

Training Courses and Requirements for Class A Volunteers and Coaches

Steps	Action Items	Time Needed	Renewal Requirements	Cost
To get started:	Volunteer Screening Form (SONC will perform a background check on volunteers age 18+)	5 minutes	Do it once and you are done! A background screening will be automatically run every 3 years.	Free
First step to be a sports assistant	Protective Behaviors (Required for those age 16+)	15 minutes	Every 3 years	Free
	General Orientation Study Guide General Orientation Quiz	15 minutes	N/A	Free
	Concussion Training Please send certificate or completion to sports@sonc.net to receive credit for this course.	1 hour	Every 3 years	Free
Steps to become a Level 1 Coach: As a Level 1 Coach, you can serve in a coach capacity at events and file protests as needed. Prerequisite: Certifications of a Sport Assistant	Sport Specific Training School	In person: 3-5 hours Recertification: 20 minutes	Every 3 years via online test (found on sport web page) or in-person training school	\$10 per person (charged to local program for initial training)
	Practicum Hours - Coaching athletes in the sport	10 hours	N/A	Free
Steps to become a Level 2 Coach: As a Level 2 Coach, you can also apply to serve in a coach capacity at events outside NC within the US (USA Games, regional events, etc.) Prerequisite: Certifications of a Level 1 Coach	Coaching Special Olympics Athletes	3 hours	N/A	\$16.95 - online or at an SONC Training School - included in Training School registration fee
	Sportsmanship	30 minutes	N/A	Free
Steps to become a Level 3 Coach: As a Level 3 Coach, you can apply to be a World Games coach and you are simply the bomb! Prerequisite: Certification of a Level 2 Coach	Study Guide Principles of Coaching Test	3 hours	N/A	Free
	National Governing Body Sports Specific Training	Various	Depends on NGB requirements	Depends on NGB requirements
	CPR/First Aid Training	Varies by location (online or in-person)	Every 2 years	Varies
Extra trainings to make you extra-ordinary	Coaching Unified Sports – Required if program is training and competing in Unified sports	1 hour	N/A	Free
	A Coach's Playbook: Introduction to Autism and Instructional Strategies for Coaching	2 hours	N/A	Free
	Making the Most of Your Practice – In-person <i>(by request of Local Coordinator)</i>	3 hours	N/A	Free