



2024 Special Olympics Ontario Terms of Reference for Health, Wellness and Fitness Volunteer Coordinators

Following the return to in-person events, Special Olympics Ontario (SOO) wants to provide increased health promotion opportunities for athletes, teams and their families, in addition to sports programming. To work more collaboratively with local communities on health promotion, SOO - with direction from SOO communities - has developed the community position of Health, Wellness and Fitness Volunteer Coordinators (HWFVCs). HWFVCs work with SOO and their local community to promote awareness and use of health and wellness resources, identify specific areas for the improvement of their community's health and wellness, and address such by highlighting and requesting support where needed.

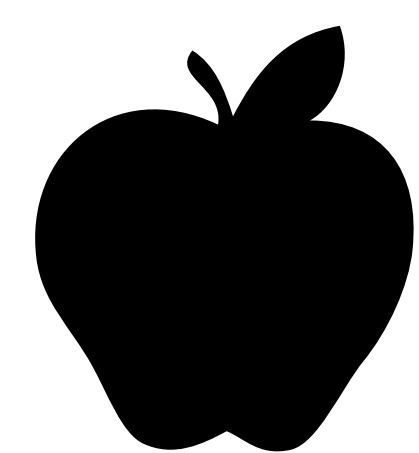
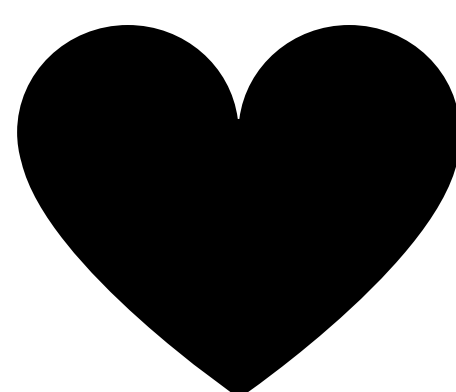
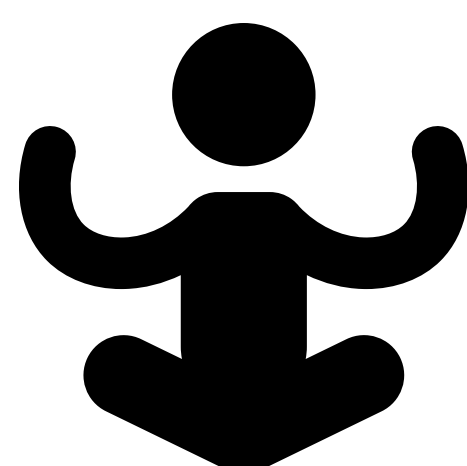
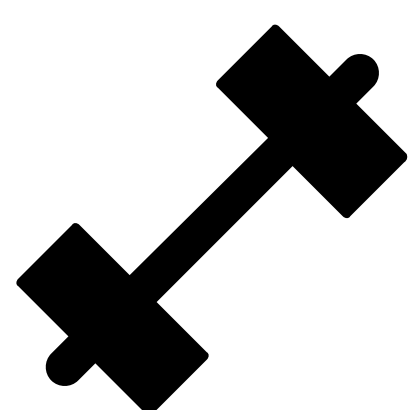
Objective for Health, Wellness and Fitness Volunteer Coordinators: Work with their local community and SOO to promote health and wellness programming within and outside SOO sports for athletes, teams and their families.

Responsibilities

We have listed some primary and *potential* responsibilities below. There is NOT an expectation that an HWFVC is required to fulfill all or even many of the responsibilities. The coordinator will work with SOO to choose which areas they would like to explore in their communities - the coordinator can make this role their own and work within their own capacity limits. Example, if you can only run one initiative, that's great!

Primary Responsibilities:

- I. Participating in quarterly calls to provide updates and identify where SOO can offer support
- II. Promoting health and fitness resources to local teams and athletes, coaches and families
- III. Using available Special Olympics health, wellness and fitness resources (such as Fit 5 wellness booklets) to facilitate small-scale community programming
- IV. Working with SOO to host a Healthy Athletes (HA) event in your community
- V. Identifying health and wellness concerns specific to your community and working alongside SOO to address such



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Potential Responsibilities*:

- I. Working with the SOO office to advocate for the removal of barriers to health for people with intellectual and/ or developmental disabilities (IDDs) in their community
- II. Assisting in recruiting local health professionals or volunteers for local Healthy Athlete events, or connecting them to SOO to become Partners in Health
- III. Connecting and working with local businesses (e.g., grocery stores such as Sobeys or FreshCo) to collect donations or resources to assist with SOO programming (such as healthier food and snack options for local fitness groups)
- IV. Serving as a touchpoint for the distribution of surveys or other SO research materials

*The size of each community, the capacity of the respective community council, and the time availability of the HWFVC will help determine the responsibilities an HWFVC might have.

Popular Health and Wellness Programming Ideas

Community Competitions

Most Keep Ups, 3-Pointer Challenges, Monthly Step Challenges

Walking or Hiking Groups

Community and Outdoor Exploration, Bird or Animal Watching, Outdoor Photography

Physical Activity Classes

Sports Fundamentals, Adapted Resistance Training, Yoga Sessions

Social Wellness Activity Nights

Movie or Game Nights, Dance Events, Painting or Art Lessons, Family Cooking, Book Clubs, Music Groups, Hobby Clubs

Health and Wellness Awareness

H&W Newsletters, Combatting Negative Substance Use, Nutrition and Physical Activity Classes, Mental Health Check-Ins, Environmental Safety Checklists

