

Module 2



Sport Modifications Guide



SBSA 2011

SBSA would like to thank the Active Living Alliance for Canadians with a Disability website and “Active Living Through Physical Education: Maximizing Opportunities for Students with a Visual Impairment”, Canadian Council of the Blind for permission to utilize information in this module.

Information included in “It’s A Fit”, module 3 assists in the early physical gross and fine motor skills that may be instrumental while developing athletes. As such, you may choose to use that module in conjunction with this guide.

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The following guide provides an explanation of many popular sports and modifications that may be required for people who are blind or partially sighted.

Sport/Activities Guide

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Introduction

This guide contains numerous sports and activities that individuals who are blind and partially sighted may participate in. Some of the activities may be enjoyed purely at a recreational level, while other sports may be participated in recreationally or competitively. The guide indicates which sports have competition at the Paralympic level.

Athletes who are blind or partially sighted compete within the sight classification system developed by the International Blind Sports Association. To ensure fair competition, athletes compete in a sport under one of the following three sight categories:

- B1** - From no light perception in either eye to light perception, but inability to recognize the shape of a hand at any distance or in any direction
- B2** - From ability to recognize the shape of a hand to a visual acuity of 2/60 and/or visual field of less than 5 degrees
- B3** - From visual acuity above 2/60 to visual acuity of 6/60 and/or visual field of more than 5 degrees and less than 20 degrees.

For the convenience of those using the guide we have tried to include information for other organizations that may be able to provide additional information and support for those interested in participating in specific activities or sports.



Aerobics

How to Participate	<p>Aerobics usually involves a warm-up of gentle physical activity like walking or marching, followed by more intense physical activity, and then a cool-down, where you stretch your muscles – this will help make sure you aren't sore the next day.</p> <p>Traditional aerobics classes range from ½ hour to 1 hour in length, but even 10 minutes of aerobics a day is good for your heart and muscles.</p>
Modifications	<ul style="list-style-type: none">• Direct one-to-one instruction until the participant learns the exercise routine• Use descriptive language to explain movements
Contact	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Contact your local YMCA, YWCA or fitness centre</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p>



Aquafit (Aquasize)

<p>How to Participate</p>	<p>Aquafit is an activity that combines the music and energy of an aerobics class with the fun of being in the water. Aquafit classes are lead by instructors who lead participants through a series of exercises and movements that follow the beat of the music.</p> <p>Participants use the water’s buoyancy and resistance in their workout. The water provides a cool and relaxing environment and less stress on muscles and joints.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • Direct one-to-one instruction until participant learns the exercise routine • Use descriptive language to explain movements
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Contact your local YWCA, YMCA or your local swimming pool</p> <p>www.swim.isport.com</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p>



Archery

<p>How to Participate</p>	<p>The ultimate goal of archery is to use a bow to shoot an arrow towards the centre of a target face. The closest arrow wins. The target faces range from 40cm to 122cm. Competitions in archery are classified in the following disciplines:</p> <ul style="list-style-type: none"> • Outdoor Target Archery • Indoor Target Archery <p>These disciplines may or may not be available in your area.</p>
<p>Modifications</p>	<p>For people who are blind or partially sighted tactile sighting equipment is available.</p> <ul style="list-style-type: none"> • A tactile sighting aid is a device mounted on an adjustable tripod, which is set in front of an archer as a contact point for elevation and direction toward a target. As the bow arm is extended, a contact point is touched either by the back of the hand or by way of a long rod (stabilizer) protruding from the bow riser, inserted into an 'n' shaped hook. • It is strongly recommended that an archer has a dedicated spotter, who will set up the sighting aid and relate the strike of each arrow on the target face to the archer by way of using the clock method of description, i.e. 12 o'clock blue, 4o'clock red etc. • use a non-glare target with good colour contrast



	<ul style="list-style-type: none"> • use audible clues with target (e.g. radio playing below and in front of target, balloon(s) placed on target) • run a cord from target to mat, facilitating retrieval of arrows • archer should be positioned with sun to back • will need feedback as to position of arrows shot • tactile floor or ground cue which is perpendicular to the target can be used
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Saskatchewan Archery Association www.saskarchery.com</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Federation of Canadian Archers 613.260.2113 or www.fca.ca</p> <p>International Blind Sports Association www.ibsa.es</p>



Athletics (Track & Field Sports) - Paralympic Sport

<p>How to Participate</p>	<p>Athletics includes running (track) events and throwing (field) events.</p> <p>In running events, athletes compete against each other in a variety of distances including:</p> <ul style="list-style-type: none"> • 100m • 200m • 400m • 800m • 1500m • 5000m • 4x100m Relay • marathon <p>Throwing and jumping events measure how far you can throw or how long/high you can jump. The spectrum of field events includes:</p> <ul style="list-style-type: none"> • discus • javelin • shot put • long jump • high jump • triple jump • pentathlon <p>A person can train individually for their desired event, or just participate recreationally.</p>
<p>Modifications</p>	<p>Athletes who are blind (B1) or partially sighted (B2) are able to compete with a sighted guide</p> <p>Running</p> <ul style="list-style-type: none"> • runners who are totally blind and low partially sighted use a guide runner • may use two lanes



