



A VISIBLE DIFFERENCE THROUGH SPORT

Sight Loss Awareness and Guide Running Workshop



Workshop Overview

- ✧ What is visual impairment?
- ✧ Classification and rules
- ✧ Terminology and behaviour
- ✧ Guide Running
- ✧ Further support and guidance
- ✧ Practical

Visual Impairment

✧ Visual impairment can be broadly defined as ‘a limitation in one or more functions of the eye or visual system’.

✧ It can range from:

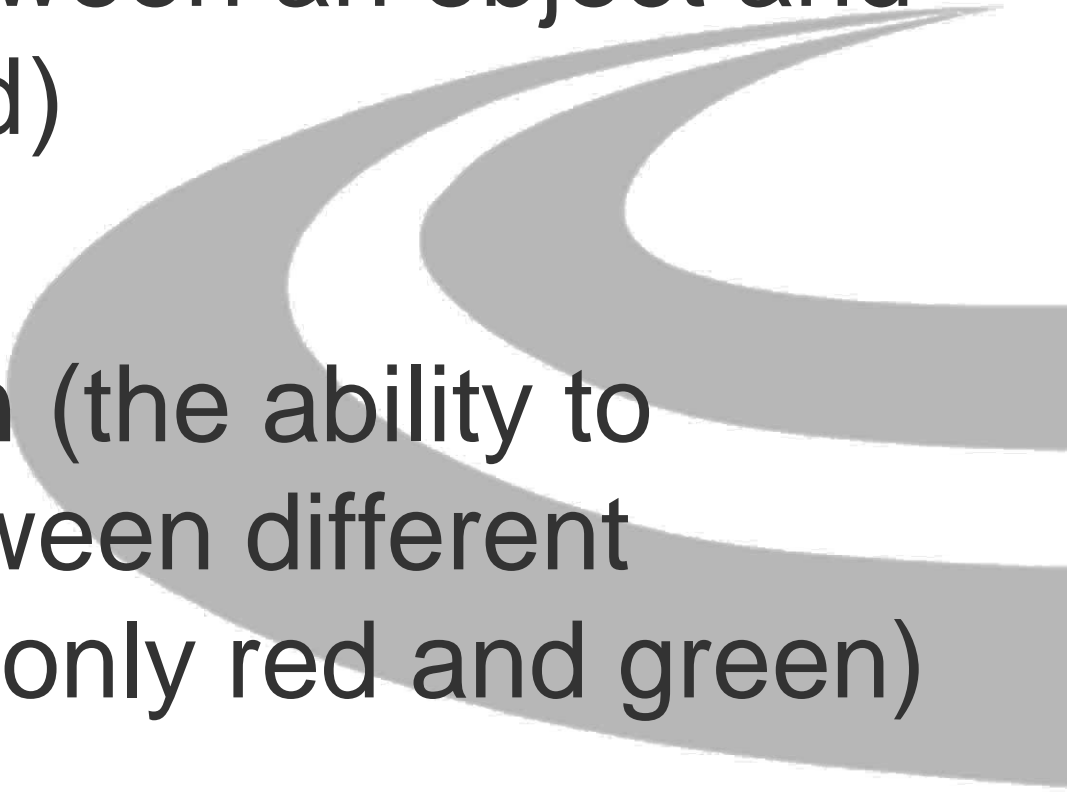
BLIND ↔ PARTIALLY SIGHTED


✧ It can be **congenital** or **acquired**


Visual Impairment

Most commonly there is an impairment of:

- ✦ **Visual acuity** (sharpness or clarity of vision)
- ✦ **Visual fields** (the ability to detect objects to either side or above or below the direction in which the person is looking)



 **Contrast sensitivity** (the ability to distinguish between an object and it's background)

 **Colour vision** (the ability to determine between different colours, commonly red and green)

Types of Sight Loss



Classification

There are three classes defined by the International Paralympic Committee (IPC) to ensure fair competition.

 T/F 11

 T/F 12

 T/F 13

Classification

- ❏ **T/F 11-** a total lack of sight, to light perception but the inability to recognise shapes.
- ❏ **T/F 12-** more sight than T/F 11 with visual acuity and/or field of vision affected.
- ❏ **T/F13-** more sight than T/F 12 with visual acuity and/or field of vision affected.

