



SPORT SENSE

GUIDEBOOK



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**INTRODUCTORY
WORDS FOR
THE
SPORT SENSE
GUIDE**



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ERASMUS+ SPORT WHAT IS AND HOW IT WORKS

Erasmus+ is the EU's Programme that supports education, training, youth, and sport in Europe.

Erasmus + programme offers mobilities and cooperation opportunities in several different fields:

- higher education;
- vocational education and training;
- school education (including early childhood education and care);
- adult education;
- youth;
- and sport.

Erasmus+ actions in the field of sport promote participation in sport, physical activity and voluntary activities.

They are designed to tackle societal and sport-related challenges. Opportunities are available for organizations under 3 Calls that address these challenges.

Sport Sense project is realized under the call of Small-Scale Partnerships. Small-scale Partnerships aim to reach out to grassroots organizations or those less experienced in Erasmus+. They are designed to widen access to the Programme to small-scale actors and individuals who are hard to reach in the fields of school education, adult education, vocational education and training, youth and sport. Small-scale Partnerships can contribute to creating and developing transnational networks and linking up local, regional, national and international policies. They also support active European citizenship and bring the European dimension to local levels.



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SUMMARY OF THE PROJECT SPORT SENSE

Regardless of age, social status, or any other reference factor, sport should be a common element that links us in society. In addition to the benefits on the mind and body that sport has, through sports activities we develop socializing skills, inter-human relationships, and connections. We consider sport as a good source of non-formal learning that helps the individual to develop physically and mentally within the community this individual belongs to.

Through SportSense project, we want to improve the collaboration of people in the community, by creating sports events for the visually impaired, and to bring together blind people with the rest of the community. The vision of the project is to build a bridge between visually impaired people and the rest of the community and provide visually impaired people with a better chance to integrate into their community through sport.

The aim of SportSense project is to build a connection between the society and the communities of people with visual disabilities through sport.

The innovation of the project comes with the desire to provide new experiences to the target group of the project. The actions that bring innovation to the project are divided into two parts: development of the GuideBOOK, creation of AudioBOOK

Intellectual Output 1 - GuideBOOK

This guidebook is dedicated to those who desire to implement sports for visually impaired people in their community. The guidebook has the role of informing and inspiring people. Through the book, we want to offer practitioners a method through which they can learn from our experience and adapt to their reality. The book/guide/manual contains the information about the project, working methods with blind people, sports activities that can be adapted to the visually impaired, how can these activities be adapted, the materials needed, rules and safety rules.

To summarize, the book is a complete guide for the readers and guides them step by step on how to plan, organize and implement a sporting event for visually impaired people.



Through the Guidebook, we want to facilitate the process of designing sports activities for visually impaired users/people and provide a source of information to all those who have the initiative to start a local sporting event for people with visual disabilities, without necessarily having previous expertise. We want this guide to reach out to practitioners (ex. youth workers) and organizations around the world so we can help and support them with relevant information in the process of implementing the sporting event for visually impaired persons.

Intellectual Output 2 - AudioBOOK

We cannot forget about our target group that are people with visual disabilities. Given the reading difficulties that visually impaired people have, we want to facilitate their access to information by creating and adapting the book to audio format. The volunteers of all partners organizations recorded and structured the audiobook into chapters to facilitate the listening process.

Through this project, we set out to achieve the following objectives:

- Involvement in sports activities of a total of 100 persons with visual disabilities, coming from Romania, Poland, Hungary, Portugal, North Macedonia over the period of 12 months.
- To increase social inclusion through sports activities of at least 100 persons with visual disabilities from Romania, Poland, Portugal, Hungary, North Macedonia within 12 months.
- Creating a sports activities GuideBook for the visually impaired people that can be multiplied by any other organization or initiative group.

**PARTNERS
INVOLVED
IN
SPORTSENSE
PROJECT**



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GENERAL

This guide was developed within the SportSense project by five partners representing five different countries in Europe. Each partner contributed to the project with their experience, resources and knowledge accumulated over time in order to reach this result. The partners have worked together and contributed to this guide by sharing best practices and testing different sporting activities, which helps other organizations around the world.

Let's get to know the five organizations involved.

ROMANIA



Scout Society association has been established in 2011. The purpose of the organization is to encourage volunteering and to contribute to the development of the local community, especially in the process of youth education via non-formal education activities and sports.

From the desire of helping young people to grow both personally and professionally, but also to involve them in society and in the local communities where they come from, the association began to develop its activity field, making projects with various themes (like sport, health, multiculturalism, tolerance towards others, discrimination, increasing employability, career orientation) while keeping the same purpose since its establishment - helping young people in their development and form as individuals involved in society, who preserve and share with others European values (unity, communication, tolerance, solidarity, respect, equality, communication, pluralism, peace, democracy, liberty).

In the last years, the association developed significant international cooperation, currently having partnerships with organizations from Croatia, Czech Republic, Spain, Slovenia, Bulgaria, Hungary, Poland, Turkey, Lithuania and many more) and has carried out a significant number of projects and volunteering activities, such as youth exchanges, strategic partnerships which involved over 2000 young people from different communities in Romania.



