

LUCAS COUNTYSPECIAL OLYMPICS 1154 LARC LANE • TOLEDO, OH 43614 (419) 380-5115 • FAX (419) 380-2636



Dear Interested Athlete:

Thank you for your interest in Lucas County Special Olympics. In order to participate in our program, you must be at least 16 years old, have a qualifying diagnosis and have a current Special Olympics medical form on file with our office.

We have included the medical forms that need filled out. You will need to complete and sign the health history and release form. Please make sure that the physical examination section is completely filled out by your physician and signed. Make sure to have them include any restrictions you may have. These forms are valid up to three (3) years from the date of the physician's signature on the form.

Please return completed forms to: Lucas County Special Olympics Attn: Lisa Martin

Email: specialolympics@lucasdd.org **Preferred and fastest method

Mail: 1154 Larc Lane, Toledo, OH 43614

or Fax: 419-380-2636

The enclosed Lucas County Special Olympics Fact Sheet will give you more details about our program and the sports offered.

Upon receipt of your medical form, your information will be added to our database and you will begin to receive emails each quarter with information of the upcoming sports seasons and how to sign up.

Thanks again for your interest.

Sincerely,

Kelley Watson Lucas County Special Olympics Recreation Specialist



Lucas County Special Olympics (LCSO) Adult Program Fact Sheet



Eligibility: In order to participate in LCSO, an individual must reside in Lucas County and be at least 16 years of age. All participants must have a doctor signed Special Olympics medical form on file and documentation that the participant meets one of the following requirements:

- 1. The person has been identified by an agency or professional as having an intellectual disability; or
- 2. The person has a cognitive delay as determined by standardized measure; or
- 3. The person has a closely related developmental disability which means having functional limitations in general learning and adaptive skills.

Sports Currently Offered: Alpine skiing, aquatics (swimming), athletics (track and field), basketball, bocce, competitive cheer, flag football, golf, pep club, power lifting, softball, tennis, and volleyball. In addition, we offer the following unified sports, where individuals with and without disabilities participate together: corn hole, flag football, golf, and softball.

Information Sharing: You will receive 3-4 mailings each year about sports offered by LCSO, news about LCSO athletes and coaches, and updates on fundraising. Please follow instructions in the mailings to register for sport training programs. Mailings are sent to athletes who have a current medical form on file with our office. So that more athletes can participate, we ask that you train in only one sport per season.

Fund Raising: According to Special Olympic rules, training and competition is free to LCSO athletes. Each year we have expenses related to umpires/referees, facility fees, competition/entry fees, equipment, uniforms, charter bus rental, and meals / lodging when we attend out of town competition, such as Summer Games. These costs must be covered by donations and fundraising. LCSO expects that all who participate will take part in our fundraising efforts. If funds are not available, the number of athletes attending or participation in an event may be affected. If you or your family member would like to be a part of our fundraising committee, please contact our office.

Code of Conduct: All athletes, volunteers, spectators, and coaches must abide by the Special Olympic Code of Conduct. This Code of Conduct is discussed at the beginning of each training season and athletes and/or their guardian sign a form indicating they have received and understand it. Violations of the code of conduct may result in suspension from competitions and/or the program. Smoking and the use of alcohol are not allowed while in uniform or at any Special Olympic program or event.

Personal Safety: Please be advised that some of the individuals who participate in LCSO have personal space issues. We ask that all athletes and volunteers treat each other respectfully and limit physical contact to handshakes and high fives.

Supervision: It is not the role of LCSO staff to provide supervision to anyone at any practice, competition or overnight stays. As a result, if an athlete requires supervision for any safety, medical, dietary and/or behavioral concerns, they must be accompanied by an adult family member or a homemaker/personal care staff that is familiar with their needs. Please note that LCSO staff, volunteers, and coaches have not been trained on athletes' Person Centered and Specialized Support Plans so we are unaware of potential concerns. LCSO athletes attending competitions involving an overnight stay generally share rooms with other athletes. Chaperones are housed in nearby rooms.