Rules for Competition

- ✧ T11 athletes must run with a guide, T12 athletes can choose and T13 athletes are not allowed a guide.
- ✧ Guides can be male or female.
- ✧ Athlete and guide must not run more than 0.5m apart, except for last 10m of the race, providing no interference is caused.
- ✧ At the finish the athlete must cross the line before the guide-runner.

- ✧ An 'elbow lead' or 'tether' may be used, but no pushing / pulling etc.
- ✧ Verbal instruction is allowed.
- ✧ Guide-runners must run! No bikes or roller skates permitted.
- ✧ During road races T11/12 athletes can use 2 guide runners. Changes must take place at either 10km, 20km or 30km.

Terminology and Behaviour

- ✧ Visual Impairment (VI) is the term used to refer to all levels of sight loss.
- ✧ Do not presume someone with a visual impairment is blind.
- ✧ Identify and introduce yourself. You may have to do this more than once to allow a person to become familiar with the sound of your voice.

- ✧ Give verbal directions and describe obstacles where necessary.
- ✧ Use everyday language. For example, "see," "look" or "read."
- ✧ Some people may not have seen other people perform basic motor skills, so don't make assumptions that they know how basic tasks are performed.
- ✧ Allow the person to take your arm and then guide them if necessary.

Making Sessions VI Friendly

- ✧ Provide information in an accessible format if required (e.g braille, clear print or suitable electronic version for a screen reader).
- ✧ Advertise your sessions with local and national VI organisations such as British Blind Sport and RNIB.
- ✧ Provide information about the nearest public transport and if possible provide a meet and greet service from there to the venue.

- ✧ Use appropriate images of visually impaired runners in your marketing material.
- ✧ Make sure the venue has an area where guide dogs can be left which is an appropriate temperature and water is available.
- ✧ Make sure coaches, leaders and volunteers are knowledgeable about working with visually impaired runners.
- ✧ Organise sessions in good daylight.

Guide Running



Guide Running

Communication

- ✦ Try describing the running environment out loud eg. "Left turn 10m", "ramp" "tree root".
- ✦ Simple, clear, concise advice and feedback is critical.

- ✧ Let the runner know if there are any weather, light, surface or gradient changes imminent.
- ✧ Use verbal caution and warning in advance wherever possible.
- ✧ Remember obstacles are high and low, and sometimes unexpected (e.g tree branches, dogs, potholes).

Pairings

- ✧ Ideally pairs should be of similar height and stride length.
- ✧ The speed/ability of the guide should be relevant to the session or distance.
- ✧ The pair should be able to synchronise arm and leg movements.
- ✧ Similar interests and humour definitely help!

Safety

- ✎ Run 'tight' (shortened guide rope and closer together) and slow down when needed.
- ✎ Don't put yourself at risk of injury.
- ✎ Wear visible tops.
- ✎ Use a strap/guide rope which is strong and not too stretchy or long.
- ✎ **Stopping is an option!**

Guide Running- before you go

- ✧ Before the first guided run, meet or talk on the phone.
- ✧ Carry out a risk assessment (or ensure the club/leader/coach has)
- ✧ Start slow, if possible run some strides.

✧ Choose a simple, flat, traffic free route to begin with.

✧ Tell somebody where you're going.

✧ Know the route and the quick routes home.

Guide Running Summary

- ✧ How a guide and runner work together will depend on personal preference, level of sight loss and experience.
- ✧ The role of the guide is to support the visually impaired person to enable them to take part in running and in doing so keep them as safe as possible.

- ✧ Coaches/leaders should not be a guide runner whilst taking a group.
- ✧ Having a pool of guide runners will ensure a visually impaired runner does not have to rely on one person in case of injury, illness, holidays etc.

Resources

Impairment-specific Top Tips: 8 of 8
People with Visual Impairments



The following information has been written by those with a great deal of experience in this area. The information is provided as **guidance** only, allowing you to be more informed in your approach to being a more **Inclusive** coach. No two people are the same; as such, please ensure your first step is always to speak to the person - understand their **abilities** and goals, and never assume.

Coaching people with visual impairments can provide varying levels of challenge as every person will have varying levels of sight. Some people may see nothing, some may see outlines, some may see a small area in detail but nothing around that area, some may see best in good light, some in poor light, some may have seen in the past and have a memory of how people move, and some may never have seen and have to learn everything by description.

