SPECIAL OLYMPICS OREGON

2022 FALL
State Games

SOCCER & VOLLEYBALL
November 19-20 in Beaverton & Portland

COACHES HANDBOOK
NUMBERS YOU NEED TO KNOW

Emergency (24-hour) – true emergencies only please
Mark Hanken, Chief Operating Officer
(971) 404-1322 (mobile)

Joe Harvey, VP of Program & Volunteer Services
(815) 990.6003 (mobile)

Police & Fire Emergency
911

Soccer
Providence Park – ENTER GATE B
(near intersection of SW 18th Ave and SW Taylor St.)
1844 SW Morrison
Portland, OR 97205

Volleyball
Tualatin Hills Parks & Recreation District Athletic Center (THPRD)
50 NW 158th Ave
Beaverton, OR 97006

Dinner & Games Ceremonies
Providence Park - ENTER GATE B
(near intersection of SW 18th Ave and SW Taylor St.)
1844 SW Morrison
Portland, OR 97205

Victory Dance
Tiffany Center
1410 SW Morrison St.
Portland, OR 97205
2022 SPECIAL OLYMPICS OREGON
FALL STATE GAMES
SCHEDULE AT A GLANCE

ADMISSION IS FREE AND OPEN TO PUBLIC FOR ALL EVENTS*
*except the DANCE - which is restricted to registered delegates + support, staff, and volunteers only

SOCCER
Providence Park – Enter GATE B
(near intersection of SW 18th Ave and SW Taylor St.)
1844 SW Morrison
Portland, OR 97205

Saturday, November 19
8:30AM    Head Coach Check-in
9:20AM    Head Coach Meeting in Key Bank Club
10:00AM–4:00PM Competition & Awards
10:00AM – 11:40AM Individual Skills Competition & Awards
11:00AM-1:00PM Lunch Distribution
5:00PM-6:40PM SOOR & Timbers Army Unified Sports Match

Sunday, November 20
10:00AM–2:30PM Competition & Awards
11:00AM-1:00PM Lunch Distribution

VOLLEYBALL
Tualatin Hills Parks & Rec District (THPRD)
Athletic Center
50 NW 158th Ave
Beaverton, OR 97006

Saturday, November 19
9:00AM    Coach check-in at HQ
9:30AM    Head Coach Meeting
10:00AM–4:00PM Competition
11:00AM-1:00PM Lunch Distribution

Sunday, November 20
10:30AM – 2:30PM Competition & Awards
11:00AM-1:00PM Lunch Distribution

SATURDAY EVENING DINNER & SPECIAL EVENTS

Providence Park – Enter GATE B
(near intersection of SW 18th Ave & SW Taylor St.)
1844 SW Morrison
Portland, OR 97205

Saturday, November 19
4:45PM-6:45PM Dinner in Suites
7:00PM-8:15PM Games Ceremonies – Seating in East Grandstands
8:30PM-9:45PM Victory Dance at Tiffany Center
1410 SW Morrison St.
Portland, OR 97205
(4 blocks from Providence Park)
Introduction

The communities of Portland and Beaverton are excited to have Special Olympics Fall State Games presented by Providence returning on November 18-19, 2020. Providence Park, Tualatin Hills Parks & Recreation District Athletic Center, and the Tiffany Center are very pleased to be host venues.

The Games Organizing Committee and the staff of Special Olympics Oregon are striving to make your experience at the 2022 Fall State Games the very best in hospitality, competition and services.

This handbook provides useful information. Take time to review this entire handbook and the enclosed computer printout very thoroughly before you leave for the 2022 Fall State Games in the Portland Metro Area. Immediately contact your SOOR Program and Volunteer Services or Unified Champion Schools staff contact if you have any questions or problems, rather than waiting until on-site check-in.

With nearly 400 athletes and 100 coaches participating in this event, problems may arise. We are all here to enjoy the competition and special events. Please do not complain to the volunteers if problems do arise. Voice your concerns to the appropriate staff member or event director. They will be on site during competition and special events. These people will be identified with Games credentials.

Enjoy your time and celebrate as our athletes showcase their talents and inspire on and off of the field of play.