POLAND



WYŻSZA SZKOŁA BIZNESU I NAUK O ZDROWIU (WSBINOZ) is the first non-public higher education institution in central Poland that offers health-allied and medical-allied studies as well as business and pedagogy faculties, psychology, dietetics, educational and social sciences. The world-class school facility and an outstanding training atmosphere promoted by highly competent and most distinguished specialists, practitioners, and academic teachers guarantee the unique and ambitious curriculum, theoretical knowledge, and practical skills so desired in professional life. Students are taught how to take advantage of the acquired skills and knowledge, as well as to keep on developing personal abilities and become professionally successful.

WSBINOZ conducts numerous researches and educational projects, cooperates with various educational, training, health care, sport-allied, and business-allied institutions. It remains locally and regionally active in the field of conference and workshops organization, social work, and community elicitation. Prominent and well-qualified managers, determined students, and academics guarantee its successful development and involvement in various thematic projects related to the development of new ideas and services, curriculum building, preparation course syllabus, elaboration of materials and terminology for thematic courses, and others.



WYŻSZA SZKOŁA
Biznesu i Nauk o Zdrowiu w Łodzi

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NORTH MACEDONIA



A group of young experienced members of Veles mountain clubs, finding themselves unable to realize their ideas, goals, motives, desires for the improvement of their knowledge and skills, as well as their desire to participate in a larger number of actions and maintain information for citizens and students gatherings and lectures, decided to leave their home clubs and form the Azot Mountain Sports Club.

With the formation of the new club, with the membership of the club, each member has the right to express and implement his ideas if they are in accordance with the Statute of the association. Members have the right to improve their knowledge and skills, participate in a large number of actions, and have the task to promote mountaineering. All activities, especially all light tours are filled with promotions and lectures by the members of the club with one goal: to gather as many citizens as possible and to recruit and recruit new young staff.

To train them with mountain knowledge and skills and to create habits to spend their free time in nature, especially in the mountains, since mountaineering is a form of active recreation and recreation through which builds and forms a healthy, strong, and noble member of our community.

Our main area of interest is physical activity that is used as a tool to promote health, well-being, and a healthy lifestyle. We strongly believe that a healthier and more cohesive society can be created through sport.

Sport is a useful educational tool for community building, integration, acceptance, promotion of human rights, and equality. In our opinion, hiking, outdoor activities, sports and education are inextricably linked and find their strongest link in non-formal education.



HUNGARY



Budapest Association for International Sports (BAIS) is a volunteer-based, youth-led, non-profit organization with the mission of promoting physical activity, active lifestyle, intercultural understanding, solidarity, and social participation through sport-based non-formal education. Starting from 2015 to 2017 we developed our activities as an informal group of young people under the name of the International Sport Association of Budapest (ISAB). In December 2017 we were registered as a not-for-profit association by the court of Budapest.

The primary goal of our organization is to promote physical activity, a healthy lifestyle, and participation in grassroots sports activities among young people regardless of their origin and social status. Our target group includes international and Hungarian students, young professionals, and disadvantaged youngsters. Through the organization of sport and recreational activities, youth exchanges, and training courses we create learning mobility opportunities for young people and strengthen mutual understanding and friendship among them.

The secondary goal of the organization is to connect local sports clubs and grassroots initiatives with internationals living in Budapest and to provide information about sport-related events taking place in the city. BAIS is based on young volunteers. Many of them are students of the Hungarian University of Physical Education, while others are young professionals involved in the management of leisure time sports activities.

Budapest Association for International Sports was created by young people having significant international experience behind their backs. Our organisation has strong international relations and we have significant experience in international project management. We utilize sport for social development purposes, we promote social inclusion, solidarity, mutual understanding, and active citizenship through sport. Our volunteer members have participated in various youth and sport-related training courses, seminars, study visits, and youth exchanges all over Europe. Some of our members have been actively involved in the organisation of international youth exchanges and training courses during which they developed their project management competencies.



PORTUGAL



FAJUB - Federation of Youth Associations of Braga is an organization that politically represents the youth associations of the District of Braga both locally, nationally and internationally. FAJUB's main position is to represent the youth associations of Braga in the meetings of the Municipal and National Councils and to defend the interests between the public and political powers of the youth associations movement. This position allows active participation in the definition of youth policies, in general, and the youth associative movement.

The FAJUB's activity plan includes the development of meetings, training and sport events for member associations, encouraging the sharing of good work practices, the use of non-formal education for the development of young people's skills and the construction of an active, tolerant and supportive community.

FAJUB intends to highlight the importance of the role of associations in the non-formal education of young people from Braga to develop the youth movement in the region.



Federação de **Associações Juvenis** | Distrito de Braga

The logo for 'Sport SENSE', featuring the word 'Sport' in a grey, italicized font with a fingerprint icon in the 'o', and 'SENSE' in a bold, orange, stylized font below it. The logo is set against a dark blue background with a white and orange wave-like border on the left and top.