	<p>Throwing – discus/javelin/shotput</p> <ul style="list-style-type: none"> • throwing may be done in a throwing cage or in an area free of other people • may use assistant to help set up in correct direction and retrieve equipment • use of an audible directional signal for javelin may be beneficial • use of coloured throwing instruments <p>Jumping – long jump/triple jump</p> <ul style="list-style-type: none"> • “caller” standing at back of landing pit for direction (B1) • Use of a 1 metre takeoff area, the width of the run-up lane. The whole one metre area should be white-washed or chalked. (B1, B2 & B3) • Assistance to align to direction of jump • Count the number of steps for approach <p>Jumping – high jump</p> <ul style="list-style-type: none"> • “Caller” for direction behind the jump pit • Use of a coloured crossbar or coloured marker (e.g. towel) on the crossbar • Count number of steps for approach
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Saskatchewan Athletics 306.664.6744 or www.saskathletics.ca</p>



	<p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Athletics Canada 613.560.5580 or www.athletics.ca runjumpthrow (rjt) program</p> <p>Canadian Paralympic Committee 613.569.4333 or www.paralympic.ca</p> <p>International Blind Sports Association www.ibsa.es</p>
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Biathlon

<p>How to Participate</p>	<p>Biathlon combines cross-country skiing and rifle shooting, which calls for physical endurance and shooting accuracy.</p> <p>Biathlon is divided into short-distance and long-distance. In short-distance, skiers race around a 2-5km loop and stop twice to take five shots at a target placed 10km away. Long-distance is similar but skiers must make five trips around the loop, stopping to shoot four times. For the shooting portion, skiers with vision loss use an electronic system that sends out acoustic signals to indicate when they are nearing the target.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • Athletes who are blind or partially sighted shoot with an electronic rifle that allows aiming by hearing. The closer the rifle points to the centre of the target the higher the tone is. • The target size is increased for athletes who are blind or partially sighted.
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Biathlon Saskatchewan 306.780.9236 or www.biathlonsk.ca</p> <p>Biathlon Canada 613.748.5608 or www.biathloncanada.ca</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Canadian Paralympic Committee 613.569.4333 or www.paralympic.ca</p>



Bowling

<p>How to Participate</p>	<p>In bowling, each player gets 10 turns, called frames. In each frame, a player gets two tries to knock down all the pins. If they knock down all the pins on the first shot, it's called a strike, they get 10 extra points plus double the points they get in the next frame. If the player knocks down all the pins with two shots, it's called a spare, and they get 10 points added to their score in the next frame. The highest possible score is 300 points.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • Guide rails or volunteer spotters can be used to assist bowler with lining up with alley and identifying what pins are in play • Walking the lane and feeling the shape of the pin formation can also be helpful • Use a piece of thin, non-skid carpet or make a raised dot to mark the centre of the approach lane • Mark the foul line with a tactile cue
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Bowling Federation of Saskatchewan www.saskbowl.com</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Canadian Council of the Blind 877.304.0968 or www.ccbnational.net</p> <p>Canadian 5 Pin Bowlers' Association 613.744.5090 or c5pba@c5pba.ca</p>



Curling

<p>How to Participate</p>	<p>Curling is a sport that can be played recreationally or competitively. It is a team sport that is usually played indoors.</p> <p>The curler must slide on ice and push a big stone (the ‘rock’) towards a target (the ‘house’), while trying to knock the other team’s stone away from the target.</p> <p>The game is divided into 8 or 10 sections called ‘ends’. In each end, all of the players on both teams take turns shooting two stones towards the ‘button’ which is in the middle of the house. While one curler shoots the stone, two others slide along the ice, using specialized curling brooms to sweep the ice so that the stone will slide further. One member of the team, called the skip, calls out instructions to the others, telling them how far to sweep, and where. When all 16 stones have been shot, the score for the end is calculated. One team will have scored one to three points. The maximum score in one end is eight points.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • audible goal locators • crossover of devices from adapted bowling (ramps, guardrails) can be used • size of the target and the sheet can also be modified for recreational purposes only • designated sweeper can be used for curlers who are totally blind • may require feedback on results of shots • walk the distance of the ice to indicate distance of shots • assistance to squarely align in the hack audible cues or light source (i.e. flashlight) at the hog line to indicate the point of release



<p>Contact</p>	<p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Saskatchewan Curling Association 306.780.9202 or www.saskcurl.com</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>For more information, refer to “Manual for Teaching Curling to People who are Blind or Vision Impaired”, Canadian Council of the Blind 877.304.0968 or www.ccbnational.net</p> <p>Canadian Curling Association 800.550.2875 or www.curling.ca</p>
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Cycling - Paralympic Sport