For continued updates about the Fall State Games and other Special Olympics Oregon news and information, check out our website at www.soor.org.
PRE-GAMES

Before Leaving for the Games

We urge each Local Program, before leaving for the Games, to double check for the following:

• Required sports equipment and clothing
• Athlete medication as required and medical insurance information
• Copy of Medical Form for each registered athlete
• Copies of entry forms and housing forms
• Alarm clocks
• Each individual article of clothing, equipment, medication, etc. should be individually marked with the owner's last name, first initial and team name.
• All coaches, volunteers, and any other individuals accompanying a delegation must go through the volunteer check-in process before arriving at the Games.

What You Need to Bring

Although we would like for each participant to bring only essential clothing and supplies, there are a few items that each participant should bring with them:

• Toothbrush and toothpaste
• Soap and shampoo
• Clean change of clothes for each day
• Appropriate uniforms and footwear for soccer and volleyball – soccer players are encouraged to bring extra footwear (non-cleats) to wear when not competing
• **DENIM** is not permitted for uniforms for any competition setting
• Combs, brushes, sleepwear and other needed personal items
• Any needed medication
• An umbrella
• Water jugs; canteens
• Additional snacks (fruit & granola bars are good) to supplement lunch and dinner
• Money for souvenirs or to purchase a snack from concessions

Make sure that the participants have all their personal items clearly marked. Special Olympics Oregon is not responsible for lost or stolen items.

Please be aware that athletes must wear the appropriate competition gear and footwear as allowed by the National Governing Body, Special Olympics Sports Rules and the Special Olympics Oregon guidelines for each sport. **Competitors who violate these rules will be disqualified.**

Encourage your athletes not to bring or wear jewelry.
FALL GAMES CHECK-IN

Check-in Procedure

ALL SOCCER head coaches will check-in and pick up packets at Providence Park on Saturday morning. ALL VOLLEYBALL head coaches will check-in and pick up packets at THPRD on Saturday morning.

Credentials

Soccer & Volleyball Athletes (officially registered with the delegation) will be issued ID name tags (credentials).

Athlete name tags (credentials) will include: Delegation/Coach Information, Athlete Name, Team and Event Information.

Coaches, Assistant Coaches & Chaperones will receive nametags.

Individuals who are serving 1 on 1 athlete supervisory duties will be further identified with an additional 1:1 nametag.

In the event that replacement credentials are needed during the Games, these may be obtained from a SOOR staff member at one of the venues. SOOR staff will only issue a replacement for these credentials after they have verified athlete information and volunteer status*.

*Reminder – NO delegate should cross out the name of an athlete, unified partner or coach and write in a different name on a name tag. All scratched delegate name tags must be turned in. Any substitute coaches or chaperones should have been approved in advance. If you have any late substitute coaches or chaperones, these individuals must be verified as Class A volunteers by a SOOR staff member on-site before a name tag can be issued.
COACHES

Thank You, Coaches!

Coaches, Chaperones, Family Members, and Other Supporters:
Thank you for all of your hard work and dedication in supporting year-round sports training and
competition opportunities for the athletes of Special Olympics Oregon. As coaches and other
supporters, you are on the front lines making a daily difference in the lives of athletes – helping them
to set goals and reach their personal bests.

On behalf of the Special Olympics Oregon 2022 Fall State Games Organizing Committee, best of luck
to you and your group. Have a safe trip to Portland and Beaverton and enjoy the Games!

Head Coach Meetings
ALL SOCCER HEAD COACHES will meet on Saturday morning at Providence Park.
All VOLLEYBALL HEAD COACHES meet on Saturday morning at THPRD.

Please see sport specific schedules for details. It is important that head coaches attend this meeting
for the most up to date information.

Head Coaches
The head coach is the individual directly responsible for the coordination and management of the
athletes and coaches from their team. He/she is primarily responsible for ensuring that athletes and
other coaches are at the competition sites and events, properly equipped and trained for that event.

Head coaches should plan to attend all head coach meetings.

Coaches’ Responsibilities
Coaches coming to the 2022 Fall State Games must accept and carry out these responsibilities:
• Provide for the general welfare, safety, health and wellbeing of each Special Olympics athlete
  in their charge.
• Be thoroughly familiar with all information in this handbook.
• Provide the following specific services to each Special Olympics athlete in their charge:
  o Provide supervision 24 hours a day, in co-operation with other coaches in their
delegation.
  o Ensure that credentials are worn at all times.
  o Assist with accounting for luggage and personal items at all times.
  o Get to all meals during scheduled times.
  o Report to competition staging areas at the proper times.
  o Take full advantage of clinics and other special events.
  o Ensure that prescribed medications are taken at the proper times.
  o Maximize the benefits achieved through participation.
  o Assist in moving to and from lodging.
  o Assist in keeping track of souvenirs purchased.
• Be assembled at the proper time and place for special events.
• Report all emergencies to the appropriate authorities after taking immediate action to ensure
  the health and safety of participants.
Coaches’ Access
Coaches will be asked to respect the rules regarding access to field of play that govern each sport that will be held at Fall State Games. Security personnel have been instructed to assist competition directors in strictly enforcing this policy, so please cooperate with their instructions. Wheelchair athletes and other athletes with special accessibility considerations and their coaches will be given special consideration during scheduled competition.