CHARACTERISTICS OF A VISUALLY IMPAIRED PERSON



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VISUAL IMPAIRMENT

According to ARVO (Association for Research in Vision and Ophthalmology), globally, among 7.79 billion people living in 2020, more than 2.2 billion people have some sort of visual impairment, among whom approximately 49.1 million people were blind. The World Health Organization classifies visual impairments according to the International Classification of Diseases 11 (2018) into two categories: distance and near vision impairment.

Distance vision impairment:

- Mild -visual acuity worse than 6/12 to 6/18
- Moderate -visual acuity worse than 6/18 to 6/60 Severe -visual acuity worse than 6/60 to 3/60
- Blindness -visual acuity worse than 3/60
- Near vision impairment
- Near visual acuity worse than N6 or M.08 at 40cm.

Terms are used to classify a person with visual problems: “partially sighted”, “low vision”, “visually impaired”, “legally blind” and “totally blind”.

Globally, the main causes of vision impairment are:

- refractive errors
- cataract
- age-related macular degeneration glaucoma
- diabetic retinopathy corneal opacity
- trachoma



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ABOUT SIGHT LOSS

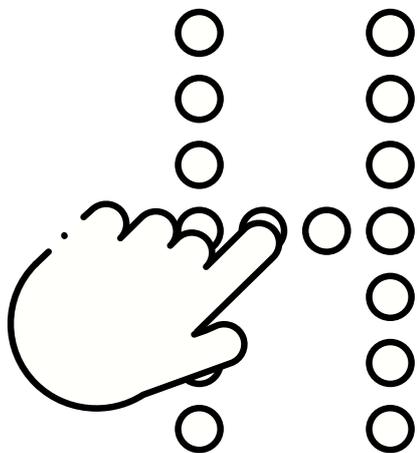
The experience of having a visual impairment depends a lot on many different aspects of life. Are there any prevention and treatment intervention or vision rehabilitation services available? How is the environment?

How problematic is it to enter into buildings or access transportation?

Are there any sort of information during daily life?

Young children growing up with visual impairment can experience delayed motor, language, emotional, social and cognitive development. Furthermore, in the current educational systems - most of which are not prepared entirely for the specific needs of visually impaired and blind children - many of the visually impaired children experience lower levels of educational achievement. Visual impairment also affects the adults' life as it generates lower rates of employment and productivity and higher rates of depression and anxiety. Social isolation, a higher risk of falls and fractures and difficulty in walking can cause a likelihood of early entry into nursing or care homes.

Many people living with visual impairments or blindness can travel independently. Frequently used routes can be learned and practiced. This fact is a symbol which could also raise awareness among other passengers. Some blind people walk with a guide, some walk with the support of a trained guide dog. GPS or other orientation devices can be used as support during transportation. Tactile paving and audible traffic signals support the mobility of blind people. Over time, most of the blind people improve and develop their own adaptive strategies in all areas of personal and professional life.



THE COMMUNITY

As aforementioned, social isolation can cause anxiety and even depression, therefore - as for everyone - social inclusion is very important in the case of visually impaired and blind people as well. As with every minority group, there is a question that most professionals raise: whether a segregated or an integrated system benefits more the target people? While in segregated surroundings, visually impaired and blind people generally can receive specific attention and can work with professionals who have specialized knowledge and skills to support their education/work/etc, they can also meet with peers who are easier to bond with because of similar experiences and challenges that they also face in their everyday life. As a contrast to that inclusive surrounding paints, a more representative picture of the society and when certain needs of different social groups are acknowledged and fulfilled, studying/working/etc. in a socially diverse community can support the social inclusion process at a higher level. There are similar forms of integration in schools:

- Spontaneous integration: where children are studying together in one classroom, but the needs of children with special needs are neither acknowledged nor fulfilled by a special education teacher.
- Local integration: where there is a special classroom segregated for children with special needs but in the same school where there are sighted students as well.
- Social integration: students with visual disabilities participate in after school activities together with students living without visual impairments, however, they study in different classes.
- Functional integration: sighted and blind students are participating in most of the classroom and after-school activities together.

This means that there are several levels and forms of social integration. In some cases, it may happen that even though blind students attend the same classes and after-school activities as their sighted peers, they might not learn from each other and might not make connections, unless the circumstances - such as special education teacher, specific tools and equipment, construction of the building - are provided as well.

The definition of social inclusion is basically the highest level of social inclusion meaning that every participant regardless of their age, abilities, race, gender, etc can collaborate on their own level and by their own ways of working on the same project, playing the same game or studying the same topic together.

When creating a socially inclusive environment for people living with visual impairment and blindness, it is important to consider their specific needs in order to provide tools for everyone to participate in activities.

Specific devices can support interactions and daily life activities, such as books in braille, audiobooks, text-to-speech computer programmes, e-book readers, and further electronic programmes. When creating an inclusive environment we can pay special attention to the venue, the furniture and the way the rooms are organized. Guides can support those who need it. Guide dogs should be allowed to be present in public places. Most importantly when playing sports games, rules need to be adapted to different abilities so that everyone can participate, regardless of the visual impairments and can enjoy the games while no one needs to hold themselves back. Thus, the fair play rules provide a setting where people with different abilities can compete with each other in a fairway.



