

Buddies

Buddies are volunteers who pair up one-to-one with an athlete. There will be no "doubling up" of buddies as we must ensure every athlete has one buddy. This is not a time for you to hang out with your friends all day.

As a Buddy, you are responsible for your athlete from the moment they get off the bus until they board their bus at the end of the day. You will ensure your athlete is on time for all his/her events, eat lunch with the athlete, visit the Olympic Village and ensure your athlete is handed off to their teacher or caregiver at the end of the day.

It is very important for you to interact with your athlete all day. Get to really know them. You should be creating a new friendship that may last after the games.

Requirements and Restrictions

- Athletes can only participate in the events for which they are registered.
- Do not run beside your athlete during a race and do not assist your athlete unless he/she is seriously injured. Your assistance will result in a disqualification for the athlete.
- Buddy Card - Contains pertinent information on athlete. Please scrutinize it carefully.
 - If you see any discrepancies (such as sex), report it to the athlete registration table immediately.
 - Medical Conditions - Check conditions (dietary/allergies/medicine). **If your athlete requires medication, you should arrange a meeting time and place with the school or adult chaperone in order for the athlete to receive their medications**
 - If the Buddy Card indicates the Athlete is registered as "Olympic Village," this means that your athlete is too young to participate in the Track, Field, or Swimming events. As a buddy, you and the athlete may attend Opening Ceremonies, cheer for the athletes running races, and participate in the activities in Olympic Village.
 - If your Athlete has a yellow arm band, they cannot have any pictures taken. Please be aware.
- **Find out what time your athlete will be leaving and a location to meet the rest of the school's athletes at the end of the day.**

POOL GUIDELINES

- Go directly into the wrestling room next to the pool to check in and meet your athlete. You should escort your athlete to the locker rooms for them to change into their swimsuit. Get to know your athlete while waiting for warm ups and the Aquatic Opening Ceremony. Take this time to familiarize yourself with the events that your athlete will be swimming. During warm-up, remain on the pool deck watching your athlete and assist where necessary.
- Please remain in the wrestling room throughout the aquatic competition unless your athlete is swimming. When your athlete's event is called, please take your athlete to the staging area where they will be seated for their event. The pool escorts will lead you and your athlete into the pool area through the staging process to the starting blocks prior to the start of your athlete's race.
- There are two groups of events within the aquatic competition. For the new swimmers that are beginning their participation within Special Olympics, there are the developmental events that consist of walking and floating for part of a length of the pool. These events are held in lanes 7 and 8 in the pool and have a volunteer in the water. For all the other swimmers, they participate in competitive events against other swimmers and are timed in lanes 1 through 6. These two groups of events are held concurrently.
- Before their event, please reinforce to your aquatics athlete the length of their upcoming event:
 - 25 yards is 1 length of the pool.
 - 100 yards is 4 lengths of the pool.
 - 400 yards is 16 lengths of the pool.
 - 100 yard IM (Individual Medley) is in the following order, one length of butterfly, one length of backstroke, one length of breaststroke, and one length of any other stroke other than butterfly, backstroke, or breaststroke.
 - 50 yards is 2 lengths of the pool.
 - 200 yards is 8 lengths of the pool.
 - Developmental events are less than 1 length.
- Most athletes start on the blocks, but some may start in the water. Buddies can encourage and even physically help the swimmer into the pool, hopefully, without using the ladders. **Take this time to review with the swimmer what stroke and how many lengths they are swimming.**
- Buddies may need to hold their athlete's towel and t-shirt for them when they are competing.
- You must be quiet on the start. However, after the start, cheer loudly for your athlete throughout the race. Please stay out of the way of the timers and officials. You can move to the side of the pool to cheer.
- At the conclusion of the race, the pool escorts will lead the athletes back into the wrestling room.
- Awards will be presented to all the athletes in the wrestling room shortly after the results of their competition become official.
- Lunch will be provided for you and your athlete in the wrestling room around noon.

