



SONZ Guidance on Special Olympics Club **Have a go Day**

Objective of a **Have a Go Day**:

A Special Olympics Club 'Have a Go' day provides the opportunity for Special Olympics clubs to offer an informal participation opportunity for current and potential Special Olympics club athletes within their community.

Event requirements:

- Not required to be created in GMS.
- Open to both registered and prospective athletes who have an intellectual disability.
- Not required to adhere to standard Special Olympics event management timeline.
- Event to be shared on Club Event Calendar as part of the annual event calendar process.
- Clubs are encouraged to adhere to the 1:4 club athlete/volunteer ratio for a 'Have a Go' day, and to take into consideration appropriate athlete support and experience for new/prospective athletes at these events.

Suggestions on how to run a **Have a go day**:

For current club athletes:

'Have a Go' days provide clubs with a valuable opportunity to introduce athletes to new sporting experiences. Where possible, athletes should have the opportunity to try a variety of Special Olympics pathway sports throughout the day. Clubs may also choose to offer sports or activities outside the 13 sanctioned Special Olympics sports, particularly by partnering with local community providers willing to deliver a new experience. SONZ Regional Sports Coordinators are available to support clubs in planning and connecting with these providers—please don't hesitate to reach out.

For new potential club athletes:

'Have a Go' is an opportunity to invite the wider disability community to come along and experience the Special Olympics culture and connect with the host club. This will enable new interested/eligible athletes and volunteers the opportunity to register with the club.

The 'Have a Go' day is a fantastic opportunity for clubs to provide an informal sporting opportunity, encourage variety and choice for their athletes, and to connect the Special Olympics club with the wider community. We encourage clubs



to think creatively about how they can incorporate 'Have a Go' days into their calendar, alongside regular competition opportunities, for the benefits they can bring, and to broaden participation and engagement.

Please be in touch with your Regional Sport Coordinator if you would like some advice and support.