THE BENEFITS OF SPORT



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PHYSICAL BENEFITS

Sport and physical activity have several advantages for everybody concerned and their impact on the individual is endless. Sport/ Physical activity participation among the visually impaired is very important because it permits them to integrate into society, connect with their peers while not excluding them. Individuals with vision impairment expertise several advantages from practicing sport, like improvement generally health, social inclusion, balance, motor talent acquisition, communication and cooperation. These advantages area unit essential for everyday living.

Sport/physical activity contains a major impact on general health because it has varied advantages on all aspects of health. Firstly, it improves vessel health by decreasing resting rate and pressure. Sport is employed as an integration tool for those that have physical and psychological impairments because it allows social interaction and participation with peers.

Sport permits everybody to move with their peers, making bonds of friendships within the undeniable fact that they need a typical interest and hobby. Balance is a crucial issue for the visually impaired because it helps to encourage their integration into the area.

Motor talent acquisition is very important because it has a considerable impact on the amount of independence/autonomy, the degree of adequacy of accommodative behaviour, the quality of life and the development of fine motor skills in sports results in fine motor skills being improved in activities of daily living, like writing tasks. It's been found that those that develop their motor skills and believe that {they area unit|they're} adept rely on and so are a lot of willing to participate in physical activity in games, be concerned in peer teams and participate in artistic and sports activities. Research has instructed that physical activity in babyhood helps to develop motor skills that in young childhood are thought to be connected with varied health outcomes, such as shallowness, metastasis fitness, and noesis.

Communication is a crucial talent needed altogether things. Visually impaired individuals have many alternative ways that to speak. Understanding that each person communicates otherwise and adapting this enables the individual to be enclosed altogether of the activities.

Teamwork links with inclusiveness, social inclusion and interaction between peers. It conjointly helps to enhance communication skills among the support team, the visually impaired people and their team/peers.

Many sports are custom-made to incorporate individuals with disabilities, like swimming and soccer. However, there have conjointly been kinds of sport notably created for specific impairments like goalball for the visually impaired. The latter will induce several physical and psychological enhancements in fitness and eudaimonia.

PSYCHOLOGICAL

Exercise is much more than just aerobic capacity and muscular mass. Yes, exercise may enhance your physical health and physique, trim your waistline, increase your sex life, and even add years to your life. However, it is not what encourages the majority of individuals to keep active.

People who exercise on a daily basis do so because it offers them a tremendous sense of well-being. They have more energy throughout the day, sleep better at night, have clearer memory, and are more calm and optimistic about themselves and their life. It's also an effective treatment for a variety of common mental health issues.

Exercise on a regular basis can have a profoundly favourable influence on depression, anxiety, and ADHD. It also lowers stress, enhances memory, promotes sleep, and improves one's general mood. You don't have to be a fitness enthusiast to gain the benefits. According to research, even little quantities of exercise can make a significant effect. You may learn to utilize exercise as a strong tool to deal with mental health issues, increase your energy and attitude, and get more out of life, regardless of your age or fitness level.

Anxiety and depression prevention

Exercise has been shown in studies to improve mood and reduce symptoms of sadness and anxiety. Endorphins, the body's famed "feel good" hormone generated by the brain and spinal cord that promote sensations of happiness and euphoria, are increased by physical exercise. Even modest activity throughout the week can significantly wave sadness and anxiety, thus some doctors advocate starting an exercise plan for these problems before resorting to medicine.

Stress reduction

Another mental advantage of exercise is that it lowers stress levels, which can make us all happier. Increasing your heart rate can really cure stress-induced brain damage by boosting the synthesis of neurohormones such as norepinephrine, which not only improves cognition and mood but also clears the fog of stressful experiences. Exercise also causes the body's sympathetic and central nervous systems to communicate with one another, enhancing the body's overall capacity to respond to stress.

Self-esteem and self-confidence have improved.

Regular exercise can help you reach a variety of physical goals, such as boosting endurance, decreasing weight, and developing muscle tone. All of those accomplishments may add up to a huge boost in self-esteem—and the confidence that comes with it. You may not set out to get better-fitting clothes, a thinner body, or the capacity to climb a hill without shortness of breath. It frequently occurs before you are even aware of it. It's only one of the numerous advantages of physical activity that improve people's bodies, brains, and spirits.

Improved sleep

Exercise can also help you obtain a good night's sleep if you're having difficulties sleeping. Physical exercise raises body temperature, which can have a relaxing impact on the mind, resulting in less sheep counting and more sleep. Exercise also aids in the regulation of the circadian rhythm, our bodies' internal alarm clock that regulates when we feel fatigued and when we feel awake. While enhanced sleep is a psychological advantage of exercise, sleep specialists advise against exercising close to bedtime.

