

# 12 DAYS OF SPECIAL OLYMPICS IOWA AT-HOME COMPETITION

We invite all athletes, Unified partners, coaches, and fans to compete in the 12 Days of Special Olympics Iowa at-home competition. The three sports offered are bocce, cycling, and fitness. This event is open to everyone and is a safe way to compete against your friends and peers from across the state.

Train and compete from home and come together virtually to celebrate your accomplishments with the 12 Days of Special Olympics Iowa virtual activities beginning Monday, November 9, and ending with the 12 Days of Special Olympics Iowa Competition Results Show on Friday, December 18.



## COMPETE FROM HOME

This competition is a safe way for athletes, Unified partners, coaches, and fans to keep the spirit of Special Olympics Iowa alive while practicing social distancing.

Here's how it Works:

1. **CHOOSE YOUR EVENTS!** For the 12 Days of Special Olympics Iowa at-home competition, individuals can participate in bocce, cycling, and fitness events.
2. **PRACTICE!** After reviewing the list of competition events, begin practicing those events that you want to compete in.
3. **SUBMIT YOUR RESULTS!** We encourage you to submit times and scores for all of the events you practiced. **All scores are due December 14.**

*Note: In order to follow social distancing rules, you should practice and compete in these events on your own at home; however, virtual interactions with your team through social media, texts, or emails are allowed and encouraged! Coaches can still help virtually with explaining practice activities, collecting and submitting scores, and cheering you on. You can only compete in a group (less than 10) if a coach or delegation manager has completed the Return to Play requirements.*

If you need help or don't have access to a computer ask a family member, friend, staff, or coach to help.

Have other questions or need help submitting your results? Contact us at [info@soiowa.org](mailto:info@soiowa.org).

## COMPETITION EVENTS

### Bocce

Traditional  
Modified

### Cycling

250M  
1K  
5K

### Fitness

Push-ups  
Plank  
Sit-ups  
12-minute Walk

## CELEBRATE YOUR SUCCESS

December 7-18

Once you've practiced, competed, and submitted your results, join the Special Olympics Iowa community from across the state to celebrate! All athletes, Unified partners, coaches, family members, and fans are invited to come together virtually to celebrate everyone's success and wins with the 12 Days of Special Olympics Iowa virtual activities.

On Friday, December 18, at 5:00 p.m. tune in on **Special Olympics Iowa's Facebook page** for the 12 Days of Special Olympics Iowa Competition Results.

## SAFETY INFORMATION

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

### You can reduce your risk of exercise injury by:

- Wearing the right shoes
- Using the correct equipment
- Drinking lots of water – stay hydrated
- Warming up and stretching properly
- Being aware of your surroundings - exercise in a safe and level area clear of any obstacles or items

### Stop exercising immediately and seek medical help if you experience symptoms such as:

- Discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm or pain between the shoulder blades
- Extreme breathlessness
- A very rapid or irregular heartbeat during exercise

## FAQS

**What's the timeline?** Practice begins on Monday, November 9. Make sure to submit your best times and scores on Monday, December 14. The 12 Days of Special Olympics Iowa virtual activities will kick off Monday, December 7, and end Friday, December 18, with the 12 Days of Special Olympics Iowa Competition Results Show.

**Who can compete?** Anyone - athletes, Unified partners, coaches, and fans.

**What if we normally don't participate in bocce or cycling, can we still participate?**  
YES! This is open to everyone.

**Who am I competing against?** You're competing against everyone in the state during the practice season. We'll division everyone based on their role as an athlete, Unified partner, coach, or fan as well as their age and ability.

**How do I practice?** Our top priority is that everyone is safe and maintains social distancing rules while practicing. Practice at home or in a space that still allows you to follow social distancing rules (you must be six feet away from other individuals). You can only compete in a group (less than 10) if a coach or delegation manager has completed the Return to Play requirements.

**Does my coach need to know I'm competing?** If competing in a group (less than 10) a coach or delegation manager must have completed the Return to Play requirements. If competing individually your coach does not need to know, but it would be great if you let them know—they might like to cheer you on virtually!

**Do I need to fill out any paperwork to participate?** No paperwork is required to participate.

**What scores do I need to submit when I am done practicing?** Please keep track of your practice times and scores and submit your best. You can participate in all events or just your favorites.

**Will I get an award?** All event scores will be added together for a total score. Participants will be divisioned by age, then ability. Awards will be sent out the week after the 12 Days of Special Olympics Iowa Virtual Activities.

**How can I participate in the 12 Days of Special Olympics Iowa virtual activities?** The 12 Days of Special Olympics Iowa virtual activities will be held December 7 through December 18. The schedule will be announced on November 24 during the Friendsgiving Social Hour at which point you will be able to begin registering for activities on the **12 Days of Special Olympics Iowa** webpage, [www.soiowa.org/12-days-of-soia/](http://www.soiowa.org/12-days-of-soia/).

If you need help or still have questions! Please contact us at [info@soiowa.org](mailto:info@soiowa.org).