

Training Courses and Requirements for Class A Volunteers, Sport Assistants and Coaches

Certification	Requirements	Time to complete	Renewal Requirements	Cost
To get started:	Volunteer Screening Form (SONC will perform a background check on volunteers age 18+) (PDF version)	5 minutes	Do it once and you are done! A background check will be automatically run every 3 years.	Free
Steps to become a sports assistant: As a sports assistant, you may assist coaches with practices and serve alongside a certified coach at events Youth age 14-17 may also serve in this capacity	Protective Behaviors (Required for those age 16+)	15 minutes	Every 3 years	Free
	General Orientation Training General Orientation Quiz	20 minutes	Do it once and you are done!	Free
	Concussion Training	1 hour	Every 3 years	Free
Steps to become a Certified Coach: As a certified coach, you may serve in a coach capacity at events, including filing protests as needed. Prerequisite: Certifications of a Sport Assistant Youth age 14-17 may also serve in this capacity as a Youth Certified Coach under the direction of a Certified Coach 18 years+	Sport Specific Training Schools (virtual & in-person sessions) Check SONC calendar for availability	Varies	Every 3 years (online test found on sport web page) or in-person training school	Free
	10 Practicum Hours (Coaching athletes in the sport reported by local coordinator)	10 hours	N/A	Free
	Coaching Special Olympics Athletes <i>This requirement can be met in one of 3 ways:</i> Training offered by SONC Human Kinetics online course (\$16.95+tax cost) Meet certain criteria outlined in the SONC Coach Education and Development Plan	1.5 hours	N/A	Free
Steps to become an Advanced Certified Coach: As an advanced certified coach, you may also apply to serve in a coach capacity at events outside NC within the US (USA Games, regional events, World Games etc.) and file protests as needed Prerequisite: Certifications of a Certified Coach Volunteers 18 years + are eligible to serve in this capacity	Continuing education is required to be an Advanced Certified Coach. One continuing education course is required in all three of the following areas every three years: Sport Skills and Tactics Professional Development Health & Safety See a list of approved courses – most of which are free!	Varies	Every three years	Varies