<p>How to Participate</p>	<p>Cycling is a sport that allows you to ride a bicycle around and about. There is recreational and also competitive cycling.</p> <p>For recreational cycling, people can ride a bicycle around the neighbourhood or ride on trails with friends.</p> <p>For competitive cycling, cyclists race against other cyclists over a certain distance. Cycling is a Paralympic sport.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • tandem cycling – a tandem cycle holds two people and can be used where vision loss impacts the ability to totally control the bicycle • side by side bike kits are available for cyclists with balance problems • can ride alone on a regular bike in a controlled area (e.g. bicycle path, outdoor track, outdoor rink) • sighted guide in front, with bell on bicycle, or "flapper" on spokes of bikes • sighted guide gives specific direction for upcoming turns (e.g. gentle turn to the right, sharp turn to the left)
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Saskatchewan Cycling Association 306.780.9299 or www.saskcycling.ca</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p>



	<p>Canadian Cycling Association 613.248.1353 or www.canadian-cycling.com</p> <p>Canadian Paralympic Committee 613.569.4333 or www.paralympic.ca</p> <p>International Blind Sports Association www.ibsa.es</p>
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Equestrian (Horse Back Riding) - Paralympic Sport

<p>How to Participate</p>	<p>Horseback riding involves getting up on a horse and using reins to let the horse know where you want it to go, and how fast you want it to go. Riding improves balance, coordination, strength, and muscle tone while gently mobilizing the joints.</p> <p>Horseback riding can be done just for fun and is also available as a competitive sport. Competitive horseback riding is called 'Equestrian'. There are three kinds of equestrian competitions, which are called 'disciplines': Jumping, Dressage and Eventing.</p> <p>In Dressage competition, riders must ride their horses in a set pattern which includes changes in pace and direction. The horse performs set movements, or 'tests', in response to subtle signals from the rider. A dressage competition includes three rounds. In the first two rounds, the horse and the rider perform a set routine of dressage movements at three speeds - walk, trot (fast walk) and canter (run). The third round is freestyle, so the riders and horses perform individual routines that are choreographed and set to music. The rider and horse receive a score for each round. The scoring is done by judges who evaluate how well the horse executes the moves. Participants can compete in Dressage at the Paralympic level.</p> <p>In Jumping competitions, the horse and the rider complete an obstacle course that includes triple bars, parallel rails, water jumps and simulated stone walls. The object is to complete all the jumps in the right order, without knocking anything down, as quickly as possible. If they do the jumps in the wrong order, if a horse refuses a jump or knocks down a rail, or if time limits are exceeded, they are penalized.</p>
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	<p>Eventing competitions include Dressage and Jumping, plus a third competition of riding a cross-country course on horseback. Eventing competitions last for several days. Riders receive scores at the end of each day, and rider with the highest score at the end of the competition wins. The highest level of competition for Equestrian events for people with disabilities is the Paralympics Games.</p>
<p>Modifications</p>	<p>Modifications can include use of lunge line or verbal descriptions/cues.</p> <p>To participate competitively, riders must receive classification from Para-Equestrian Canada.</p> <ul style="list-style-type: none"> • To compete in Profile 36 (totally blind), must use approved blacked out glasses • Otherwise, participant competes in Profile 37 a or 37 b
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Saskatchewan Horse Federation 306.780.9244 or www.saskhorse.ca</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Canadian Equestrian Federation or ParaEquestrian Canada 866.282.8395 or www.equinecanada.ca</p> <p>Canadian Paralympic Committee 613.569.4333 or www.paralympic.ca</p>