Reminder: Athletes must wear their credentials at ALL TIMES during the Fall State Games. These credentials will be required for admittance to competitions, special events and other Games activities.

COMPETITION – OVERALL

General Information
- Athletes may enter and compete in only one sport.
- Specific time schedules for each competition will be given out in advance. Final updates may take place at the on-site coaches meeting.
- Protests shall not be received or considered if they are based solely on a decision involving the accuracy or judgment on the part of an official. Protest forms must be completed and submitted within 30 minutes of the event in question to the venue/sport director. Protest forms will be available on-site.

Weather Contingency Plan
- The SOOR COO and Games Committee will be the final authority regarding cancellation or postponement of any phase of the Fall State Games.
- If weather does force any schedule adjustments, information concerning postponements will be available at the headquarters at each sports venue.
SOCCER

Venues
Providence Park – ENTER GATE B (near intersection of SW 18th Ave and SW Taylor St.)
1844 SW Morrison
Portland, OR 97205

Please see TRANSPORTATION LOGISTICS: DRIVING DIRECTIONS, PARKING, BUS LOADING/UNLOADING & MAPS section of this handbook for more information.

Referees Coordinator
Janet Irigoyen

Staff Lead
Mark Hanken, COO – 971.404.1322 (mobile)

Soccer General Information & Rules Reminders
The official Special Olympics Oregon Sports Rules shall govern all Special Olympics Oregon soccer competitions. These rules are based upon the Federation Internationale de Football Association (FIFA) rules for soccer (www.fifa.com). FIFA rules shall be employed except when they are in conflict with the official Special Olympics Oregon Sports Rules. In such cases, the official Special Olympics Oregon Sports Rules shall apply. SOOR Soccer Rules will be shared in a separate document.
• Soccer will take place at Providence Park
• There will be 5-a-side fields set up for Special Olympics competition. There will be (4) fields at Providence Park on Saturday and Sunday.
• 5-a-side play will consist of two (2) fifteen-minute halves with a five (5) minute halftime.
• The competition will use the following scoring system during round robin pool play – 6 points for a win, 3 points for a tie, 1 point for a shutout and 0 points for a loss. Each team may score up to a maximum of additional 3 points for goals scored.

   Example:
The Mighty Timbers beat the Purple Pilots 5-2. The Mighty Timbers would earn 9 points (6 for the win + the maximum of 3 for goals scored) and the Purple Pilots would earn 2 points (2 goals scored).
• NO Overtime will be employed during round robin play.
• Tie Breaker Hierarchy for Seeding/Awards 1. Head to Head; 2. Goal Differential (up to 3 per game); 3. Fewest Goals Allowed; 4a – (seeding for playoffs) coin toss or 4b. (for awards directly from round robin) – award same place
• All playoff round games will be decided with silver goal overtime and then shootout if the match remains tied after completion of two overtime periods.
• Silver goal overtime means that if one team is ahead at the conclusion of either of the scheduled two overtime periods, that team will be declared the winner.
• “Unlimited” substitution will be allowed in all 5-a-side competition.
• Substitutions can be made anytime the ball is out of bounds, between periods, after a goal is scored or during an injury time-out.
• Individual Skills Competition will take place on Saturday at Providence Park.

Red Card Policy

• If a coach or player receives a red card, he/she is not only ejected from the current game, he/she will not be allowed to participate in the next game on the schedule. Tournament management reserves the right to issue longer suspensions if warranted. Standard player expulsion rules apply regarding line up for remainder of that match – see SOOR soccer rules.

