

As COVID-19 continues to impact our operations and programs, keeping in touch with each other has never been more important.

This guide outlines a small sample of free tools which can be used by athletes, athlete leaders, families, coaches and volunteers to keep in touch during these challenging times.



Resources



Video Conferencing



Teleconferencing



## 1. Staying Healthy And Connected At Home Page

This page is available to everyone and is a great resource to stay up to date with news and guidelines.

<https://www.specialolympics.ca/healthy-at-home>



## 2. Facebook Messenger

Facebook Messenger is an all-in-one communication app available on iOS and Android devices. Complete with unlimited text it also includes high-quality voice/video calling and text messaging on mobile, tablet, and desktop. It also gives you the ability to host group video calls with up to 50 people, with high-quality audio, high definition video and the option to send and share files whilst connected.

<https://www.messenger.com/>



### 3. Zoom Conferencing

Free Basic Accounts are limited to 100 participants for up to 40-minute meetings. The tool is popular and easy to use, and can be used to connect with family and friends. It also enables screen sharing and a virtual whiteboard.

[zoom.us](https://zoom.us)



### 4. WhatsApp

WhatsApp is a free tool which allows any user with a mobile phone number to communicate both privately and in group threads with other users. Users can send messages and documents, and post links, photos and videos; and the tool is accessible across mobile, desktop and web browser.

<https://www.whatsapp.com/>

### Rule of Two in a Virtual Setting

Please note that all video conferencing tools should apply the Rule of Two. The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions in emergency situations. For more information, please see the Safe Sport section on page 9.

All of the above products provide step-by-step setup, troubleshooting guides, online support and LiveChat services for users.

We recommend you contact the providers directly, as unfortunately we are not in a position to provide tech support on third-party products.