vision correction are eligible for plano sunglasses.



Plano sunglasses are available to those athletes who have completed the screening and present without the need for distance vision correction. Athletes who present with a distance prescription are not eligible for plano sunglasses or fit overs.

In the Fitting & Dispense Station, display frames without the plastic bags to ensure athletes can choose their frames without distractions or obstacles. Group frames in sections of male, female, gender neutral, children's and plastic/metal for simplicity and efficient re-stocking during the event.





#### **Eyewear Options:**

- One pair of bifocals, or (Flat top bifocals are standard, if an athlete is currently wearing a progressive, check to confirm if progressives are allowed
  in your region as a special order only. 1st time progressives are not allowed) You must complete the Medically Necessary Special
  Request/Instructions (Requires Approval)
- One pair of distance dress eyewear, or
- One pair of distance dress eyewear and/or one pair of near dress eyewear
- One pair of distance sport goggles if participating in a contact sport (Single Vision ONLY, clear lenses)
- If swim goggles are available in your region, athletes who present with a distance prescription and participate in SO competition swimming are
  eligible, plano swim goggles are not allowed. Note: swim goggles take extra time to fabricate, please be conscious not to overwhelm the labs.
- See optical form for prescription ranges for sport goggles and swim goggles.





Frames are supplied by SOI through the <u>PNF</u>. All ophthalmic frames and plano sunglasses must come from SOI. Through the generous donations from our global sponsors, **Safilo.** DO NOT accept outside donations. If you have questions, please contact openingeyes@specialolympics.org

If ordering frames through the PNF for the Europe/Eurasia region, be advised that the frame request **must be made 90 days prior to the event** to allow for ordering, processing, and delivery prior to your event. If the request is less than 90 days, the request may not be able to be fulfilled due to contractual agreements.

## Eyewear Dispensing and Delivery

IT IS IMPORTANT TO NOTIFY ATHLETES AT THE TIME OF FITTING THAT IT MAY TAKE THE MIMINUM OF **8-12 WEEKS** TO RECEIVE THEIR EYEWEAR FOLLOWING THE COMPLETION OF THE EVENT.

If you have On-Site Edging, set up an area in the Fitting & Dispense Station with dispensing tools and inform athletes where to pick their glasses up and what time they should return.

It is the expectation for the Clinical Director to arrange to have **all prescription eyewear verified for prescription accuracy** once the glasses have returned from the lab. Once verified, the program can mail to the athlete. Do not include lab form with prescription eyewear.

## PRIOR TO SHIPPING GLASSES TO ATHLETES:

Ensure the program removes the lab copy and retains it in a secure area. Replace the lab copy with the athlete's name and dob. This ensures that the athlete/parent/guardian will not use the information on the form for duplication on an internet eyewear website.

At times, athletes, parents and caregivers have reached out to our partners and/or attempted to use the lab copy for a prescription. We do not provide prescription from screenings.

## On-Site Edging (Optional/US)





On-site Edging is optional and will take preparation well in advance to secure equipment, supplies, and skilled volunteers. Contact your local edging manufacturer representative or contact a local lab for volunteers/equipment. To perform On-site Edging, you will need a technician, optician, edger, lensometers, ink, lens marker or china marker, blocker, blocks, block pads, five-gallon bucket, hand stone, trays, and hand tools to be sourced locally. Stock finished lenses are provided by our Global sponsor. (US only)



On-site edging will allow many athletes to receive their eyewear during the duration of the event.

If you do not have access to our supporters for on-site edging, please contact Openingeyes@specialolympics.org

#### **Stock Lens Replacements**

Replacement stock lens forms can be found on the OneSight EssilorLuxottica Foundation, Changing Life Through Lenses portal under resources. Download the form, complete, and email directly to the address provided on the form. Paper forms will not be accepted. You will need to request lenses 2 months prior to your event. It is recommended to order replacement lenses directly following your event (same calendar year) to accurately document lenses used for our partners and avoid last minute request. It is strongly recommended that you assign a volunteer at the On-site Edging Station to fill out the Form as lenses are taken from the kit and/or retaining the lens envelopes for accuracy.



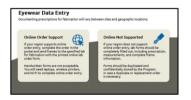


## Request Type: One Time Single Support



# Upload Completed Order \* Choose File No file chosen

## **Eyewear Data Entry**





Documenting prescriptions for fabrication will vary between sites and geographic locations.

If your region is supported by online order entry, it is required to complete the order in the Global Sponsor portal and send frame with online printed order form to the lab. You will need laptops, wireless printers, and Wi-Fi. See supply list for additional details and needs.