Communication is key when coaching visually impaired people. Talk to the participant prior to the session, to understand their personal support needs.

People with Visual Impairments May Have Associated Difficulties, Such as:

- gross motor skills not being as well developed
- a lack of motivation to explore the environment
- being unaware of unacceptable body movements and manners
- difficulties with orientation.

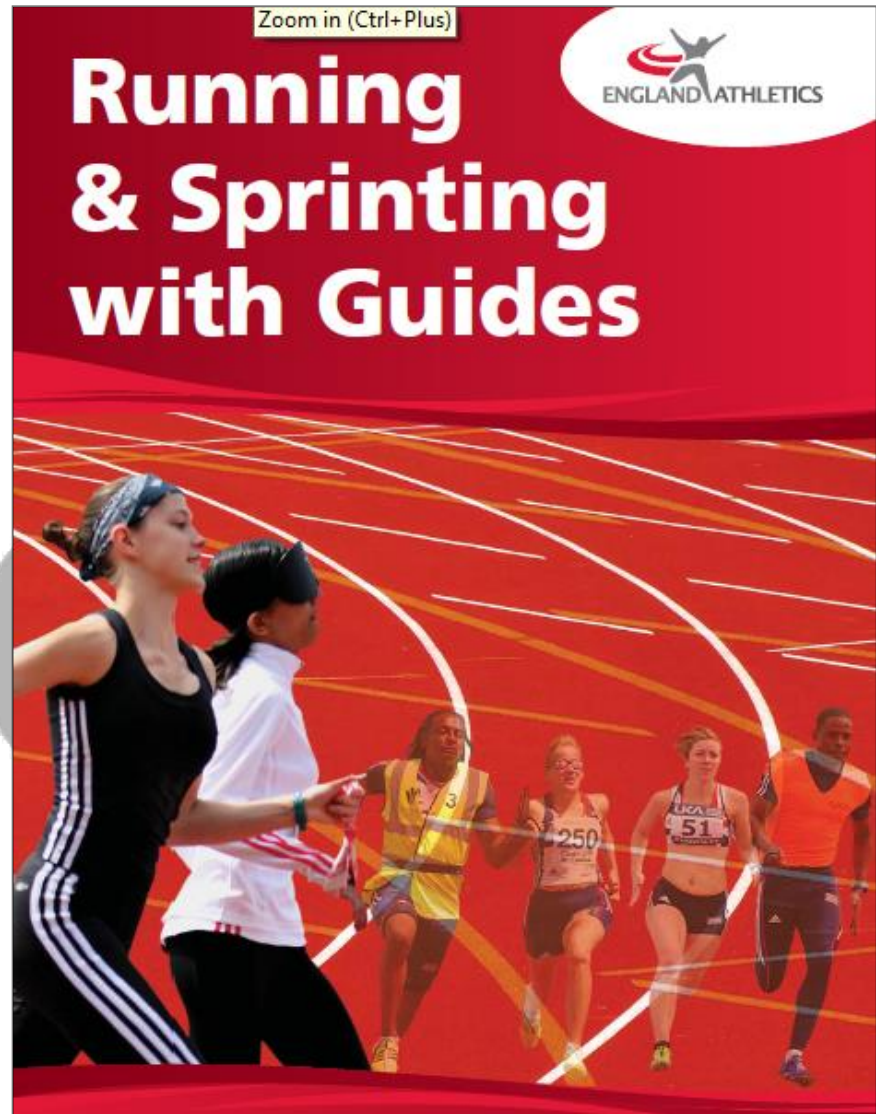
Coaching Considerations

- People with a severe visual impairment cannot learn by imitation. As this is the usual way in which most people will learn movement from an early age, be aware of using a different method of communication.
- Be aware that some visually impaired people's sight may vary from day to day or at different times of day. It is therefore important to check with your participant prior to each session.
- To fully understand the outcomes, some participants may need to experience practices, events and routines repeatedly.
- It is very important that trust is developed quickly between the coach and participant.
- The coach should make links and connections between sessions.



SCUK Impairment Specific Factsheet- People with Visual Impairments

Running and Sprinting with Guides



Disability Athletics Factsheet

Classification



Introduction

This factsheet provides some generic guidance for classification in athletics. The classification of athletes in athletics is performed by authorised classifiers according to the classification rules of the sport, and governed by IPC Athletics. Sport Classification Rules change from time to time, and this guidance is current for the date of publication.