Have any questions? Please contact:

Kelley Watson, LCSO Recreation Specialist-Local SO Coordinator (419) 380-5109 or kwatson@lucasdd.org

Lucas County Special Olympics 1154 Larc Lane Toledo, OH 43614 (419) 419-380-5115

ANNOUNCING

Special Olympics' physicals are now available for a fee of \$35.00!!

We are able to offer this through a partnership with

ProMedica Physicians Sports Medicine and

Lucas County Special Olympics

Location and Phone number:

2865 N. Reynolds, Toledo, Suite 170

To schedule your appointment call: 419-578-7590.

** You will need to take a Special Olympics Ohio physical form with you to the appointment. Please have the form completed as much as possible before your appointment. The most current forms can be found at lucasdd.org/special-olympics/registration or call 419/380-5110 to request them be sent to you.





ATHLETE REGISTRATION FORM



State Special Olympics Program: Ohio	Local Area/Dele	egation:					
Are you a new athlete to Special Olympics or Re-Registering? New Athlete Re-Registering							
ATHLETE INFORMATION	.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,						
First Name: Middle Name:							
Last Name: Preferred Name:							
Date of Birth (mm/dd/yyyy): Female Male Other Gender Identity							
Race/Ethnicity:		Prefer not to answer					
American Indian/Alaskan Native Asian Ame	rican	☐ More than one race					
Black or African American Native Haw	aiian or Other Pacific Islander						
White or Caucasian Hispanic or	Latinx						
Language(s) Spoken in Athlete's Home (Optional): Chec English Spanish Other (please list):	k all that apply						
Street Address:							
City:	State:	Zip Code:					
Phone:	E-mail:						
Sports/Activities:							
Athlete Employer, if any (Optional):							
Does the athlete have the capacity to consent to medica							
PARENT / GUARDIAN INFORMATION (required if minor	or otherwise has a legal gua	rdian)					
Name:							
Relationship:							
Same Contact Info as Athlete							
Street Address:	Ta	I					
City: State: Zip Code:							
	Phone: E-mail:						
EMERGENCY CONTACT INFORMATION							
Same as Parent/Guardian							
Name:	15						
Phone: Relationship:							
PHYSICIAN & INSURANCE INFORMATION							
Physician Name:							
Physician Phone:							
Insurance Company: Insurance Policy Number:							
Insurance Group Number:							

Athlete Medical Form - HEALTH HISTORY

(To be completed by the athlete or parent/guardian/caregiver and brought to exam)



Athlete First & Last Name:	irst & Last Name: Preferred Name:				
Athlete Date of Birth (mm/dd/yyyy):		Female M	fale Other Gender Identity		
STATE PROGRAM: Ohio	E-mail:				
ASSOCIATED CONDITIONS - Does the athlete have (c	check any that apply):				
	lown Syndrome	Fragile X Syndro	ome		
☐ Cerebral Palsy ☐ F	etal Alcohol Syndrome				
Other Syndrome, please specify:					
ALLERGIES & DIETARY RESTRICTIONS	ASSISTIVE DEVICES - De	es the athlete use (check an	y that apply):		
No Known Allergies	Brace	Colostomy	Communication Device		
Latex	C-PAP Machine	Crutches or Walker	Dentures		
Medications:	Glasses or Contacts	G-Tube or J-Tube	Hearing Aid		
☐ Insect Bites or Stings:	Implanted Device	Inhaler	Pacemaker		
Food:	Removable Prosthetics	Splint	Wheel Chair		
List any special dietary needs:			_		
	SPORTS PARTICIPATION				
List all Special Olympics sports the athlete wishes	to play:				
	22				
Has a doctor ever limited the athlete's participation No Yes If yes, please	i in sports? se describe:				
SURG	ERIES, INFECTIONS, VACC	INFS			
List all past surgeries:		11 Tim W			
	ise describe:				
Has the athlete ever had an abnormal Electrocardic Yes, had abnormal EKG Yes, had abnormal Echo	ogram (EKG) or Echocardios	gram (Echo)? If yes, describ	e date and results		
Has the athlete had a Tetanus vaccine in the past 7	years? No TY	/es			
EDII E	PSY AND/OR SEIZURE HIST				
	No Yes	IORI			
If yes, list seizure type:					
	No Tyes				
	MENTAL HEALTH				
		on (diagnosed)	☐ No ☐ Yes		
	No Yes Anxiety (diagnosed)	No Yes		
Describe any additional mental health concerns:					
	FAMILY HISTORY				
Has any relative died of a heart problem before age		Yes			
Has any family member or relative died while exerc		Yes			
List all medical conditions that run in the athlete's family:	–				

