October 2020 Article for Local Athlete Reporter Mike Oswald

When one door closes, it seems that others open. More and more doors are starting to open in the universe of SOBC-SC (just a crack)…

Swimming has been given the go-ahead for a small group to take part in one of three pilot programs in the whole of BC. The six-week program will start mid October and will be a determining factor on how getting back to sport will look after COVID-19. Safety will be as large a part as fitness with a Safety Program Volunteer overlooking contract tracing, screening prior to starting and following all set guidelines.

Bocce has also been given a green light to re-start. The small group started on September 26th with Head Coach Judy MacDonald, assistant coach Jeannie Barwise and Safety Program Volunteer Pat Stuart.  Pat reported that everyone accepted the challenge to practice physical distancing – or as some people call it – Phyz Diz.

For those not yet participating in their sport of choice, there are Work Out videos posted on the SOBC website. I took a run at them and they are well worth it!

SOBC has also been offering Health & wellness programs virtually on Zoom. These range from nutrition, to fitness, to athletes being granted the chance to take on leadership roles as Health Messengers.

The Healthy Athletes Education Session started on September 30th. It offered an opportunity to discuss topics such as; nutrition, hydration, bone strength, hand washing, and sun safety.

A virtual dance club is also offered for athletes so they can get their boogie on while staying in shape and staying active. This starts on October 6th and goes till November 24th at 5:30pm – 6:30pm.

‘Become a Health Messenger’ is a leadership program that starts October 6th and runs for 8 weeks. During this time, athletes will be mentored to guide fellow athletes in choosing healthy lifestyles, advocacy, and being role models. Each participant will be asked to complete a practicum (basically applying teachings to oneself) within a year of being trained.

Finally, a HUGE Thank You to The Sunshine Coast Community Foundation for their generous grant to our local. For obvious reasons, SOBC-SC was unable to carry out its usual fundraising activity this year so this grant will help ensure the longevity of our programs and activities.

That’s all for this month folks, tune in next column for more!