Which Impairment Groups can Compete in Athletics?

Paralympic Categories
Blind and visually impaired
Intellectually impaired
Cerebral Palsy (or other impairments displaying similar movement patterns e.g. stroke, brain injury)
Amputees (or other impairments displaying similar movement patterns e.g. Erb's palsy, limb deficiencies, brachial plexus injury for arm, and talipes for leg)
Spinal cord injury (including spina bifida)
Dwarfism and Short Stature

What are the Minimal Disability Criteria?

In order to compete in disability athletics it is necessary to have a permanent measurable impairment that affects the ability to perform the sport, so although someone may be disabled their impairment might have enough impact for them to be eligible in a particular sport although they could be eligible in another. **Only authorised classifiers are able to determine whether a person meets the minimal disability criteria for a particular sport. Below is a rough guidance to the criteria – it should not be used to provide athletes with advice regarding eligibility.**

Paralympic Group	Minimal Disability - GUIDANCE ONLY
Visually impaired	Visual acuity must be at or below 6/60 or the visual field less than 20 degrees.
Cerebral Palsy	Includes brain injury and stroke, resulting in physical impairment such as spasticity, ataxia or athetosis in at least one limb.
Amputees	Single below knee amputation (through mid foot) or below elbow (through wrist) amputation.
Spinal cord injury or other impairments causing paralysis or paresis (e.g. spina bifida or polio)	Level of spinal cord injury and residual muscle strength determines class. Muscle weakness in the legs, trunk and/ or arms, as tested using a 5 point scale, is sufficient to limit the person's ability to push and throw.
Short Stature	Achondroplasia, maximum height 145cm males and 137cm females. Maximum arm length 66cm males and 63cm females.
Intellectually Impaired	IQ of 75 or lower on standard tests, prior to 18 years. Evidence of significant limitations in adaptive behaviour as expressed in conceptual, social, and practical adaptive skills.

Classification Factsheet

Terminology Factsheet

Information and advice Disability Terminology



Why use appropriate terminology?

Using appropriate terminology is purely an expression of respect and understanding. This is vital throughout all areas of athletics so that we can ensure that all disabled people involved in athletics in every area and at every level are respected and valued. It is a common misconception that terminology is always changing, and the phrase 'political correctness gone mad' is widely used, but the reasoning behind appropriate terminology has not changed since the *Disability Discrimination Act (DDA) 1995* was introduced.

Medical Model vs Social Model

The history of the 'disability movement' in the UK has played an important part in the development of terminology. With the introduction of the *Disability Discrimination Act (DDA) 1995* we formally moved from a Medical Model to a Social Model.

The Medical Model, by definition concentrated on what a person 'can't do' because of their impairment. This led to a negative association which considered individuals only by their impairment and were therefore disabled by their impairment.

The Social Model, developed and supported by disabled people, shifted thinking to encourage society to be aware of whose responsibility it is to create an inclusive environment in which everyone can live. This relates to the physical environment, for example ramps for wheelchair users, as well as the need to change attitudes to ensure that disabled people are not discriminated against. Disabled people are therefore

disabled by society and this is something that can be directly translated to athletics. We must take responsibility for creating an inclusive environment and ensuring that disabled people are involved in a sport that includes and integrates.

By adopting the Social Model to disability and using the functional approach to inclusion all disabled people can take part in athletics to their full potential.

Having moved away from the Medical Model, it is vital that we move away from references in our language to an individual's impairment, for example, "a wheelchair good performance" was a popular headline, yet is inappropriate!

By using appropriate terminology we are not talking about being PC (politically correct), we are referring to:

- ◆ Knowledge and experience of working in the disability field
- ◆ Advice from disabled people themselves
- ◆ The natural evolution of language across time and geographic areas

Choosing language with care

Bear in mind that disabled people might refer to themselves or other disabled people using terminology which would be considered unacceptable if a non-disabled person used it, or even if another disabled person used it and they weren't associated with the group. Be very careful not to just replicate language you hear. It's important to also remember that language or words may not necessarily cause offense but there might be a more appropriate word or phrase to use.