Athlete Medical Form - HEALTH HISTORY

(To be completed by the athlete or parent/guardian/caregiver and brought to Exam)



Athlete's First and Last Name:										
HAS THE ATHLETE EVER BEEN DIAGNOSED WITH OR EXPERIENCED ANY OF THE FOLLOWING CONDITIONS										
Loss of Consciousness		☐ No ☐	Yes	High Blood	Pressure	No [Yes	Stroke/TIA	No	Yes
Dizziness during or after exe	rcise	□No □	Yes	High Choles	steroi	□ No □	Yes	Concussions	☐ No	Yes
Headache during or after exe	ercise	□No □	Yes	Vision Impa	iment	No [Yes	Asthma	☐ No	Yes
Chest pain during or after ex	ercise	□ No □	Yes	Hearing Imp	pairment	□ No □	Yes	Diabetes	☐ No	Yes
Shortness of breath during o	r after exercise	□ No □	Yes	Enlarged Sp	oleen	□ No □	Yes	Hepatitis	☐ No	Yes
Irregular, racing or skipped h	eart beats	No _	Yes	Single Kidne	ey	☐ No ☐	Yes	Urinary Discomfort	☐ No	Yes
Congenital Heart Defect		□ No □	Yes	Osteoporos	is	□ No □	Yes	Spina Bifida	☐ No	Yes
Heart Attack		□No □	Yes	Osteopenia		□ No □	Yes	Arthritis	☐ No	Yes
Cardiomyopathy		No _	Yes	Sickle Cell I	Disease	□No □	Yes	Heat Illness	☐ No	Yes
Heart Valve Disease		□ No □	Yes	Sickle Cell	Frait	□ No □	Yes	Broken Bones	☐ No	Yes
Heart Murmur		□No □	Yes	Easy Bleedi	ing	□ No □	Yes	Dislocated Joints	☐ No	Yes
Endocarditis		☐ No ☐]Yes	If female ath	nlete, list	date of las	t men:	strual period:		
Describe any past broken I		-								
(if yes is checked for either o										
List any other ongoing or	ast medical c	onattions:								
	Neurological S	Symptoms f	or Spina	al Cord Con	npressio	n and Atla	nto-axi	al instability		
Neurological Symptoms for Spinal Cord Compression and Atlanto-axial Instability Difficulty controlling bowels or bladder No Yes If yes, is this new or worse in the past 3 years? No Yes										
Numbness or tingling in legs, arms, hands or feet No Yes If yes, is this new or worse in the past 3 years? No Yes										
Weakness In legs, arms, hands or feet No Yes If yes, is this new or worse in the past 3 years? No Yes										
Burner, stinger, pinched no shoulders, arms, hands, bu			ack, [No Ye	s If yes,	is this new o	r worse	in the past 3 years?	No	Yes
Head Tilt				No ☐Ye	s If yes,	is this new o	r warse	in the past 3 years?	□No	☐ Yes
Spasticity			Ē	I II INo ∏Ye	s If yes,	is this new o	r worse	in the past 3 years?		=
Paralysis				□No □Ye				in the past 3 years?	∏No	
				1	,00,	10 (1)(0 1)(0 1)	1 110100	m the past o years:		
F	PLEASE LIST			VITAMINS Control				ITS BELOW		
Medication, Vitamin or	Dosage Time			itamin or	Dosage	Times per		edication, Vitamin or	Dosage	Times
Supplement Name	per E	Day Su	pplemen	t Name		Day	_	Supplement Name		per Day
									ŀ	
	_	-					-		-	-
		-							-	-
Is the athlete able to administer his or her own medications? No Yes										
				L	I					

