

Chapter 17: Healthy Athletes Program

17.1 Program Overview

- 17.1.1 improving each athlete's health and fitness by providing free health screenings
- 17.1.2 Operation from 29 Jan to 4 Feb 2013
 - ※ Train-The-Trainer(TTT): 27 Jan ~ 29 Jan
- 17.1.3 At 2nd & 3rd floor, Cheongsong-gwan, Kwandong University (1,594m²)
- 17.1.4 For 2,300 athletes (estimate)
- 17.1.5 346 staff required (operation staff, int'l/local volunteers, TTT participants)

17.2 Six disciplines requiring 145 mins.

- 17.2.1 Opening Eyes: visual acuity, cover test, color test, stereopsis, autorefraction, slitlamp exam, eyewear prescription and dispensing, check-out (40 mins)
- 17.2.2 Fit Feet: static exam, dynamic exam (20 mins)
- 17.2.3 Special Smiles: screenings, tooth brushing instruction, oral health education, gifts (10 mins)
- 17.2.4 FUNfitness: flexibility, functional strength, balance, aerobic condition, shoulder rotation, partial sit-ups, functional reach (25 mins)
- 17.2.5 Healthy Hearing: external ear inspection, otoacoustic emissions hearing screening, tympanometry, pure tone audiometry (30 mins)
- 17.2.6 Health Promotion: bone density, diet and nutrition, height, weight (20 mins)

17.3 Healthy Athletes Advisory Committee

17.3.1 Operation from Feb 2012 to Feb 2013

17.3.2 10 committee members

17.3.3 Roles

- advice on venue, scale and layout
- advice on operation schedule and size of required work force/supplies
- advice on operation hour and accessibility to the venue
- support to secure local/international medical and non-clinical volunteers for disciplines
- screenings at the venue as CDs

17.4 Human Needs

17.4.1 Staff needs (214 local, 132 international)

- 47 for Opening Eyes, 17 for Special Smiles, 29 for Healthy Hearing, 30 for Health Promotion, 29 for FUNfitness, 16 for Fit Feet
- 6 for main registration, 24 for data entry, 16 for others
- 78 for TTT (60 int'l, 18 local), 24 int'l volunteers, 30 SOI staff

17.5 Supplies/Equipment

17.5.1 To be secured from Jun to Dec 2012

17.5.2 Items and sources

Type	supplies/Equipment	from
Digital device	lap top, mouse, printer, digital camera	SOI
Medical equipment	auto tonometer, slit lamp, audiometers, auto refractor, Rsscan, goniometer, non-latex gloves, mouth masks, Sterilium for hand disinfection, sterile gauze, bone density machine, etc	SOI/HAAC

Prints	copies of screening form, education manual, sun protection brochure, Funfitness brochure, education material on smoking and sanitation	SOI/HAAC
Items	chair, table, bench, plastic box, etc.	GOC
Office supplies	ballpoint pen, battery, duct tape, stapler, pin, scissors, name tag, paper clip, waste basket, paper, trash bag	GOC
Others	tooth brush/paste, blood pressure cuff, jump rope, scale, banners	SOI

17.6 Operation Schedule

17.6.1 Train The Trainer

- 26 Jan: trainees & int'l volunteers arrival
- 27~29 Jan: education on screenings

17.6.2 Healthy Athletes Program

- 26~28 Jan: venue set-up & final check-up
- 29 Jan: Ribbon cutting, screening (10:00~19:00)
- 30 Jan: screening (09:00~19:00)
- 31 Jan: screening (09:00~18:00), reception (19:00~20:30)
- 1 Feb: screening (09:00~19:00), trainees departure
- 2~4 Feb: screening (09:00~19:00)
- 5 Feb: event closing, int'l vols & staff departure

17.7 Healthy Athletes Software (HAS)

17.7.1 Operation from 29 Jan ~ 4 Feb 2013 by SOI

17.7.2 Timeline

- secure HAS program and manual by Sep 2012;
- secure supplies/equipment by Nov 2012;
- build-up, check-up & education by January 2013
- ※ training on operation, registration, RFID usage

17.8 Train The Trainer

17.8.1 Sessions from 27 ~ 29 Jan 2013 by SOI

17.8.2 Trainer: 12 Global Clinical Advisors

17.8.3 Trainees: 78(60 international, 18 local)

17.8.4 To be provided with

- operation manual & education on each discipline
- Seminars & learning by books & practice
- Participation as volunteers after completion

17.9 HA reception

17.9.1 Date: 31 Jan 2013, 19:00~21:00

17.9.2 Venue: Alpensia Resort, Pyeongchang

17.9.3 Attendees: 150

- GCAs, HAAC members, sponsors, int'l/local volunteers, medical volunteers, SOI, SOK, GOC