Soccer Competition Schedule

**Saturday, November 19**
8:30AM    Head Coach Check-in
9:20AM    Head Coach Meeting in Key Bank Club
10:00AM-4:00PM    Competition & Awards
10:00AM – 11:40AM    Individual Skills Competition & Awards
11:00AM-1:00PM    Lunch Distribution in Key Bank Club
5:00PM-6:40PM    SOOR & Timbers Army Unified Sports Match

**Sunday, November 20**
10:00AM–2:30PM    Competition and Awards
11:00AM-1:00PM    Lunch Distribution
Soccer Divisions & Schedule
A detailed division breakdown and field schedule will be shared directly with head soccer coaches and their LPCs by no later than November 11.

Soccer Field Access
- Access to the fields at Providence Park will be limited to registered athletes, coaches and volunteers. Parents and other supporters will be directed to seating off of the field of play.
- Providence Park will have seating on the EAST SIDE only during competition. This includes a large area that is covered.
- Further, at Providence Park, teams not competing will be asked to return to the stands upon completion of their matches. Teams playing in an upcoming game will be given instructions on when they may enter the field from the stands for their match. This will keep the field of play areas open for optimal spectator viewing.

Awards
Soccer awards will be held as divisions are completed. Note: a sportsmanship award (voted on by the committee) will also be presented to one team from each division.

- Individual skills competition athletes will receive their awards following their competition on Saturday at Providence Park
- Unified Champion Schools soccer teams will receive awards on Saturday at Providence Park
- All other soccer divisions will receive awards on Sunday at Providence Park

Soccer Meals
- Registered soccer athletes and coaches will receive lunch at their assigned soccer venue each day on Saturday and Sunday.
- Saturday Stadium Experience Dinner will take place from 4:45pm – 6:45pm at Providence Park Suites

Concessions will be available at Providence Park on Saturday and Sunday. In addition, there are grocery/convenience stores and some fast food and other restaurants nearby. NO OUTSIDE FOOD (pizzas, large catering orders, etc.) will be permitted to be taken into the stadium at any time.

Locker Rooms
Locker Rooms will be available to shower and change at Providence Park. Please bring your own towels.

Souvenirs from Events by Idea will be on sale at Providence Park throughout the day on Saturday and Sunday.
VOLLEYBALL

Venue
Tualatin Hills Parks & Recreation District Athletic Center (THPRD)
50 NW 158th Ave
Beaverton, OR 97006

Referees Coordinator
Columbia Empire Volleyball Association
Cody March, Executive Director

Lead Staff
Cindy Miguel, Director of Sports & Coach Education – 503.260.7549 (mobile)

Please see TRANSPORTATION LOGISTICS: DRIVING DIRECTIONS, PARKING, BUS LOADING/UNLOADING & MAPS section of this handbook for more information.

Volleyball Rules and Reminders

The official Special Olympics Oregon Sports Rules shall govern all Special Olympics Oregon volleyball competitions. These rules are based upon the USA Volleyball rules for volleyball (www.usavolleyball.org). USA Volleyball rules shall be employed except when they are in conflict with the official Special Olympics Oregon Sports Rules. In such cases, the official Special Olympics Oregon Sports Rules shall apply. Rules will be shared in a separate document.
Events Offered
- Traditional team volleyball and Unified Sports® team volleyball competitions will be offered.

Court Numbers
- The SOOR Volleyball Competition will take place on court #s 1-4. Courts will be identified with signage on-site. Please refer to competition schedule for details.

Rally Scoring
- All games will be played with rally scoring. Under rally scoring teams may score points regardless of whether they are serving. If the serving team wins a rally, they score a point and continue serving. If the receiving team wins a rally, they score a point and gain the right to serve the ball.
- Matches will be best 2 of 3 games. Games 1 and 2 will be played to 25 points and teams must win by at least 2 points. A cap of 27 will be applied. If a third game is required, this game will be played to 15 points and a team must win by two points, cap of 17.
- If tournament play falls behind schedule, time limits may be instituted to remain on schedule.

Net Height
- Net height at Fall Games for all levels will be set at $7' - 4\frac{1}{8}'' (2.24m)$. This is the lowest height listed in the Special Olympics Official Sports Rules.
- A regulation size and weight volleyball will be used for all levels.

Service Line
- The service line may be moved closer to the net, but no closer than $14'9'' (4.5m)$

Competition Lines
- The competition surface is a multipurpose floor with volleyball competition lines painted.

Serving Modifications
- Unified Sports® - During play, once a server has scored 3 consecutive points, the team shall rotate to the next server (but will retain the serve).
- Traditional – During play, once a server has scored 3 consecutive points, the serve will change to the opponent (with rotation).