Athlete Medical Form – PHYSICAL EXAM
(To be completed by Licensed Medical Professional qualified to conduct exams & prescribe medications)



Athlete's First and Last Name: Date of Birth												
MEDICAL PHYSICAL INFORMATION (To be completed by a Licensed Medical Professional qualified to conduct physical exams and prescribe medications)												
Height	(To be cor Weight	npleted by a		e <i>d Medica</i> Temperatu			<i>alifie</i> Sat	ed to conduct pl	hysical exam	ns and	l prescribe medicati Visio	
				remperate		- O2-	Jat)fi
cm		kg	ВМІ		С			BP Right:	BP Left;		Right Vision 20/40 or better No	Yes N/A
in		lbs Body	Fat %		F						Left Vision 20/40 or better No	Yes N/A
Right Hearing	(Finger Rub	Responds	□ No	Response	Can't E	valuate		Bowel Sounds		Ye	s 🔲 No	
Left Hearing (F	inger Rub)	Responds	No	Response	Can't E	valuate	- 1	Hepatomegaly		No	Yes	
Right Ear Cana	al .	Clear	Cer	umen	Foreign	Body	- 1	Splenomegaly		No	Yes	
Left Ear Canal		Clear	Cer	umen	Foreign	Body	- 1	Abdominal Tend	lemess	No	RUQ RLQ	□rnσ □rrσ
Right Tympani	c Membrane	Clear	Per	foration	☐Infectio		A	Kidney Tendem	ess	☐ No	Right Left	
Left Tympanic	Membrane	Clear	Per	foration	Infection		A	Right upper extr	emity reflex	☐ No	rmal Diminished	Hyperreflexia
Oral Hygiene		Good	Fair	r	Poor		- 1	Left upper extre	mity reflex	☐ No	rmal Diminished	Hyperreflexia
Thyroid Enlarg	ement	☐ No	Yes	ì			- 1	Right lower extra	emity reflex	No	rmal Diminished	☐ Hyperreflexia
Lymph Node E	inlargement	☐ No	Yes	•			- 1	Left lower extrer	nity reflex	☐ No	rmal Diminished	☐ Нурептеflехіа
Heart Murmur	(supine)	☐ No	1/6	or 2/6	☐3/6 or g	reater	- 1	Abnormal Gait		☐ No	Yes, describe b	elow
Heart Murmur	(upright)	No	1/6	or 2/6	☐3/6 or g	reater	- 1	Spasticity		☐ No	Yes, describe b	elow
Heart Rhythm		Regular	Ineg	gular			- 1	Tremor		No No	Yes, describe b	elow
Lungs		Clear	Not	clear			- 1	Neck & Back Mo	obility	Ful	II Not full, describe	e below
Right Leg Eder	ma	∐ No	∐1+	□ 2+	\tiny □³+ □	4+	- 1	Upper Extremity	Mobility	Ful	I ☐ Not full, describe	e below
Left Leg Edem		∐ No	∐1+	2+	∐3+	4+	- 1	Lower Extremity	Mobility	Ful	Not full, describe	e below
Radial Pulse S	ymmetry	Yes	∐R>L		∐L>R		н	Upper Extremity	Strength	Ful	li Not full, describ	e below
Cyanosis		∐ No	-	, describe			- 1	Lower Extremity	_	Ful	Not full, describe	e below
Clubbing		∐No		, describe				Loss of Sensitiv		☐ No		wole
SPINAL CORD COMPRESSION & ATLANTO-AXIAL INSTABILITY (AAI) (Select one) Athlete shows NO EVIDENCE of neurological symptoms or physical findings associated with spinal cord compression or atlanto-axial instability. OR Athlete has neurological symptoms or physical findings that could be associated with spinal cord compression or atlanto-axial instability and must receive an additional neurological evaluation to rule out additional risk of spinal cord injury prior to clearance for sports participation.												
ATHLETE CLEARANCE TO PARTICIPATE (TO BE COMPLETED BY EXAMINER ONLY) Licensed Medical Examiners: It is recommended that the examiner review items on the medical history with the athlete or their guardian, prior to performing the physical exam. If an athlete needs further medical evaluation please make a referral below and second physician for referral should complete page 4.												
I his athle	ete is ABLE	to participat	e in Spe	cial Olymp	oics sports	without	t res	itrictions.				
This athle	ete is ABLE	to participat	e in Spe	cial Olymp	oics sports	WITH o	estr	ictions. Describe	e ⇒			
This athlete MAY NOT participate in Special Olympics sports at this time & MUST be further evaluated by a physician for the following concerns:												
_	erning Cardia				Acute Infec				-		tion Less than 90% on	
_		ological Exam			Stage II Hy	pertensi	on o	r Greater	☐ He	patome	galy or Splenomegaly	1
Other, please describe:												
Additional Licensed Examiner's Notes and Recommended (but not required) Follow-up:												
=	p with a can	•			Follow up w			-			up with a primary care	
	p with a vision p with a pod	on specialist			Follow up w		-	•			up with a dentist or der	ntal hygienist
_	•	nadiol		∟	follow up w	nui a priy	BDIG	urerapist	ш,	UIIOW U	up with a nutritionist	
Other/Exam Notes:												
								Name	1:			
								E-mai	il:			
Signature o	f Licensed	Medical Ex	amine	r		Exam	Date	Phone	e:		License #:	