If your region is not supported by online order entry, lab forms should be provided and must be **filled out completely**, <u>including prescription</u>, <u>measurements</u>, <u>and complete frame information</u>. Forms should be duplicated and securely stored by the Program, in case a duplicate or replacement order is necessary.

If your region is not supported by online order entry, use <u>lab form here</u> and ensure **completeness**, <u>including prescription</u>, <u>measurements</u>, <u>and entire frame information</u>. Copy forms, send original to lab and securely store the duplicate. Complete information is required in case a duplicate or replacement order is necessary.

## OneSight EssilorLuxottica Vision Foundation Changing Life Through Lenses (US programs only)

To enter orders on-site at your event you need laptops, internet, wireless printers and supplies for processing orders, see supply list

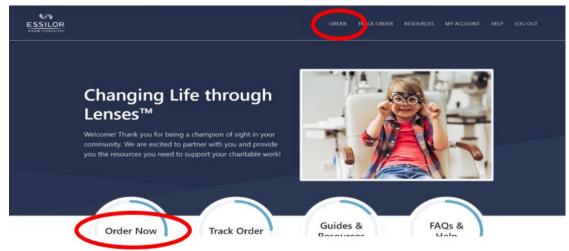
Log in, <a href="https://chanqinglifethroughlenses.org/referral/openingeyes">https://chanqinglifethroughlenses.org/referral/openingeyes</a> to ensure that the Special Olympics Opening Eyes logo is located on the top of the page. If not, you are not registered as an Opening Eyes account. Please notify <a href="mailto:Openingeyes@specialolympics.org">Openingeyes@specialolympics.org</a> for assistance.

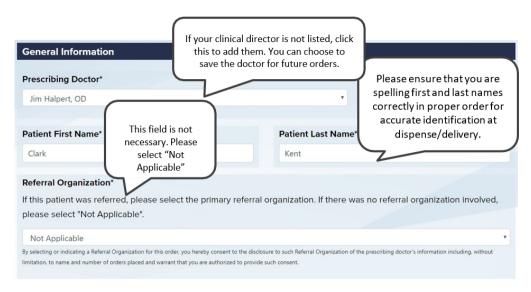


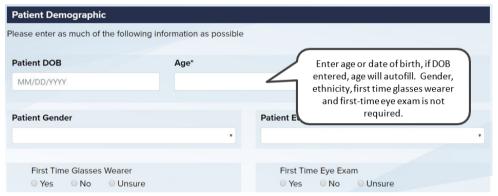
If you do not see the Opening Eyes Logo once logged in, then you may be registered on the general US website which is used for many charitable organizations. The Special Olympics Opening Eyes portal is unique for OneSight EssilorLuxottica and link specific. The Opening Eyes portal is for Special Olympics athletes only, do not enter other charitable orders through the SO portal. Entries are counted and monitored by our corporate sponsors. Entering orders other than SOI athlete limits the total number of eyewear allowable through OneSight EssilorLuxottica for our athletes. Contact openingeyes@specialolympics.org if another account is needed. One account per state is allowed unless there is more than one program per state.

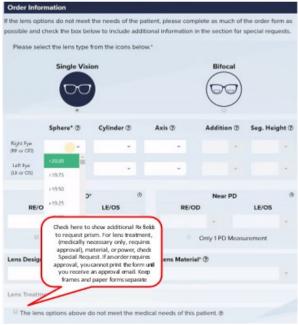
It is the expectation to share the Special Olympics Opening Eyes account login and password with the Opening Eyes discipline manager and your SO Health Program Manager. Please notify <a href="mailto:openingeyes@specialolympics.org">openingeyes@specialolympics.org</a> if any changes to login and/or password have been made.