Unified Sports® Team Volleyball
- There must be 3 partners and 3 athletes on the court to start all games. Approved exceptions are described in the Volleyball Rules and Guidelines.
- All Unified teams must have a non-playing coach responsible for the line-up and conduct of the team during the competition.
Volleyball General Schedule

**Saturday, November 19**
- 9:00AM  Coach Check-in at HQ
- 9:30AM  Head Coach Meeting
- 10:00AM–4:00PM  Competition
- 11:00AM-1:00PM  Lunch Distribution at venue

**Sunday, November 20**
- 10:00AM – 2:00PM  Competition & Awards
- 11:00AM - 1:00PM  Lunch Distribution at venue

**Awards**
- Volleyball awards will be held on-site at the conclusion of divisions on Sunday. Sportsmanship awards (voted on by the committee) will also be presented to one team from each division.

**Volleyball Meals**
- Registered athletes and coaches will receive lunch each day at this venue
- Lunch will be distributed at THPRD
- Lunch distribution from 11am – 1pm
- Dinner will be distributed at Providence Park from 4:45pm to 6:45pm

**Concessions** will not be available at this venue. There is a large grocery store across the street from the facility.

**Souvenirs from Events by Idea** will be on sale at THPRD throughout the day on Saturday and Sunday.

**Locker Rooms**
- Locker Rooms will be available at THPRD to change.
SPECIAL EVENTS

FALL STATE GAMES DINNER & UNIFIED SOCCER EXHIBITION MATCH at PROVIDENCE PARK

Dinner Time Overview
- Soccer teams staying for dinner and ceremonies should remain at Providence Park
- Volleyball teams should plan to drop off at Providence Park on SW 18th Ave in bus Unloading Zone or park nearby and enter at GATE B (near intersection of SW 18th Ave & SW Taylor St.)
- 4:45pm to 6:45PM – Dinner in Suites – Follow directions to the Suites Area
- 5:00PM – 6:40PM Two teams comprised of SOOR soccer players and Timbers Army FC & Providence Health & Services teammates will play in a Unified Sports soccer exhibition match at Providence Park

Dinner Details
- No outside food (pizzas, fast food, other outside catering will be allowed inside stadium). Concessions will close at 4:00PM on Saturday.
- Registered athletes, coaches and volunteers will be served dinner at Providence Park in the Suites from 4:45PM to 6:45PM.
- Teams are organized by Head Coach by each sport. Each team should plan to check into dinner as a group.
- Teams will be able to eat in seating provided indoors in the Suites
- The SOOR Timbers Army Unified Match will also be taking place outside on the soccer field. Each suite has seating to view this match.
GAMES CEREMONIES at PROVIDENCE PARK

7:00PM-8:15PM - Games Ceremonies – Seating in East Grandstands
- Games Ceremonies will take place at Providence after the conclusion of the Dinner and SOOR
  Timbers Army FC Unified Match.
- Teams will depart the Suites to gather on the Eastside for ceremonies.
- The festivities will begin with an exciting performance by the Beaverton Stars Dance Team and
  will continue with additional presentations and entertainment. Timber Joey will co-emcee
  alongside SOOR athlete, Tomas Seeger.

HEALTHY ATHLETES & SOOR ACTIVE

- Health & Wellness Education and Interactive Experiences will be available on-Saturday,
  10:00am-4:00pm at both Providence Park and THPRD venues.

FALL STATE GAMES VICTORY DANCE at THE TIFFANY CENTER

The Victory Dance featuring SOOR Athlete DJ Shawn Hinz will take place at the Tiffany Center
after the conclusion of Games Ceremonies – estimated start time around 8:15pm. Teams are
encouraged to walk the 4 blocks to this venue instead of trying to load and unload onto buses.
- Delegates are encouraged to bring their own flashlights and umbrellas as it will be dark and
  could be raining.
- Due to limited space in the Tiffany Center, only registered delegates should plan to attend the
dance.

- Parking & Unloading/Loading after the Dance
  o Bus loading should take place on the eastbound side of SW Morrison near the
    entrance to the Tiffany Center

SOUVENIRS BY EVENTS BY IDEA

- Souvenirs hours and locations:
  o Providence Park Saturday (all day and evening) and Sunday during competition hours
  o THPRD for Volleyball on Saturday and Sunday during competition hours
  o Souvenirs will NOT be available at Tiffany during the dance (the vendor will remain
    open for 30 minutes after conclusion of ceremonies at Providence Park instead).
INFORMATION, HEALTH & SAFETY

Medical Director
Jeff Kawaguchi, Pacific University

Lost and Found Persons
- Athletes who are lost at a venue should be directed to the tournament headquarters area.