Goalball - Paralympic Sport

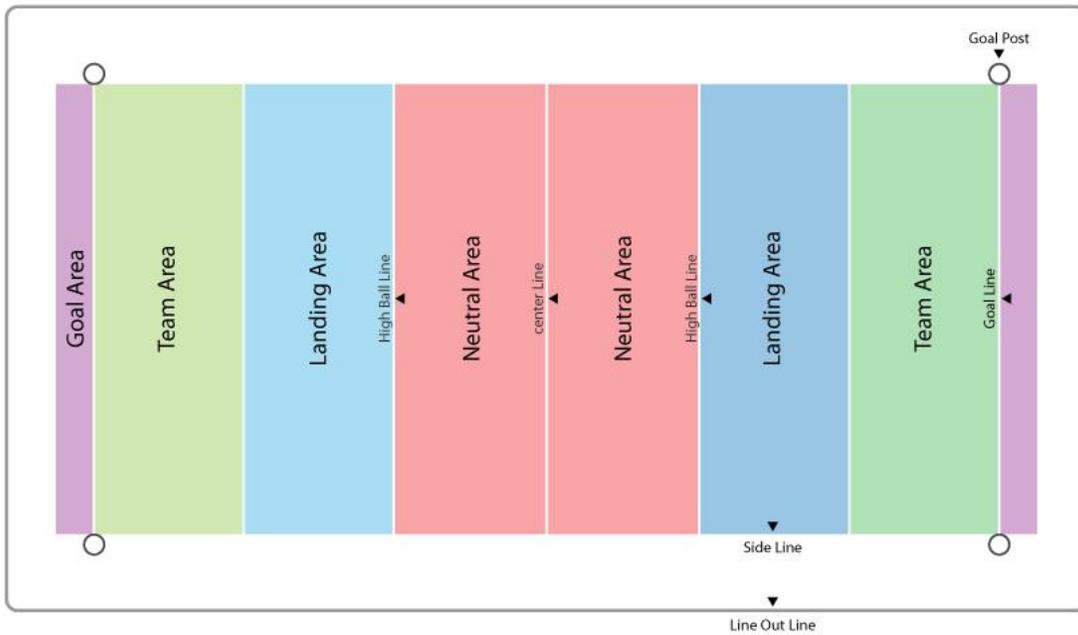
<p>How to Participate</p>	<p>The object of Goalball is to score goals by “throwing” a goalball along the floor toward the opposing team's goal, while the opposing players attempt to prevent the goalball from crossing the goal line. A goal is scored when the ball passes completely over the goal line at each respective end.</p> <p>The Goalball team consists of 6 players, with 3 on the court playing at a time. There are 3 positions: center, left wing and right wing. All players wear eyeshades to ensure that the playing field is equalized. Officials consist of 2 referees and 8 technical officials. These technical officials include 4 goal-judges to verify scoring and retrieve balls, 1 timer, 2 10-second timers and 1 shot recorder.</p> <p>The game is played on an 18 x 9 metre court (volleyball court). Lines are applied by taping cords to the floor to create tactile markers. By feeling the lines, players are able to orient themselves to the court. The court is divided by three metre markings: 1) team zone; 2) landing zone; 3) neutral & centre, and is mirrored for the second half of the court.</p> <p>Each ball thrown must touch the ground in the landing zone first and then again in the neutral zone. If the ball touches the ground after the landing zone line it is a “high ball” and results in a penalty shot. If the ball touches the ground before the landing zone line but bounces and does not touch the ground in the neutral zone, it is a “long ball” and also results in a penalty shot for the other team. In each penalty situation, the penalized player must defend the entire 9 metre goal line alone. Other penalties include: ten second; third time throw; illegal defense; noise; delay of game, and eyeshades.</p>
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	<p>The Goalball used is 1.25 kg and approximately 76 cm in circumference, has limited bounce and contains bells inside. Players track the ball by the sound of the bells. Only players and referees are allowed to make noise during play, so players are able to hear and locate the ball.</p> <p>Games are 24minutes long, with two 12 minute halves and a 3 minute half-time break. The team who scores the most goals wins. If the score is tied at the end of play, sudden death overtime will occur. If the game is still tied after sudden death play, extra throws (similar to penalty shots), may be required to break the tie.</p> <p>At the international competition level all players must be legally blind and fall into the B1, B2 or B3 sight categories.</p>
<p>Modifications</p>	<p>Game developed for players who are blind or partially sighted. Tactile court markings and ball with audibells are used. See rules on IBSA website.</p>
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Canadian Blind Sports Association 877.604.0480 or www.canadianblindsports.ca</p> <p>Canadian Paralympic Committee 613.569.4333 or www.paralympic.ca</p> <p>International Blind Sports Association www.ibsa.es</p>



Goalball Court



Team Bench

Scoring Table

Team Bench



Golf

<p>How to Participate</p>	<p>The purpose of this game is to use golf clubs to hit the small hard golf ball from the tee (starting) area towards a hole. The object is to hit the ball in the hole using as few hits (strokes) as possible. Golf games are either 9 holes or 18 holes in length.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • may use a coloured ball • able to use a guide to navigate on course • feedback needed as to correct positioning/directionality for each shot • sound device for orientation may be used • may receive assistance to identify club use
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Saskatchewan Golf Association 306.975.0850 or www.saskgolf.ca</p> <p>Western Canada Blind Golf Association www.blindgolf.ca</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Royal Canadian Golf Association 800.263.0009 or www.rcga.org</p>



Gymnastics

<p>How to Participate</p>	<p>Participants can choose to learn gymnastics as a recreation activity or compete in all of the events.</p> <p>Female artistic gymnasts compete on the uneven bars, balance beam, vault and floor exercise. Male artistic gymnasts compete in the parallel bars, rings, horizontal bars, pommel horse, vault and floor exercises. Generally, if a gymnast chooses to compete, he/she would participate in every event.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • learn correct technique and safety precautions • orient to space and apparatus • audible cues can be used to indicate the parameters of the mat • spotters may be used for more difficult apparatus/routines • can initially use a taped line on floor before moving up to low balance beam • spotter can use a cue to signal the end of the beam • when jumping from any apparatus, be sure there is a trained spotter
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Gymnastics Saskatchewan 306.780.9229 or www.gymsask.com</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Gymnastics Canada 613.748.5647 or www.gymcan.org</p>



