



GUIDELINES FOR SUBMITTING ATHLETE and UNIFIED PARTNER REGISTRATIONS

BEFORE an athlete/partner starts training, he /she must complete the following forms and submit to the Special Olympics Nebraska Office: **11011 Q Street, Suite 104C
Omaha, NE 68137**

Athlete

1. **Athlete Application for Participation** (*includes Medical /Health Information, and Physical Exam*)

*see note on athletes with Down Syndrome.

2. **Athlete Code of Conduct.**

Unified Sports® -Unified Partners:

1. **Unified Sports® - Unified Partner Application Form:** (*includes CAT A Volunteer Information, Medical and Health information, and Release Form*)

2. **Athlete Code of Conduct**

3. **Protective Behaviors** Tutorial (to be completed online at www.sone.org.)

(Physical exams are **not** currently required for Unified Sports Partners, however unified partners must complete the release form indicating any/all medical conditions.)

Physical examination requirements: A physician or other medical individual who is licensed to perform physical examinations **MUST** complete and sign the ATHLETE APPLICATION FOR PARTICIPATION. SONE will accept a school physical or other type of physical that is signed by a person who is licensed to perform these examinations. This physical **MUST** be attached to a completed Special Olympics ATHLETE APPLICATION FOR PARTICIPATION Form and must include the doctors name, address and phone number.

Athlete Applications for Participation (physical) are only required for initial participation.

Release Forms:

Every athlete must have a Release Form on file with the SONE Office. A Release Form must be completed when:

1. An athlete first joins a team
2. An athlete reaches the age of 18 years of age
3. When the Athletes parent or guardian changes

DOWN SYNDROME: There is evidence from medical research that 10-20% of individuals with Down Syndrome may have misalignment of cervical vertebrae C-1 and C-2 in the neck. This condition exposes individuals with Down Syndrome to the possibility of injury if they participate in activities that hyper extend or radically flex the neck or upper spine. This condition is known as Atlanto-axial Instability (previously called Atlanto-axial Subluxation).

Special Olympics allows athletes with Down Syndrome to continue to participate in most sports training and competition. However, such individuals are temporarily restricted from participating in activities which, by their nature, result in hyper extension, radical flexion or direct pressure on the neck or upper spine, until these individuals have been examined (including x-ray views of full extension and flexion of the neck) by a physician. If the examination indicates that the athlete has Atlanto-axial Instability, the doctor **MUST** complete and sign the SPECIAL RELEASE FOR ATHLETES WITH ATLANTO-AXIAL INSTABILITY. (Note that the signatures of two physicians are required if the test results are positive.) Prohibited events/sports for athletes with Atlanto-axial Instability include: alpine skiing; butterfly stroke; diving starts (swimming); equestrian; gymnastics; high jump; pentathlon; soccer; any exercise placing undue stress on the head and neck muscles.