Providing Accessible Information Formats

“Access to information is the key to participating in society, achieving in education and gaining employment. The importance of access to information is reflected in its recognition as a fundamental human right, backed by legislation”

(RNIB)

In order to encourage more disabled people to take part in athletics you need to make sure you are providing information in the appropriate formats.

This guidance provides advice on the possible formats that might be required by different impairment groups and how to make information available in those formats.

The type of information required for a disabled person will vary between individuals and it is important to remember that it will be different for each person. The only way to find out what is required is to ask!

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Accessible Information Formats Guidance

Inclusive Athletics Guidance

Inclusive Athletics Guidance

A resource to help athletics providers increase participation by disabled people



Introduction

This guidance aims to support athletics clubs, athletics networks, Run England groups and AthleFIT providers to engage with disabled people and disabled people's organisations in their community to increase participation by disabled people as participants, coaches, officials and volunteers and to support them effectively in their club or group.

There are over 11.2 million people with a limiting illness, impairment or disability and who have a significant difficulty with day to day activities in Great Britain (Papworth Trust). Participation among disabled people in sport is significantly lower across all age groups than the overall population. Only 15.8% of disabled people (1.4 million) are involved in sports clubs and 77% of disabled adults do not take part in sport at all*. It is therefore necessary to look at alternative and innovative ways of engaging disabled people to encourage them to choose to become physical active and want to try sport so that disabled people, like non-disabled people, are attracted, welcomed and supported into athletics. This factsheet provides some guidance and advice to support you to do this effectively.

*data from Active People Survey 5

The Equality Act 2010 states that anyone who has a physical* or mental condition which is substantial and long-term can define themselves as a 'Disabled Person'.

*Physical includes sensory (hearing and visual) impairments

Attracting New Members

You should consider using a number of ways to attract new disabled members:

- ◆ **Disability specific activity.** Activity which is aimed solely at disabled people and may be specific to a certain impairment type (e.g. people with a visual impairment or people with cerebral palsy) or pan-disability (all impairment groups together).
- ◆ **Integrated activity.** Activity in which disabled people are integrated into activity together with non-disabled people and necessary considerations are made to ensure all participants can be included.
- ◆ **Both.**

Marketing and Engagement

For athletics opportunities to be truly inclusive they need to be marketed correctly and to the right individuals and organisations. You should therefore consider:

- ◆ **Use of inclusive imagery appropriate to the activity and the target group.** Using inclusive imagery can help disabled people identify that they are welcome at your club/group. Make sure the images are relevant to the impairment group the activity is for, wheelchair users for a wheelchair racing project for example, and the type of activity for example beginner/club/talent. If it is integrated activity then ensure imagery shows both disabled and non-disabled people together. Images are available from the England Athletics gallery: www.englandathletics.org/photofolder or from the Sport England image bank: www.sportengland.org
- ◆ **Ensuring information is available in accessible formats.** Make sure the information you provide about your club/group, specific sessions or events is provided in appropriate formats such as clear print or easy read. The England Athletics *Accessible Information Formats Guidance* gives further advice and examples of what sorts of information formats may be required for people with different impairments and where to get these formats from www.englandathletics.org/disabilityathletics

Further information can also be found on the English Federation for Disability Sport webpages: www.efds.co.uk/resources/case_studies/573_inclusive_communications



England Athletics Photo Folder

[www.Englandathletics.org/photo
folder](http://www.Englandathletics.org/photo_folder)

VI Taster Session Flyer

Visually Impaired Running



Beginners' Session



- ◆ This taster session is aimed at anyone aged 16+ who is visually impaired and wants to try out running.
- ◆ A FREE beginner running taster session for all fitness levels and abilities with follow up support to join a local running group or club near to you.
- ◆ Guide runners will be present to support you if required.



Type venue name here

Venue address and postcode

Saturday 00 January 2014

At 00.00pm

Cost: £0.00 per person

For more information contact A N Other

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Get fit, have fun, meet new people!

UCoach Guide Running Video



www.uka.org.uk/coaching

Further Support

✈ England Athletics (resources)

www.englandathletics.org/disabilityathletics

✈ Run England

www.runengland.org

✈ Club and Coach Support Officers

www.englandathletics/yourarea

✈ British Blind Sport

www.britishblindsport.org.uk

✈ IPC Athletics

www.paralympic.org/Athletics

The Practical

✧ An opportunity to practice guiding and be guided.

✧ **Safety is paramount!**