Enhancement of the brain

Exercise improves brainpower in a variety of ways, from increasing intellect to improving memory. Cardiovascular exercise, according to studies on mice and people, generates new brain cells (a process known as neurogenesis) and improves general brain performance. It also helps to prevent cognitive decline and memory loss by strengthening the hippocampus, the area of the brain that is in charge of memory and learning. Physical activity has also been shown in studies to increase creativity and mental vitality. So, if you're looking for inspiration, go for a walk or jog.



SOCIAL BENEFITS

People with disabilities have special needs. They feel the need of independence, group membership and being accepted by society.

Sport creates a framework for establishing contacts between people who have the same needs and problems and helps to make new friends. By interacting with other people, who face the same kind of difficulties on a daily basis, people with disabilities can understand that they are not alone and can easily share their experiences.

Often, people with disabilities have low self-esteem and are prone to depression and isolation, but physical activity can restore their ability to feel valued.

There is often a no better way of making new friends than that of joining a sports team and play any kind of sport. They will make friends from different suburbs, backgrounds and cultures. They will learn tolerance and acceptance and the ability to build relationships with another outside of their normal clique. But, most of all they will feel that they can belong and build a large network of friends.

Self-confidence and Communication

Sports serve as a wonderful tool for people to express themselves. A good coach encourages their athletes to not only have team goals but individual goals as well. As they recognize their improvement in skills and meet milestones, they gain confidence. This enhances their well-being, inspiring and motivating them to try their best.

Involvement in team sports means meeting teammates that can quickly become one's friends. The common interest in sports brings people together. Everybody who becomes friends on the field takes their friendships off the field as well. Their teammates become their support systems in their communities.

Through sports, one can learn communication skills as these skills are key in maintaining a well-functioning team. Communication is not limited to talking, but it is also about picking up on nonverbal cues and active listening.

Teamwork & Responsibility

Teamwork is a valuable social skill, that visually impaired people and beyond will carry with them well into adulthood. Through sports, they learn about cooperation and how to work well with others. This is a valuable skill that continues at the personal lives level as they work with their friends and later in life, their colleagues. Everyone who is a part of a sports team is less likely to act selfishly. One makes better decisions because they know their actions may affect the team. With the responsibility, effective time management skills are shaped as well - a valuable skill that will benefit people for their entire lives.

Sense of Community

All who participate in sports have a stronger sense of themselves, they naturally develop a sense of belonging to the community. They recognize that sports bring family, friends, and neighbours together. Sports build stronger relationships and better social interactions with everyone who is involved - from parents, coaches to teammates and fans.

Social interactions with peers through building friendship networks boosts self-esteem which allows them to edify their independence and achievements.



**SPORTS
THAT
YOU CAN DO
IN YOUR
COMMUNITY**



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ARCHERY



Archery, sport involving shooting arrows with a bow, either at an inanimate target or in hunting.

From prehistoric times, the bow was a principal weapon of war and the hunt throughout the world, except in Australia. Recreational archery also was practiced, along with the military, among the ancient Egyptians and Greeks. In modern times, it is mainly a competitive sport and recreational activity. A person who participates in archery is typically called an archer or a Bowman.

Visually impaired archery is the same as sighted archery. Players all use bows and arrows and shoot at a target. The difference is that because some players can't see the target, they will use a different type of sight called a "tactile sight". The first thing every archer has to learn is to keep himself and others safe. Since blind archers can't see whether someone is between them and their target, they should never shoot alone.

If you are visually impaired or know someone who is, you should always start in an archery club.

1 MATERIALS

A Bow

The bow is the weapon used by the archer to project arrows at the target. It was used in the past to hunt animals or even in war. But today it is used for sports and recreational activities.

A target

The target consists of an object or a sheet of paper that have symbols indicating the level of difficulty to hit that area.

Archery Backstop Netting

The backstop netting is placed behind the target to stop arrows that miss the target. Never forget that you are handling a weapon that can injure or even kill people and animals easily.

You are responsible for your actions and when you shoot a bow you have to keep this in mind. In addition to safety reasons, a backstop netting will save you a lot of time you might waste searching for an arrow that has gone astray. Especially if you are shooting on a field or in a forest.

Arm Guard

The arm guard will be the best friend of your protective archery gear when you get started. Without it, you will experience nasty bruises on the lower part of the arm that is holding the bow.

Finger Tab

It is a piece of leather or cloth that only covers the fingertips that have contact with the string. This is a very effective way of protecting your fingers. At the same time, you don't have to spend much money on this equipment and the tabs are small and therefore easy to carry around with you.

Chest Guard

The chest guard has two important functions.

On the one hand, it protects the chest from severe injuries. Remember that the string of the bow stores a lot of energy. When you release the string it will jump forward with incredible speed and the energy will be transferred to the arrow to make it fly towards the target. But this power is still in the string when it shoots forward. If the string hits your chest in this process you can get badly injured. On the other hand, the chest guard has another function. Archery is mainly an outdoor sport and, as you know, sometimes it can be very windy out there.

Stormy conditions make it already harder to hit a target at longer distances, so you do not want to have to struggle with your clothes.

The chest guard will keep your clothes under control so that they don't get in the way of your string.