Athlete Medical Form - MEDICAL REFERRAL FORM (To be completed by a Licensed Medical Professional only if referral is needed)



Athlete's First and Last Name:_

This page only needs to be completed and signed if the physician on page three does not clear the athlete and indicates further evaluation is required.

Athlete should bring the previously completed pages to the app	pointment with the specialist.
Examiner's Name:	
Specialty:	
	al concern(s) - <i>Please describe:</i>]O₂ Saturation Less than 90% on Room Air]Hepatomegaly or Splenomegaly
In my professional opinion, this athlete MAY now participate in Sperestrictions or limitations below):	ecial Olympics sports (indicate
Yes, but with restrictions (list below)	No
Additional Examiner Notes/Restrictions:	
Examiner E-mail:	
Examiner Phone:	
License:	
Examiner's Signature	Date
This section to be completed by Special Olympics staff only, if app	licable.
This medical exam was completed at a MedFest event?	
The athlete is a Unified Partner or a Young Athlete Participant? Unified Partner Yo	ung Athlete

ATHLETE RELEASE FORM



I agree to the following:

- 1. Ability to Participate. I am physically able to take part in Special Olympics activities.
- Likeness Release. I give permission to Special Olympics, Inc., Special Olympics games organizing committees, and Special Olympics accredited Programs (collectively "Special Olympics") to use my likeness, photo, video, name, voice, words, and biographical information to promote Special Olympics and raise funds for Special Olympics.
- 3. Risk of Concussion and Other Injury. I know there is a risk of injury. I understand the risk of continuing to play sports with or after a concussion or other injury. I may have to get medical care if I have a suspected concussion or other injury. I also may have to wait 7 days or more and get permission from a doctor before I start playing sports again.

4. Emergency Care. If I am unable, or my guardian is unavailable, to consent or make me I authorize Special Olympics to seek medical care on my behalf, unless I mark one of the latter at the latt	
I have a religious or other objection to receiving medical treatm	hese boxes:
I do not consent to blood transfusions. (Not common.) (If either box is marked, an EMERGENCY MEDICAL CARE REFU	ent. (Not common.)