Lost and Found Possessions
- Lost and found possessions can be given to the tournament headquarters at each venue. All lost and found items will be taken to the Games Ceremonies on Saturday night. Special Olympics Oregon will hold lost items for 30 days and then will donate or throw away unclaimed property.

First Aid
- First aid stations will be in operation at all competition and special event sites. Treatment provided at these stations will consist of American Red Cross first aid procedures. NO MEDICATION WILL BE DISPENSED.
- Any athlete or coach who requires medical attention should be taken immediately to one of the first aid stations. From this point, the medical support staff of SOOR will administer appropriate first aid and, if necessary, make arrangements for emergency examination, treatment and/or hospitalization. An EMS unit will be on call during the Games.
- Do not take an athlete or coach directly to a hospital or seek medical treatment before going to one of the above-mentioned first aid stations. Please keep our medical support staff informed of any problems, since they are the most fully prepared to handle them. Please keep your medical form copies with you at all times – at competition, in the hotel, at dinner, ceremonies and dance.
- As a backup only, athlete medical files will be kept at one central location on computer for quick reference.

Health Checklist

Coaches and parents should use the following checklist for athletes competing in the 2017 Special Olympics Oregon Fall Games:

- Medications - Each athlete or delegation member should have a complete supply of medications and a schedule indicating exact dosage. Should a delegation member require treatment, the medical staff must have accurate information so that proper treatment may be provided.
- Personal Health Items - All participants should use sunscreen! Individuals with blond or red hair or sensitive skin should use a sunscreen with a high SPF factor. Everybody burns regardless of skin pigmentation.
- Diet - A balanced diet is essential to the athletes' performance at the Games. The diet should contain extra carbohydrates (in the form of starches) and fresh fruit and vegetables whenever possible. Athletes and members of the delegations should be discouraged from eating greasy, fried or fatty foods. Athletes should not drink soft drinks for breakfast or lunch, and should limit their intake at dinner.
- Clothing - Athletes should have clothing appropriate for their venue. Aquatics and bowling should be prepared for warmer indoor setting, but wear layers for those times that you will be outside. Soccer should be prepared for cold, wet weather.
- Liquids - Each athlete should drink extra fluids with meals and at regular intervals at the sports venues. Athletes and members of the delegations should always drink plenty of water.
- Medic Alert Tags - Athletes who have diabetes, epilepsy (seizures), or allergic reactions to medication should wear their Medic Alert tags at all times.
Special Medical Problems
The Medical Committee expects coaches to be aware of their athletes' medical needs. The following list contains special medical problems that may occur in an athletic event such as the Fall Games, specifically heat and dehydration related illnesses.

- **Muscle Cramps** - These cramps usually involve the arm, leg or abdominal muscles. Generally, the cramps begin within two hours of vigorous exercise, and often occur during the "cool down" period. An athlete experiencing muscle cramps should be taken to the nearest first aid station for care. Treatment for muscle cramps consists of fluid replacement with water or a weak salt solution. An athlete who is treated for muscle cramps should have extra rest and plenty of fluids.

- **Epileptic Seizures or Convulsions** - Most epileptic seizures last two to four minutes. First aid for seizures or convulsions consists of gently protecting the victim from injuring himself and gently turning the victim's head to the side so that saliva or vomit drains from the victim's mouth. It is important not to force anything into the victim's mouth, not to leave the victim alone, and to call the nearest first aid station or hotel security.

- **Heat Exhaustion** - This is a more serious heat-related illness than muscle cramps, and is characterized by physical weakness, light-headedness, confusion, nausea, and cramping. Also, body temperature is usually normal or slightly elevated. Any athlete who has been exposed to heat and "just doesn't feel well" may be suffering from heat exhaustion. Treatment of the heat exhaustion consists of moving the athlete to a cool environment, allowing the athlete extra rest, and providing fluid replacement.

- **Heat Stroke** - Heat stroke is caused by the body's inability to dispense of heat properly under existing environmental conditions. This causes an athlete's body temperature to rise quickly to intolerable levels (106 degrees F). Symptoms of heat stroke are similar to those of heat exhaustion and may include delirium, coma and seizure activity. A victim of heat stroke ceases to sweat and develops "goose flesh." Treatment for heat stroke consists of rapid cooling in an ice bath and immediate hospitalization.

