



HODs/Head Coaches/Coaching Staff Special Responsibilities

Because most state and some area events last an entire weekend, it is very important that coaches are adequately prepared to deal with the athletes for an extended period of time. Listed below are some of the necessary and helpful procedures that should simplify the job.

- The coach is responsible for the athlete 24 hours a day. It is up to the coach to ensure that the physical and emotional needs of the athletes are met during any event or games competition. This responsibility includes, but is not limited to:
 - Ensuring that athletes are properly warmed-up prior to any competition.
 - Taking precautions to prevent any athlete from suffering sunburn and heat exhaustion by using sunscreen, drinking plenty of fluids and taking advantage of shaded areas whenever possible.
 - Bringing a first aid kit and knowing how to administer first aid.
 - Ensuring athletes get adequate rest away from the competition.
 - Ensuring that athletes display appropriate behavior.
 - Ensuring that the athletes eat properly and avoid overeating or missing meals.

Note: If an athlete requires a special diet, it is the responsibility of the coach to provide for the athlete's needs. For special diets, bring a cooler with all the proper foods.

- The coach should be aware of the athlete's possessions.
- The coach is expected to be totally familiar with the medical condition, precautions and medication requirements of each athlete. It is the coach's responsibility to ensure that medication is administered. Knowledge of the medication regimen (what, how much and when) is essential.



- The coach is expected to carry a copy of the valid Athlete Enrollment/Medical Release Form for each athlete at all times.
- The coach must ensure that armbands or name tags are worn by athletes and coaching staff at all times.
- The coach must ensure that the athlete is on time for all sports competitions but also has the opportunity to participate in special activities.
- The coach is expected to be familiar with Special Olympics Sports Rules. Questions or concerns about sporting events should be addressed to the sport director. Concerns or suggestions about other aspects of the games should be made on the evaluation form provided in the registration packet.
- No alcoholic beverages are allowed at Special Olympics practices and competitions. Smoking is also prohibited except in designated areas.
- The head coach is responsible for making sure that the athletes are dressed appropriately for all competitions, including appropriate sports specific undergarments.