

# 2021 VIRTUAL WINTER GAMES

Although the 2021 Winter Games has been canceled due to COVID-19, its spirit lives on through our amazing athletes, Unified partners, coaches and fans.

This year, please join us for our **2021 Winter Games!** 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 on Friday, **January 29**, on [Facebook](#) and [soiowa.org](#).

## COMPETE FROM HOME

This competition is a safe way for athletes, young athletes, Unified partners, coaches, and fans to keep the spirit of Special Olympics Iowa alive by competing against each other from home!

Here's how it works:

1. **CHOOSE YOUR EVENTS!** Check out the events. You can choose all events or just choose your favorites.
2. **PRACTICE!** After reviewing the list of events, begin practicing those events that you want to compete in. As you practice, be sure to keep track of your times and scores because you will need to submit your best times/scores by January 25.
3. **SUBMIT YOUR RESULTS!** Submit your scores for all events you practiced. **All scores are due January 25.**

*Note:* In order to follow social distancing rules, you should practice and compete in these activities 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. If you need help or do not have access to a computer, ask your parent, staff person or coach to help. Have other questions or need help submitting your results? Contact us at [info@soia.org](mailto:info@soia.org).

## CELEBRATE YOUR SUCCESS

Friday, January 29 | 5:00 p.m.

Once you've practiced, competed, and submitted your results, join the Special Olympics Iowa community from across the state to celebrate! All athletes, young athletes, Unified partners, coaches, family members and fans are invited to come together virtually to celebrate everyone's successes and wins with the Virtual Winter Games Competition Results Show. Tune in to this celebration on Friday, January 29, at 5:00 p.m. on Special Olympics Iowa Facebook page and [soiowa.org](#).

## CHOOSE YOUR EVENTS

Snowshoeing  
Nordic Skiing (Cross Country)  
15-Minute Walk  
30-Minute Walk

# FAQS

What's the timeline? Practice begins on Monday, January 4, 2021. Make sure to submit your results by Monday, January 25. The Virtual Winter Games Competition Results Show will debut on Friday, January 29.

Who can compete? Anyone - athlete, young athlete, Unified partner, coach, or fans.

What if we normally don't participate in Winter Games, 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 will division everyone based on their role as an athlete, young athlete, Unified partner or coach or fan as well as their age and results.

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).

Do I need equipment to practice? Snowshoeing and Nordic skiing (cross-country skiing) will require equipment. If you do not have Winter Games equipment, we encourage you to compete in the walking events.

Does my coach need to know I am competing? No, 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 scores and submit your best score. You can participate in all events or just choose your favorites.

How do I submit my results? You can submit your results online, [HERE](#).

What scores do I need to submit? Submit your events and practice scores/times.

Will I get an award? Yes! Awards will be sent out the week after Virtual Winter Games.

How can I watch the Competition Results Show? You can watch the Virtual Winter Games Competition Results Show on Special Olympics Iowa's social media channel Facebook as well as [soiowa.org](http://soiowa.org).

# 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
- Be 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

Keeping athletes safe from the cold

- Be aware of current and forecasted weather before going outside
- Wear layers to make it easy to remove or add clothing as conditions and exertion levels change

**\*Be sure to practice social distancing while exercising.**