Jogging

<p>How to Participate</p>	<p>Jogging is slow paced running. Before you start any jogging program, consult your family physician and/or ophthalmologist to ensure you are able to safely participate.</p> <p>It is also a great idea to contact local running clubs and see if there are any novice running groups you could become involved with.</p> <p>Proper posture and form is important when jogging, but don't be too concerned when you're just getting started. You can develop better form over time. It is more important that you have the motivation and discipline to maintain a regular jogging schedule.</p> <p>There are a number of tips that may assist you with beginning a jogging program:</p> <ul style="list-style-type: none">• start out with short sessions (10-15 minutes) and gradually increase time as you build endurance• start by jogging-walking – jog for on minute, walk for 1 minute and increase jogging time gradually• when increasing time, do so gradually, not more than 10% per week. This will give your body a chance to increase endurance and adjust to the increased activity.• run with your back straight, keep your arms in a comfortable position with elbows bent and hands swinging in an arc between your chest and hips - arms should be kept loose - keep leg movements and strides free and easy as well. A jogging stride is shorter than that of a sprint and should feel comfortable
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	<ul style="list-style-type: none"> • the most efficient method of jogging is to land flat-footed or heel first. Roll your foot forward and push yourself into your next stride off the ball of your foot. Listen to your footsteps. If you don't hear your feet pounding or slapping the ground, you're doing fine. If you run silently, you're less likely to get injured. • to protect your knees and ankles, run on a soft but level surface as much as possible. • follow the "talk test"; if you can't carry on a conversation while running, you're going too fast. Conversational running is the safest and most efficient way to train • stretch well at the end of your jog, when your muscles are warm
<p>Modifications</p>	<ul style="list-style-type: none"> • pre-screen route for hazards like holes, sudden drops/rises, branches, etc. • jog with a buddy or sighted guide who can provide verbal support to minimize your risk.
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Saskatchewan Athletics 306.664.6744 or www.saskathletics.ca</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Athletics Canada 613.260.5580 or www.athletics.ca</p>



Judo - Paralympic Sport

<p>How to Participate</p>	<p>Judo is a martial art. The goal of judo is to use ‘moves’ to throw or force your opponent to the mat and hold him/her down until the referee indicates a point. Such moves can include a great quantity of elements such as push and traction power, balance, direction shifts, throws, holding-techniques and so on. In competitive judo, there are several different weight categories, and separate division for men and women.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • varied textures on the mats so players know where the competition area is • competitors have contact at beginning of each match
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Judo Saskatchewan www.judosask.ca</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Judo Canada 877.738.JUDO or www.judocanada.org</p> <p>Canadian Paralympic Committee 613.569.4333 or www.paralympic.ca</p> <p>International Judo Federation www.intjudo.eu</p> <p>Blind Judo Foundation www.blindjudofoundation.org</p> <p>International Blind Sports Association www.ibsa.es</p>



Lawn Bowls

<p>How to Participate</p>	<p>The game of lawn bowl is similar to bocce. A small white target ball, called a jack, is rolled toward the opposite side of the rink. If the jack is rolled at least 75 feet (23m) it becomes the target. Players then take turns rolling larger wooden balls, called bowls, towards the jack so that they become nearer to the jack than the opponent's bowls. This is sometimes achieved by knocking aside an opponent's bowl or the jack.</p> <p>Each athlete is allowed four bowls which are rolled from a small matted area at the starting end of the rink. An end is complete when each player has delivered all of his/her bowls.</p> <p>Scoring is conducted at the conclusion of an end, with a player scoring one point for each bowl that is closer to the jack than any of the opponent's bowls.</p> <p>The game continues until one of the players reaches 21 points.</p>
<p>Modifications</p>	<ul style="list-style-type: none">• players may be assisted by a “Director” who can provide verbal cues relating to distance and lining up shots• a tactile string can also be used to assist bowlers in lining up shots and judging distance



Contact	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Bowls Saskatchewan 306.780.9426 or bowlqx.sasktelwebhosting.com</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Bowls Canada 800.567.2695 or www.bowlscanada.com</p>
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Powerlifting

<p>How to Participate</p>	<p>The ultimate goal in competitive powerlifting is to determine who can lift and hold the heaviest amount of weights. There are three types of lifts in a powerlifting competition:</p> <ul style="list-style-type: none"> • Squat Lift • Bench Press • Dead Lift <p>Bench Press is currently the only event included in the Paralympics. Both men and women compete individually in 10 different weight classes.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • orientation to safe use of equipment & training procedures • use a sighted spotter • may be guided to platform • verbal assistance is permissible
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Canadian Powerlifting Union www.powerlifting.ca</p> <p>International Blind Sports Association www.ibsa.es</p>