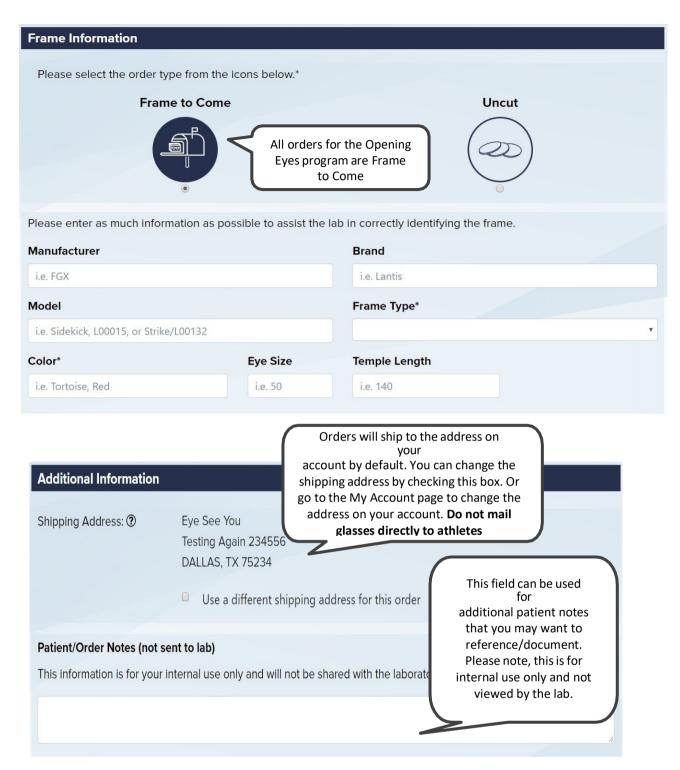






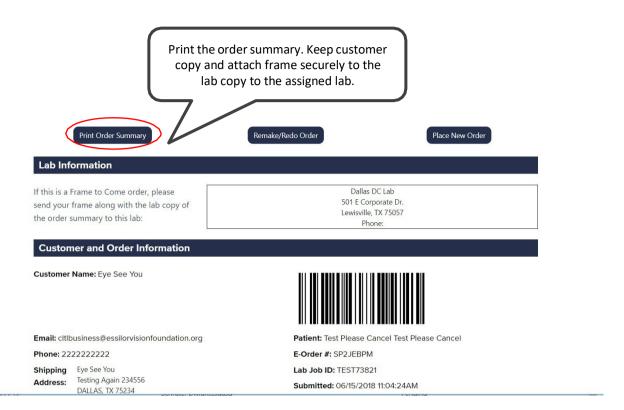
Ensure quality control and avoid prescription errors by accurately transferring the prescription. If you are using paper order forms, the fields should be in the same order. Prescriptions during the screening are measured recorded in minus cylinder, it is best to be consistent throughout.





Do not mail glasses directly from the lab to the athlete. Our sponsors do not support direct mail other than to the programs/CD.

If an authorization for a special order is required, you will not be able to print the lab form. Keep paperwork and frame aside. You should receive an email authorization within two business days. Once received mail to lab immediately.



Once your order is submitted print form, cut in half and secure the lab copy with the frame and send to lab. Retain customer copy at the program level in a secure location. You may also print a list of orders from the portal by using the filter date range.

Please arrangement for an optician or a qualified/certified individual to verify the prescriptions after they have been fabricated and returned from the OneSight EssilorLuxottica lab to ensure accuracy of the prescribed eyewear prior to sending the glasses to the athletes.

If a remake is necessary, please submit under remake/redo and describe reason. Do not place a new order as this will impact the allowable number of glasses for our athletes.

\*\*\*When glasses return from the lab, following prescription verification, label glasses with athlete name and DOB and then coordinate with the program to mail/dispense to the athlete.

## DO NOT SEND A COPY OF THE LAB FORM TO THE ATHLETE WITH THEIR GLASSES

The lab form includes the prescription and measurements and is not a valid prescription, athletes are not to use this form to order glasses on-line or contact our sponsors.

## Screening Data and Post Event Evaluation

Programs that received a grant for the event are required to enter the screening data into the Healthy Athletes software. Tutorials for tablet and event screening data entry can be found <a href="here">here</a>
You must report your data post event for sponsor requirements in the <a href="Opening Eyes Event Evaluation">Opening Eyes Event Evaluation</a>
Form. This report is required as part of your grant application. You will be required to report the following numbers:

- ✓ screenings
- ✓ prescription dress eyewear
- ✓ prescription sport goggles
- ✓ plano sport goggles
- ✓ plano sunglasses
- ✓ clinical volunteers (types, Optometrist/MD)
- ✓ optometry students
- ✓ Lions/Leo members
- √ non-clinical/general volunteers
- √ athletes needing a referral (routine/non-urgent/urgent)
- ✓ photos & stories

## **Community Based Screenings**

If you can support community-based screenings in your office/community, please reach out to join our Opening Eyes Healthy Community Program in your area. There are opportunities to support with products and services similar to the in-person Opening Eyes event. This is an opportunity for people with IDD to have access to care for those who may not be able to attend the HA screenings.





Special Acknowledgement goes to Dr. Paul Berman former chair of the Sports Vision Section of the American Optometric Association (AOA) who developed the original pilot program in 1991. In 1997 Opening Eyes became an official program of Special Olympics Healthy Athletes.