Adaptive Aids

The Adaptive Aid is generally a wooden device that is adjustable to the Archer's needs, this includes lining up their feet and body to be set in the right direction to shoot at the target.

Tripod

A basic camera or music telescopic tripod (so that it can be carried around) can be simply adapted to hold the tactile sighting device.

Tactile Device

A tactile device attaches to the tripod and the sense of touch on the back of the hand or arm below the elbow. The device can be a simple device or a standard bow sight fitted with a rod with a spring-loaded end or a soft rubber button attached that provides a springy feeling on the back of the hand. The sprung nature is to prevent any bruising on the back of the bow hand.

2 STAFF

Spotter / Guide

The spotter may report to the archer where the arrow has hit the target after each shot. Except for safety warnings, no other assistance may be given and no conversation is allowed until the end (6 arrows or 3 arrows for Matchplay) round is complete.

Following each shot, the archer may adjust the tactile aiming device based on the spotter's report by changing the position of the tactile sight end on the hand or contact point. However, other than stating the result of the shot, the spotter cannot assist in these adjustments.

3 PLAYERS

To practise this sport you need only one person, the archer. He will position himself with the help of the guide and will shoot arrows at the target through his own abilities and powers.

Compared to other sports, this is an individual sport in which the results depend only on the athlete who practices this game.

4 RULES

This sport is as easy to explain as it is difficult to play. The archer must use the bow to hit the target with his arrows. He must calculate and estimate the position he must take when aiming. The archer receives more points if the target is hit in the centre and fewer points if the target is hit on the outer edges.

The number of points obtained is established according to each player.



5 SAFETY

Never aim at a neighbour's house!

The target must be located in a place where there are no other buildings located or groups of people.

Use a good backstop or find another place.

Only shoot when the target is clear!

What I mean by this is: only let your arrow fly when nobody is in front of you. Even when someone is standing to the very left or right. As long as he is in front of you, you must not draw your bow and let fly. If you are a visually impaired person and you are preparing to shoot, please warn the people around you by announcing your next move.

Accidents happen quickly and often at home. Please keep yourself and everybody else safe.

6 CONCLUSION

Archery can be a challenging sport that improves one's concentration, foresight and coordination skills. Practising this sport will make you feel safer and you will have more dexterity.

This sport requires a comrade to be with you to help you take the position, place your target and collect arrows. Thus, you will be able to strengthen your friendship with the person who helps you to be an archer.



BEEP BASEBALL



Baseball is a team sport, where two teams - a batting (offending) and a fielding (defending) team - play against each other. The two teams take turns in roles of batting and fielding. The “pitcher” starts the game, who belongs to the fielding team, by throwing a ball. Another player from the batting team aims to hit the ball with a bat. The main objective of the batting team is to hit the ball as far as they can to provide enough time for the teammates (and for the one who hits the ball) to complete “runs” by running a whole round on the field counter-clockwise reaching all four bases and touches the home plate - the spot where they were starting the round. At the beginning of the game, the first player of the batting team needs to reach at least the first base safely in order to have a chance later to complete a run.

The objective of the fielding team is to prevent the members of the batting team to complete runs. They can do it by throwing the ball in a way that the batter collects 3 strikes (mistakes), or by catching a runner with the ball, or by throwing the ball to the catcher before the runners would reach a base. Only one runner can occupy a base at the same time.

The team that completes to most runs wins the game.

The beep baseball is an alternative version of baseball that is played with a ball that beeps - hence the name. At this game similarly as in baseball two opponent teams are playing: the batting and the fielding team, however, beep baseball is an entirely different game specifically designed for players with visual impairments. “The pitcher, catcher and hitter are all on the same team, working together toward the goal of getting the hitter to hit the ball. The pitcher - who is sighted - stands 20 feet from home plate and throws to a spot in the batter’s swing path after letting him know the pitch is coming by saying “set, ready, ball.” The catcher is also sighted. The batter gets four swinging strikes and one take. Within the fielding team, there is also one or two sighted players named “spotter”, who shouts out a number indicating the zone of the field where the ball landed. Instead of four, there are two bases (the first and the third), which are which emit a beeping sound, are emerging from the ground as „soft poles”. A game lasts for six innings and four strikes, for about 90 minutes. Besides the spotters, catcher and hitter everyone who is not blind is wearing blindfolds to ensure a fair game regardless of the level of visual impairment.

1 MATERIALS

The game is played outside on an outside grass field – but with the equipment, it can also be played on any outdoor sports pitch. 1,5 meters tall special buzzing bases are needed to be placed to the two bases which have mostly foam interiors with electronics that cause them to buzz steadily. Blindfolds are used to ensure fair play, and the game is played with special beeping, oversized softball.