- 5. Overnight Stay. For some events, I may stay in a hotel or someone's home. If I have questions, I will ask.
- 6. Health Programs. If I take part in a health program, I consent to health activities, screenings, and treatment. This should not replace regular health care. I can say no to treatment or anything else at any time.
- 7. Personal Information. I understand that Special Olympics will be collecting my personal information as part of my participation, including my name, image, address, telephone number, health information, and other personally identifying and health related information I provide to Special Olympics ("personal information").
 - I agree and consent to Special Olympics:
 - o using my personal information in order to: make sure I am eligible and can participate safely; run trainings and events; share competition results (including on the Web and in news media); provide health treatment if I participate in a health program; analyze data for the purposes of improving programming and identifying and responding to the needs of Special Olympics participants; perform computer operations, quality assurance, testing, and other related activities; and provide event-related services.
 - o using my contact information for communicating with me about Special Olympics.
 - sharing my personal information confidentially with (i) researchers such as universities and public health agencies that are studying intellectual disabilities and the impact of Special Olympics activities, (ii) medical professionals in an emergency, and (iii) government authorities for the purpose of assisting me with any visas required for international travel to Special Olympics events and for any other purpose necessary to protect public safety, respond to government requests, and report information as required by law.
 - I have the right to ask to see my personal information or to be informed about the personal information that is processed
 about me. I have the right to ask to correct and delete my personal information, and to restrict the processing of my
 personal information if it is inconsistent with this consent.
 - Privacy Policy. Personal information may be used and shared consistent with this form and as further explained in the Special Olympics privacy policy at www.SpecialOlympics.org/Privacy-Policy.

Athlete Name:	
ATHLETE SIGNATURE (required for adult athlete with capacity to s	ign legal documents)
I have read and understand this form. If I have questions, I will	ask. By signing, I agree to this form.
Athlete Signature:	Date:
PARENT/GUARDIAN SIGNATURE (required for athlete who is a	minor or lacks capacity to sign legal documents)
I am a parent or guardian of the athlete. I have read and underst to the athlete as appropriate. By signing, I agree to this form or	and this form and have explained the contents n my own behalf and on behalf of the athlete.
Parent/Guardian Signature:	Date:
Printed Name:	Relationship:



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TeamReach App Acknowledgment From

Lucas County Special Olympics uses a free app for mobile devices to allow us to communicate to our various teams throughout the season. We utilize this for the following reasons:

- 1. TeamReach provides us with one place for all communication about the team you are on which stops the need for phone calls, emails, and handouts.
- 2. We are able to send messages, post team schedules, provide event details, such as location/addresses and post pictures.
- 3. Anyone that has joined the group on the app can set it up so notifications such as messages and changes in schedules show up on your phone. This is great for notifications of any schedule changes, including any last-minute cancellations.
- 4. It's a safe way for staff, coaches, athletes, providers and parents to communicate without exchanging contact information.

To use the TeamReach app, you must download it from your app store on your mobile device. It is free, so there is no cost to do so. Because it is free, there will be ads that pop up while in the app. There is no way to avoid this unless you pay for the app. So, we ask that you simply ignore them. We in no way support or approve the ads that are in the app.

You will receive instructions and password to sign up for the team you are assigned to. Each team will have a separate group on the app. Please note that this is changed every season/sport.

I agree and consent to using TeamReach for Lucas County Special Olympics sports teams. By signing this form, I acknowledge that I have willingly downloaded the app, understand that everyone that has joined the group/team on the app could contact me through the app, but understand my contact information will not be accessible to anyone.

Print Name of Athlete/Guardian	Signature	Date

This form is valid and will expire when the athlete's Special Olympics physical form expires, once every 3 years. The athlete has the right to revoke this at any time. To do so, please notify a Lucas County Special Olympics staff person in writing.