Rowing

<p>How to Participate</p>	<p>Adaptive rowing is generally done in four-person, two-person, or single-person boats, and can be both recreational and competitive. Recreational rowing can accommodate a wide range of people with disabilities within the same crew. This allows for integration of various disabilities into a rowing club or program. Competitive rowing is also available for people with disabilities. Some of the major regattas now include adaptive rowing events.</p>
<p>Modifications</p>	<p>Those who are delivering the programs do most of the ‘adapting’ of the sport through the modification of coaching techniques and program structure.</p> <p>The “Learn to Row” program structure can be modified to allow for a greater instructor/participant ratio.</p>
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Saskatchewan Rowing Association 306.975.0842 or www.saskrowing.ca</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Rowing Canada 877.722.4769 or www.rowingcanada.org</p>



Sailing - Paralympic Sport

<p>How to Participate</p>	<p>Sailing relies on the wind to push the sailboat through the water while the sailor controls the boat. Sailboats range in size from boats that can be sailed by 2 people, to large boat that need a team of sailors. Sailing is a sport that allows the participant to set their own pace and level of activity. Sailing (or yachting) is an activity that can be recreational or competitive.</p> <p>People who are blind or partially sighted can compete in Fleet sailing. The team consists of four sailors on a boat, two of whom are blind according to IBSA classifications. The other two sailors are sighted and serve as guides. The helmsman must be blind and must steer the boat independently unassisted by any sailor. The other sailor who is blind serves as crew, primarily trimming the sails. A number of boats can compete in each race.</p> <p>Another type of sailing competition is Match racing. It involves a three person team (all of whom are blind or partially sighted). Boats and buoys make sounds and competitors must navigate by sound only. Each race consists of two boats.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • in competition, a ratio of 1 sailor who is blind or partially sighted for each sighted sailor • sighted competitor can provide verbal instruction to competitors who is blind or partially sighted in Fleet racing only



<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Saskatchewan Sailing Clubs Association 306.975.0833 or www.sasksail.com</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Canadian Yachting Association 613.545.3044 or www.sailing.ca</p> <p>Blind Sailing Canada 416.496.5089 or www.blindsailing.ca</p> <p>Canadian Paralympic Committee 613.569.4333 or www.paralympic.ca</p> <p>Blind Sailing International www.blindsailing.org</p>
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Shooting

<p>How to Participate</p>	<p>The object of the game is to hit the target as many times as you can during a limited amount of time and with a limited amount of shots. Athletes shoot from a variety of positions and distances using either a rifle or pistol.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • Shooter can use electronic telescope, target lighting and an assistant • The assistant can position shooter in front of target, help set up technical aids (rifle supports, stools, etc), change targets, indicate position of impacts, ensure safety of shooter
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Saskatchewan Provincial Rifle Association 306.463.4427 or www.saskrifle.ca</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Shooting Federation of Canada 613.727.7483 or www.sfc-ftc.ca</p> <p>Target Shooting Canada www.targetshooting.ca</p> <p>International Blind Sports Association Shooting Rules 2005-2009 www.ibsa.es</p>



Showdown (similar to Table Tennis or Air Hockey)

<p>How to Participate</p>	<p>The object of the game is to bat the ball off the side wall, along the table, under the centre screen, and into the opponent’s goal. The first player to reach eleven points, leading by two or more points, is the winner.</p> <p>Each player serves five times in a row. Player score two points for a goal and one point when their opponent hits the ball into the screen, hits the ball off the table, or touches the ball with anything but the bat.</p> <p>Equipment needed includes:</p> <ul style="list-style-type: none"> • specially designed table • two paddles • special ball into which metal bee-bees have been inserted • a glove for the batting hand (optional) <p>Sound produced by pellets in the ball indicates the location of the ball during play.</p>
<p>Modifications</p>	<p>Sighted players may participate on recreational level if eyeshades are worn. Participants compete within sight classifications; eyeshades may be worn by both players to equalize the playing field.</p>
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p>



Skating - General

<p>How to Participate</p>	<p>Learn basic skills - balance, forward and backward gliding movement and stopping.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • orient to skating rink area and surface • Verbal descriptions and commands can be used to help skaters learn the basic skills • guide skater can also be used for travel around the ice until skater is comfortable • guide could be positioned at the side or the front • can move to a separate area for practicing • work close to the boards or use a chair for balance during initial skill learning phases
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Contact your local indoor skating rink or community association</p> <p>Skate Canada Saskatchewan 306.780.9245 or www.skatecanadasaskatchewan.com</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Skate Canada 888.747.2372 or www.skatecanada.ca</p>



Skating - Figure Skating

<p>How to Participate</p>	<p>Once skaters have learned basic skills, they'll begin learning some of the technical moves associated with figure skating.</p> <p>Competitive participants can perform as singles, pairs, or in paired ice dancing. All of these styles have compulsory technical moves plus some creative elements.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • orient to skating rink area and surface • clear verbal descriptions and commands can be used • guide skater can also be used for travel around the ice until skater is comfortable • guide could be positioned at the side or the front • can move to a separate area for practicing • work close to the boards or use a chair for balance during initial skill learning phases
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Contact your local indoor skating rink or community association</p> <p>Skate Canada Saskatchewan 306.780.9245 or www.skatecanadasaskatchewan.com</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Skate Canada 888.747.2372 or www.skatecanada.ca</p>