- **Cold & Exposure** – Please make sure that athletes who will be spending time outdoors are properly equipped with warm and waterproof clothing.

The Medical Committee feels coaches should be aware that the following predisposing factors will make heat related illness more likely to occur.

- **Illnesses** - The conditions, which make a person more susceptible to heat illness, are diabetes, heart disease, high blood pressure, and thyroid gland diseases.

- **Medications** - Medications, which make a person less tolerant of the heat, are tranquilizers, antidepressants, diuretics, sedatives and thyroid drugs.

- **Age** - Young children and elderly people are more prone to heat illnesses than teenagers and middle age people.

**Fluids**

- We cannot over-emphasize the consumption of water during the Games. Water, not a soft drink, is an essential component of every practice session and meet. In the past, there have been cases of heat exhaustion, which are directly related to insufficient liquids. Coaches are encouraged to bring thermos jugs or canteens so that everyone has water at all times. There will be water available to refill your containers. Please take advantage of this service.

- Disciplinary measures will be taken against coaches who jeopardize the health and safety of their athletes by depriving them of water during the Games.

**COVID-19 INFORMATION**

- Please go to [www.soor.org/covid](http://www.soor.org/covid) for most up to date SOOR COVID-19 guidelines.
Water (swimming at hotels) Safety

- A certified lifeguard must be on duty for athletes to be permitted to swim in a pool or be in a hot tub at a hotel.

Insurance Incident Reporting

Special Olympics Oregon Insurance

- SOOR is covered under a Liability and Accident Insurance plan through Special Olympics Inc. This insurance covers the State Program office, State, Regional and Local competitions, and Local Program practices.
- SOOR provides Personal Injury coverage at sanctioned Special Olympics events. If an athlete, volunteer, or spectator is injured at a sanctioned Special Olympics event, a claim may be filed for Personal Injury coverage. This insurance does not cover illness, even if the illness occurs during a Special Olympics event. Personal Injury Coverage is secondary medical coverage only. This means that if an individual has any other medical/accident insurance coverage, that insurance will be primary. Any portion of a related claim not paid by the primary insurer will be considered for payment by Special Olympics insurance.
- SOOR provides Negligence coverage at sanctioned Special Olympics events. This coverage is primary if, in the conduct of Special Olympics affairs a SOOR volunteer, athlete, and/or State Program staff member is involved in an incident: 1) resulting in property damage; 2) resulting in personal injury; 3) resulting in allegations of negligence.
- This insurance does not cover replacement of SOOR sports equipment or office equipment. The State Program office is not responsible for any Local Program or athlete equipment brought to State competitions.
- Any accident involving injury of an athlete, coach, volunteer or spectator at a Special Olympics Oregon competition must be reported immediately to the First Aid Station at the venue. Any incident resulting in property damage at a competition venue must be reported immediately to the SOOR staff person in charge on site. SOOR staff is then responsible for filing the claim with the insurance company. Claims must be filed in a timely manner for consideration of coverage.

If an Accident Occurs:

1. Immediately seek medical care for injured individual at the First Aid Station at the venue.
2. Fill out Incident/Accident report form received from Medical Staff at event (or you may have copies that you brought with you).
3. Within reason, please fill out a form for all injuries requiring First Aid. An injury may appear minor, but develop into an injury requiring a doctor’s visit.
4. If the injury results in a trip to the hospital, or follow up visit with a doctor, be certain to fill in the off-site treatment information required on the form. Return the form to your Local Program representative.
5. If an accident resulting in injury occurs on the way to or from the competition, the Incident/Accident report form must be submitted to a SOOR staff member as soon as possible (within 48 hours.)

If an Incident Occurs:

1. Immediately remove athletes, volunteers and spectators if property damage has occurred resulting in a dangerous situation. Promptly notify venue and SOOR staff.
2. Fill out Incident/Accident report form listing witnesses to incident resulting in property damage as appropriate.
3. Turn in Incident/Accident report form to SOOR staff on site at venue incident occurred.
2022 FALL STATE GAMES TRANSPORTATION AND PARKING

Providence Park

Delegation Bus Loading Zones and Parking

Saturday Morning
Bus Loading Zones –
• Buses will drop Delegations off at the designated Loading Zone located near Providence Park Gate B on SW 18th Ave and SW Taylor St.
• Loading Zones are marked by signage
• This Loading Zone will also be the location for bus pick up if your Delegation plans to return to their hotel prior to Opening Ceremonies.
• Please make sure to exchange contact information with your bus driver to arrange pick up times and limit the amount of time in Loading Zones.
• Buses may NOT park in or near Loading Zones.