TRACK GUIDELINES

- Go to Buddy Corral area, located along the access road next to the creek. If you know sign Language, please report to the adult registration table and ask for Steph.
- After picking up your athlete in the morning, please move away from the buddy corral and athlete registration areas as soon as possible. Familiarize yourself with the map and schedule of events in the program and the athlete's buddy card.
- Track and Field athletes must wear their numbers, which go on the FRONT of T-shirts, all day long
- *Once you are paired with your athlete, there is no need to go through any additional registration. **Go immediately up to the track.*** Warm up aerobics will be held between 9:15 and 9:30AM. Opening Ceremonies will begin at 9:30. Track events start after Opening Ceremonies conclude at 9:45. Field events will be available after Opening Ceremonies conclude.
- The track events have starting times, where the field events do not. So, be on time for track events! Athletes can participate in field events whenever time permits.
- After opening ceremonies you and your athlete will report to the appropriate staging area as soon as the event is called. Please listen for the events being called and make sure you are at the appropriate area. The track is color coordinated for easier location of the event. Starting locations for your athlete's events are noted on the buddy card. **50m and 100m Dash events will take place immediately after Opening Ceremonies.**
 - Each corner of the track is clearly marked with a particular color – yellow, blue, or green. Each athlete has a color of the starting point for the event indicated on their buddy card, as well as the Heat they are scheduled to run in. Buddies should escort their athletes to the appropriate area.
 - Event posting boards are color coded and located in each corner of the track. A marker will be to the left of the Event/Age Group that is being staged in that corner of the track. Also, a number indicating the number of heats for each Event/Age Group is on the event posting board, to help estimate when a future event/heat might be run.
 - If the athlete misses their track event, they will run in a heat together after all other heats, only if time permits. Only participation ribbons will be awarded for these athletes, which will disqualify the athlete from state competition.
 - If the Athlete has an extenuating circumstance such as the athlete needs a whistle start, please inform the Assistant Stager when checking in for the race.
- Once your athlete is assigned a lane, go to the finish to cheer on your athlete as they compete. For any assisted event, the buddy must stay with the athlete to assist them to compete.
- Track events (50m, 100m, 100m walk, etc.) receive ribbons immediately after the event, but field event ribbons (running long jump, standing long jump, softball throw, high jump, and shot put) will be sent to their school or home after the games.
- At the completion of the track event, remain at the finish line with your athlete. You and your athlete will be escorted to the awards area by an escort with a flag. It's important to follow the escort, so that the athlete may participate in the ribbon presentation. **Do not go over to the ribbon table for your ribbon.** If you do not have enough time to wait for the ribbon, go to the Unclaimed Ribbon/Information Table located in the middle of the track area when time permits.
- There may be time to complete in assigned Field events in between the athletes track events or prior to Opening Ceremonies.
- Water is available in the orange Gatorade coolers at the First Aid stations. There are 4 First Aid stations at the track, 1 at the Softball Throw, and 1 in Olympic Village. It is recommended for you to bring a bottle water for yourself and your athlete to start off the day. If it is a hot day, **please encourage your athlete to drink water.** Athletes should be discouraged from drinking soda until after 11:30 am.
- When your athlete is not competing, take them to the Olympic Village area. You are not to cross the bridge and take your athlete onto campus. **No playing in or near the creek!**
- Olympic Village may have special activities for the athletes that will only be offered to the athletes and may be limited for the athletes to participate or receive it one time.
- Eat lunch with your athlete. Lunches will be available in the Meal Tent in the upper corner of parking lot and in the Wrestling Room for the swimmers after 11:30. Only 1 lunch is available for you, and 1 for your athlete. Do not take extra's. Prioritize your activities and lunch so that it does not interfere with the track events.
- Ensure you get your athlete to your meeting place at the predetermined time. **Make sure you coordinate with the athlete's teacher/ or caregiver prior to taking your athlete for the day.** If your adult athlete does not have a predetermined meeting place, take them to the athlete registration to meet their chaperones.
- Medical emergencies should be handled by our on-site athletic trainers (red t-shirts) or ambulance crew. If assistance is needed, please contact the management team (Antique Sapphire t-shirts and sweatshirts), on-site athletic trainers, or ambulance crew.
- Restrooms are available at the Falcon Hut and strategically located port-a-johns. Private changing facilities will be located in the Women's Locker Room in the Falcon Hut. The changing facilities are for school's usage for wheelchair athletes.
- There are several locations to get your questions answered:
 1. At the Information Table located at the center of the track field or on Anderson Field
 2. At the Information Tent located in Olympic Village
 3. Management Team members in Antique Sapphire T-shirts or sweatshirts.**Direct all questions/problems to these people, not people trying to line up the next heat, or at the ribbon writing table.**
- **All Wheelchair events will be held on Anderson Field.**