Skating - Speed Skating

<p>How to Participate</p>	<p>Once skaters have learned basic skills, they can begin learning some of the technical moves associated with speed skating.</p> <p>Speed skating can be recreational or competitive in nature but may be contraindicated for those who are totally blind or have low partial sight</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • orient to course • sighted callers positioned along the course • Cones added to the outside of the course • have a sighted caller provide verbal and other cues where necessary
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Saskatchewan Speed Skating Association 306.780.9800 or www.saskspeedskating.ca</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Speed Skating Canada 613.260.3669 or www.speedskating.ca</p>



Skiing - Alpine - Paralympic Sport

<p>How to Participate</p>	<p>The purpose of Alpine skiing is to ski down snow-covered hills. In alpine ski competitions, skiers compete against each other to see who can ski down the hill the fastest in a variety of distances and styles (see variations for a detailed list of styles)</p> <p>There are four different types of alpine skiing including:</p> <ul style="list-style-type: none"> • Downhill: This is one of two alpine skiing speed events. Skiers are timed as they race down a long, steep course that may include turns and jumps. They must pass through gates that are used as checkpoints; however, there are relatively few gates on the course. • Slalom: The slalom is a technical event. The course is shorter than other alpine events, and there are many gates to negotiate. • Giant slalom: The giant slalom is also a technical event. In comparison to the slalom, the course is longer, there are fewer turns, and the turns are wider and smoother. • Super giant slalom (super-G): The super-G is a speed event. The course is shorter than downhill but longer than giant slalom and slalom.
<p>Modifications</p>	<ul style="list-style-type: none"> • May need sighted guide • orient to course by describing the run's difficulty, distance, incline, major obstacles and how busy the run is. • sighted guide skis in front or back of the skier and provides a verbal description of the course (through audio technology or voice; guide can also ski beside the skier, with both individuals holding onto a ski pole for direction • may need continuous audible communication



<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Saskatchewan Alpine Ski 306.780.9236 or www.saskalpine.ca</p> <p>Saskatchewan Ski Association www.saski.ca</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Canadian Association for Disabled Skiing 705.725.4845 or www.disabledskiing.ca</p> <p>Alpine Canada Alpin 403.777.3200 or www.canski.org</p> <p>Canadian Paralympic Committee 613.569.4333 or www.paralympic.ca</p> <p>International Blind Sports Association www.ibsa.es</p>
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Skiing - Nordic (Cross Country) - Paralympic Sport

<p>How to Participate</p>	<p>Cross-country skiing involves propelling along a trail that's flatter and longer than an alpine ski hill. Nordic skiing is one of the best forms of exercise because it involves the whole body and helps strengthen the heart muscles. Nordic skiing can be done just for fun or competitively. Nordic skiing competitions take place over a variety of distances.</p> <p>For people who are blind or partially sighted, competitive Nordic skiing is available and includes the Paralympic Winter Games.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • sighted partner or guide may be required • if parallel tracks are available, guide skis beside person, if not, the guide skis in front of skier who is blind or partially sighted • can use safety markers
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Cross Country Saskatchewan 306.780.9240 or www.crosscountrysask.ca</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Canadian Association for Disabled Skiing 705.725.4845 or www.disabledskiing.ca</p> <p>Cross Country Canada 877.609.3215 or www.cccski.com</p> <p>Canadian Paralympic Committee 613.569.4333 or www.paralympic.ca</p> <p>International Blind Sports Association www.ibsa.es</p>



Soccer - Paralympic Sport

<p>How to Participate</p>	<p>The object of soccer is to kick or head the ball into the opponent's goal. The goalkeeper is the only player on the field allowed to touch the ball with his or her hands.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • soccer ball with audibells can be used instead of regular ball • a ball with a highly visible colour may be used • call to person when passing • have team members wear brightly coloured pinnies • skill progression activities can also occur (e.g. dribbling, kicking to an audible target, trapping a brightly coloured or audible ball)
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Saskatchewan Soccer Association 306.780.9225 or www.sasksoccer.com</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Canadian Soccer Association 613.237.7678 or www.canadasoccer.com</p> <p>Canadian Paralympic Committee 613.569.4333 or www.paralympic.ca</p> <p>International Blind Sports Association www.ibsa.es</p>



Swimming - Paralympic Sport

<p>How to Participate</p>	<p>Swimming can be a leisure activity or a competitive sport.</p> <p>In leisure swimming, the swimmer can either stay afloat or navigate the swimming pool.</p> <p>In competitive swimming, there are a number of swimming events including:</p> <ul style="list-style-type: none"> • Freestyle • Backstroke • Breaststroke • Butterfly • Medley <p>These events include from 25m up to 400m in distance.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • Recommend medical clearance • Use lane ropes • May want to use inside lanes if there are obstructions (ladders not recessed). • In relay races, swimmers with vision loss can be tapped by someone to indicate the start of their leg of the relay. • Usually two tappers are required for each end of the pool. Tapping involves using a pole with foam on the end which is used to tap the swimmer approximately 1 metre/stroke from edge of pool.



