



sportable

ADAPTIVE SPORTS

– GENERAL VOLUNTEER GUIDE 101 –



To create opportunities and transform the lives of individuals with physical disabilities, visual impairments, and those requiring physical accommodations through sport, recreation, health, and wellness.

SPORTABLE PILLARS

FREEDOM OF OUR ATHLETES TO SEE BEYOND THEIR DISABILITIES.

BUILDING PEER RELATIONSHIPS & REDUCING SOCIAL ISOLATION.

FACILITATING PHYSICAL & ATTITUDINAL CHANGE IN OUR COMMUNITY.

THE SPORTABLE WAY



INTEGRITY –

Being true to our word and honoring commitments to athletes, partners, and community



TEAM SPIRIT –

The expectation that our community will enjoy a sport for its own sake, while upholding the highest standard of fairness, respect, and camaraderie



PASSION –

Committing to work hard, stay positive, and encourage success in others; being open minded



INGENUITY –

Fostering an environment where athletes and volunteers are able to reach their full potential

VOLUNTEER POLICIES & PROCEDURES

The goal of our volunteer policies and procedures is to help create a safe environment for our youth athletes and volunteers, as a part of our sexual abuse prevention work with the Virginia department of health.



VOLUNTEER TRAINING & LEARN MORE!

- DISABILITY ETIQUETTE VIDEO
- “HOW TO TRANSFER” VIDEO



VOLUNTEER GUIDE

- CODE OF CONDUCT DETAILS
- APPLICATION & REQUIREMENTS



DISABILITY
EDUCATION
BASICS

GENERAL VOLUNTEER ROLES & EXPECTATIONS

Time & Attendance – For the programs you’ve registered to volunteer with, your consistent presence is valued. Please arrive 15-30 minutes before each session, as specified in the weekly email, to ensure a smooth experience.

ROLES

Set up

- Unload equipment, pump up tires, assemble equipment, cones, court tape, balls, etc

Transfers/Athlete Prep

- With permission and following athlete instructions, physically assist athletes getting in/on equipment, as well as helmets, gloves, pads, etc when applicable.

Participate

- Paired off with athlete (cycling, swimming), play alongside when needed (team sports), assist in drills, referee, equipment maintenance

Clean up

- Help athletes transfer, get ready to go, clean up, load equipment

EXPECTATIONS

RSVP

- You will receive an email and text reminding you of each session prompting you to say whether you’re in or out. ALWAYS REPLY.

Communicate

- Tell Sportable staff any pertinent info or concerns with as much advanced notice as possible

Be helpful

- If you aren’t sure what to do, find Sportable staff or coach and ask

Be respectful

- Our athletes are here to play and have fun in a comfortable environment in which they feel they belong.

WE APPRECIATE YOU AND LOOK FORWARD TO SEEING YOU AT PROGRAMMING SOON!

WHERE TO BEGIN? – you don’t need to know everything!

- start simple & ask for consent to provide physical assistance
- provide positive reinforcement; be encouraging; ask questions to staff and athletes