Following is the standard base requirements:

- Bases shall be placed 30 meters from home plate and 3 meters in foul territory down the first and third baselines respectively.
- HEIGHT: 122 centimetres minimum - 137 centimetres maximum.
- DIAMETER: 20 centimetres + or - 2 centimetres variation.
- SHAPE: Same top to bottom.
- WEIGHT: 2 kilograms maximum.
- COVERING MATERIAL: Vinyl (1st choice) Canvas (2nd choice).
- SOUND DEVICE LOCATION: Centered 91 centimetres above ground + or - 4 centimetres
- SOUND FREQUENCY: Variable pitch.
- SOUND LEVEL (LOUDNESS): Medium (adjustable).
- WIND RESISTANCE DEVICES: Magnets, velcro, any other means designated and accepted by NBBA.

2 STAFF

Game officials are the Head Umpire and one or two field umpires. Any umpire has the authority to order a player, coach, team attendant, spectator, or other people to do or refrain from doing anything that affects the administration of these rules, or the conduct of the game, and to enforce Page 22 of 25 prescribed penalties. Other game officials may include the official scorekeeper, base operator (optional), and base judges. If there is not a person available to keep score who is unconnected with either of the teams playing, the official scorekeeper will be the scorekeeper for the home team. A base operator is a person who turns on the sound of the base when needed. Besides the officials, in case of a bigger event, medical service should be available.

3 PLAYERS

In the fielding (defensive team) there are 6 players who are fielding blindfolded and one or two spotters who are unblinded. In the batting team, the pitcher (who throws the ball) and the catcher are sighted, the batters are blindfolded.

4

RULES

There's a pitcher, batter and fielders. Hitters run to a base after hitting the ball. But, there are significant differences from baseball, starting with the equipment and the field they play on.

The sport is named after the ball itself, a softball-sized ball modified to include a buzzer that beeps at a high pitch three times per second.

The pitcher, catcher and hitter are all on the same team, working together toward the goal of getting the hitter to hit the ball. The pitcher - who is sighted - stands 20 feet from home plate and throws to a spot in the batter's swing path after letting him know the pitch is coming by saying "set, ready, ball." The batter gets four swinging strikes and one take.

To hit the ball in play, the batter must put it between the first and third baselines - like in baseball - but it also must travel past the 40-foot mark. Once a player hits a ball fair, two things occur at once. An umpire flicks a switch in a random direction to activate buzzing in either first or third base - four-foot-tall foam pylons located 100 feet from home plate - indicating which direction that batter has to run.

Meanwhile, a sighted spotter in the field shouts out a number indicating the zone of the field to which the ball was hit. The six fielders use that information, and the beeping of the ball itself, in an attempt to hunt it down - a process that involves a lot of diving and communication to avoid collisions. If they can secure the ball before the runner touches the base, it's an out. If the runner reaches the base first, it's a run."

„When the batter hits the ball, a base operator turns on one of the two bases (first or third) for the batter to run to. If the batter touches the base before a fielder can pick up the ball, the offensive team scores a run. It takes four strikes for a batter to be out. If the ball goes beyond the two baselines or doesn't travel at least 40 ft (12 m), it is foul and counted as a strike, unless it is the potential fourth strike, in which case the count holds and the batter just swings again. If a batted ball travels at least 170 ft (52 m) in the air over fair territory before settling, it is, upon declaration of the umpire, a home run. If the ball ceases to beep, or if it hits the pitcher, and becomes a "dead ball," the count is reset and the batter swings again.

A 'dead' ball must not be touched. If it is, it is said to be back in play and the out must be recorded.

The spotter or spotters call out a number to signal to which part of the field a ball is travelling towards. Generally, the middle of the outfield is labelled 6, and either side, left and right, is numbered from 1 to 5 in a mirroring pattern. The spotter must not say anything beyond the numbered region on the field, and two spotters cannot make a call on the same play. If either case occurs, the runner scores. The fielders head toward that section and listen for where the ball is specifically, often diving to the ground to get it. When a fielder picks up the ball before the batter reaches the base, the batter is out. In the rare event that a fielder catches the ball in the air before it touches the ground or other items, the side is automatically retired and the next half-inning commences. The spotter must also watch to ensure that nobody collides.

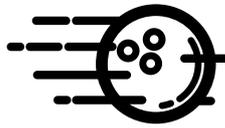
5 SAFETY

This game can be dangerous to play without proper preparation as it involves throwing, hitting and catching a ball and running blindfolded. When it is about a recreational event and beginners are trying out the game, it is important to invest time to learn the rules of the game, to get familiar with the venue, with the directions of the bases, and for the teams to practice effective communication especially for the fielders when trying to catch the ball. In addition, at an event, the involvement of sighted volunteers and experienced players are required in order to ensure safety. Medical assistance should be available in case of injuries.

6 CONCLUSION

This is an exceptional team game that can strongly strengthen the bond between the players, can foster social inclusion between sighted, blind and visually impaired people. This game improves communication and cooperation skills as constant communication is needed between teammates to win points and not to get hurt by running to each other. While the aim of the game is to collect scores. The main goal is to have fun and enjoy a social activity and feel the happiness of playing sports.

BOWLING



Bowling, also called tenpins, is a game in which a heavy ball is rolled down a long, narrow lane toward a group of objects known as pins. The aim is to knock down more pins than an opponent.