<p>Contact</p>	<p>For more information contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Swim Saskatchewan 306.780.9291 or www.swimsask.ca</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Swimming Canada 613.260.1348 or www.swimming.ca</p> <p>Canadian Paralympic Committee 613.569.4333 or www.paralympic.ca</p> <p>International Blind Sports Association www.ibsa.es</p>
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Swimming - Synchronized

<p>How to Participate</p>	<p>Synchronized swimming is like figure skating in the water. The first step is to join a synchronized swimming club. Swimmers who choose to compete can compete solo, as a duet, or as part of a team.</p> <p>Swimmers who compete are required to perform routines that showcase their skills. Points are awarded based on the swimmer’s creativity and technical components.</p> <p>Swimmers must be able to swim a length of the pool, and hold their breath for long periods of time under water.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • Swimmers who are blind or partially sighted may use audible cues to signify a particular movement. • In competition, coaches can guide swimmers to the spot that they start their routines. • Coaches are allowed to assist as needed from the deck depending on the level of vision. • Coach guides swimmer through movements on deck and in the water to understand how to move their body. • May use the senses of touch and hearing to provide instruction. • The concept of choreographed movement patterns is very important. • Important to help the athlete understand the feeling in different parts of the pool.



<p>Contact</p>	<p>For more information contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Synchro Sask 306.780.9227 or www.synchrosask.com</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Synchro Canada 613.748.5674 or www.synchro.ca</p>
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Triathlon

<p>How to Participate</p>	<p>A Triathlon is a continuous race with competitors completing in three sections: a swim, followed by a bicycle ride and ending with a run. Triathlons can be just for fun or competitive.</p> <p>Triathlons vary by distance, starting with a 100m swim, a 5k bike ride and ending with a 1k run up to the Ironman triathlon, which includes a 3.86k swim, a 180km bike ride, and ending with a 42.2km run.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • Discuss specific needs for support with event organizers well in advance
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Saskatchewan Triathlon Association Corporation www.trialthonsaskatchewan.org</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Triathlon Canada 416.426.7180 or www.triathloncanada.com</p>



Water Skiing

<p>How to Participate</p>	<p>Water skiing can be played in either a competitive and recreational environment. In ‘classic’ water skiing, there are three events-the slalom, the tricks, and jumping. Other disciplines in water skiing include tubing, barefooting, wakeboarding, marathon skiing and hydrofoiling.</p> <p>When skiing, it is advisable to have a spotter that can communicate between the skier and the driver of the boat. The spotter and the skier should have an established system of signals for indicating faster, slower, and stop. Proper safety equipment, including (but not limited to) a certified personal floatation device are essential for this activity.</p>
<p>Modifications</p>	<ul style="list-style-type: none"> • ropes with two handles are used for skiers who are blind or partially sighted. The extra handle allows for a guide to ski alongside them. • skiers can also use a ‘boom’, which is a bar that extends out from the side of the boat. This provides more stability than a tow rope and allows the skier to participate directly beside the boat • tones or sounds can also be used to assist the skier in making turns, etc.
<p>Contact</p>	<p>For more information, contact:</p> <p>Saskatchewan Blind Sports Association - SBSA 877.772.7798 or www.saskblindsports.ca</p> <p>Water Ski and Wakeboard Saskatchewan 866.523.6754 or www.wswsask.com</p> <p>Active Living Alliance for Canadians with a Disability 800.771.0663 or www.ala.ca</p> <p>Water Ski and Wakeboard Canada 613.526.0685 or www.waterski-wakeboard.ca</p>



Sport Equipment

Many sports and physical activities can be enjoyed with little or minor modifications to equipment. Below is a general list of some of the modified or additional equipment that may be needed to provide inclusive activities:

- Audibells or Rattling Balls
 - Soccer ball
 - Basketball
 - Football
 - Goalball
 - Foam ball
 - Rugby ball
 - Volleyball
 - Hockey ball
 - Tennis ball
 - Showdown

- Beeping Balls
 - Foam ball
 - Soccer ball

- Beeping Frisbee

- Wireless Sound Beacon

- Two-Way Radios

- Eyeshades

- Flashlights

- Tactile String



- Equipment for Goalball
 - Goalball (audibells)
 - Eye shades
 - Nets
 - Tape and string for court markers
 - Volleyball court
 - Protective gear – may include helmet, elbow pads, hip pads, knee pads and gloves (optional)
 - Goalball rules

- Equipment for Showdown
 - Showdown table (similar in size to table tennis with sides similar to air hockey)
 - Balls with bells or pellets inside
 - Paddle
 - Glove for paddle hand (optional)
 - Eyeshades
 - Showdown Manual – includes table measurements

For information on where equipment can be purchased, see Module 7 – Resource List