Saturday Evening
Bus Loading Zones –
• Buses will drop Delegations off at the designated Loading Zone located near Providence Park Gate B on SW 18th Avenue and SW Taylor St. This will apply primarily for volleyball teams coming from THPRD in the evening.
• Buses can pick Delegations up from the Dance at the designated Loading Zone on Morrison Street in front of the Tiffany Center.
• Loading Zones are marked by signage and will have a security person on-sight.
• Please make sure to exchange contact information with your bus driver to arrange pick up times and limit the amount of time in Loading Zones.
• Buses may NOT park in or near Loading Zones.

Bus Parking –
• We strongly encourage buses to return and park at the Delegation’s hotel if the bus is not needed throughout the day (this applies to teams staying overnight).
• Limited bus parking is located on Salmon Street between SW 16th and SW 14th Avenue.
• Additional bus parking can be found along SW 14th Avenue.
• Please inform your bus drivers to pay attention to all traffic patterns when parking buses.
• Buses may NOT park in or near Loading Zones.
Delegation Bus Loading Zones and Parking

**Sunday**

**Bus Loading Zones** –
- Buses will drop Delegations off at the designated Loading Zone located near Providence Park Gate B on SW 18th Avenue and SW Taylor St.
- Loading Zones are marked by signage and will have a security person on-site.
- This Loading Zone will also be the location for bus pick up if your Delegation plans to return to their hotel prior to Opening Ceremonies.
- Please make sure to exchange contact information with your bus driver to arrange pick up times and limit the amount of time in Loading Zones.
- Buses may NOT park in or near Loading Zones.

**Bus Parking** –
- Bus parking is located on Salmon Street between SW 16th and SW 14th Avenue.
- Additional bus parking can be found along 14th Avenue.
- Please inform your bus drivers to pay attention to all traffic patterns when parking buses.
- Buses may NOT park in or near Loading Zones.

**Public Transportation**

MAX Light Rail is another consideration for teams and spectators. There is a MAX stop directly across the street from Providence Park GATE B entrance on SW 18th Ave. For more information, go to https://trimet.org/max/ to learn about park and ride options.

**Spectator Parking**

**Saturday & Sunday**

**Street Parking** – near Providence Park
- Paid (and some limited free) street parking is available near Providence Park.
- Please be aware of parking restrictions and fees set by the city of Portland.

**Parking on Street, Garages & Lots** – near Providence Park
- There is some parking available on streets around Providence Park
- There are a number of parking garages and lots located within reasonable walking distance of Providence Park including one on SW 20th Street.
- Please be aware of the various restrictions and fees for parking garages/lots

*please see map below to assist with your planning.*
2022 SOOR Fall State Games presented by Providence

PROVIDENCE PARK & TIFFANY CENTER VENUE MAP

Providence Park
ENTER at GATE B *(near intersection of SW 18th Ave and SW Taylor St.)*
1844 SW Morrison
Portland, OR 97205

Tiffany Center (Dance)
1410 SW Morrison St.
Portland, OR 97205
(4 blocks from Providence Park)
Parking Lots/Garages Near Providence Park
1844 SW Morrison Street
Portland, OR 97205
Volleyball Parking Information

For volleyball at THPRD, there are plenty of spaces available in the parking lots on the large Howard M. Terpenning Recreation Complex property where the Athletic Center is located in Beaverton.

To learn more about transportation and parking at Providence Park for Saturday evening special events, please see information on previous pages.

Please see THPRD venue and parking map on next page.
PROTEST FORM – 2022 Special Olympics Oregon Fall State Games

Form must be submitted to the Sports Rules Committee NO LATER than 30 minutes after the conclusion of the event being protested. Reminder, protests cannot be submitted solely on the basis of a judgment call by an official.

Date ____________ Time Submitted ______________

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Athlete’s or Team’s Name:

Local Program # & Name:

Reason for Protest:

Signature of Head Coach:

Decision of Jury/Referee:

Protest Approved ______________

Protest Denied ______________

Signed (competition director or head official) ______________

Time ______________