Bowling is a fun indoor pastime to be enjoyed on a Friday night out with friends or on a rainy Sunday afternoon with the grandchildren.

Bowling by persons who are blind is not only possible but is also highly competitive. Blind and visually impaired athletes can compete in bowling through one of two adaptive methods: sighted guidance or a guide rail.

It is easily adapted for people experiencing vision loss. Adaptations for blind bowling include tactile marking of bowling balls, having a person who is sighted serve as a pin caller, and the use of a blind bowling rail. Since many bowlers own their own bowling balls, bowlers may mark their bowling balls with tactile tape or with specific nicks and scratches. Their ball can then be identified when it shows up on the ball return.

1 MATERIALS

Playground

The game is played indoors on wooden or synthetic lanes with maximum dimensions of 19.17 meters in length and 107 centimeters in width. The surface, coated with lacquer or plastic-type material, must be free of continuous grooves. The distance from the foul line, past which the player shall not slide when delivering the ball, to the centre of the spot on which the headpin stands is 18.3 metres. The approach to the foul line has a minimum length of 4.6 metres.

Pins

The pins are 38 centimeters tall and arranged in a triangle formation with the point or No. 1 pin at the head of the formation facing the bowler. The centres of the pin spots are 30.5 centimetres apart. The pins have a laminated wood core covered by a plastic coating. The weight ranges between 1.6 and 1.7 kilograms.

Ball

The ball is of nonmetallic composition—either hard rubber, polyester, or urethane—with a circumference of 68.6 centimeters and a weight limit of 7.3 kilograms. There is no minimum weight.

Guide Rail

Guide rails can help you with your approach as well as your delivery. These lightweight tubular metal rails are simple to put together and can assist direct you right to the pins. They are simple to assemble, disassemble, and store. The weight of the bowling balls holds the guide rails in place on the bowling approach, and they can be utilized in any bowling centre without harming the lanes or interfering with the operation of automatic bowling equipment. The rails run beside the bowling approach and extend back from the foul line into the spectator area, depending on whether the bowler is left- or right-handed. The bowler moves one hand along the guide rail while releasing the ball with the other, keeping track of his or her starting location in respect to the guide rail. Because the guide rail is positioned to run straight along the first board outside the width of the lane, the bowler can tell whether the ball is being released in the center of the lane or at one edge.

2 STAFF

Pin Caller

To assist the bowler who is blind or visually impaired, it is necessary for a person who is sighted to call where the ball hits, how many pins were knocked down and indicate the pins that remain. The information tells the bowler where to roll the next ball or how to modify the delivery.

3 PLAYERS

Athletes will be classified as either B1, B2 or B3. Athletes in B1 and B2 have the most severe visual impairments. B1 and B2 players must have an assistant to pass the bowling balls and provide verbal advice. B3 players can also have an assistant, but players must take the balls by themselves. B1 players must also wear eyeshades. You can practise this sport both alone for recreation and in a team for sports competitions. a team needs at least three blind bowlers to qualify as a blind bowling team.

4 RULES

Ten frames make up a tenpins game. Two deliveries (ball rolls) are permitted per frame, with the objective being to knock down all pins on the first for a strike. If pins remain after the initial delivery, the fallen or "dead" wood is removed, and a second delivery is permitted. A spare is recorded if all remaining pins are knocked down. On the first ball, a split can occur when two or more pins remain standing, separated by at least one falling pin. Stepping beyond the foul line is foul, and you lose all pins knocked down on that delivery. There are sunken troughs on each side of the lane; a ball that falls into one of these is a gutter ball and is out of play, resulting in the loss of one delivery.

A strike and a spare both count 10 pins, plus extra pins scored on the next two (after a strike) or one (after a spare) deliveries. If the player records two strikes in a succession (a double), he counts 20 pins in the first frame plus the number of pins he knocks down on his first delivery in the third frame. A perfect game is 300 points and consists of 12 consecutive strikes, with two additional deliveries permitted in the 10th, or final, frame (one additional following a spare).

5 SAFETY

In order to ensure the safety of the participants during the bowling game, the staff team will have to be informed about the emergency exits of the building where the activity takes place. Also, the staff team will have to supervise the players and their assistants during the match in order not to get injured and to avoid possible unpleasant events.

6 CONCLUSION

Bowling is a fantastic activity for individuals of all abilities, and blind bowling has shown to be highly popular with minimal adjustments. Blind bowlers can compete against sighted bowlers by using a sighted guide or guide rails. Bowling has been used for generations to exercise, relax, socialize, and have fun, and it remains popular today.

BOWLS



Bowls is a variant of the boules games (Italian Boccia), which in their general form, are of ancient or prehistoric origin. Ancient Greek variants involved throwing light objects (such as flat stones, coins, or later also stone balls) as far as possible. The aspect of tossing the balls to approach a target as closely as possible is recorded in ancient Rome. This game was spread to Roman Gaul by soldiers or sailors. A Roman sepulchre in Florence shows people playing this game, stooping down to measure the points.

Lawn bowls are usually played on a large, rectangular, precisely leveled and manicured grass or synthetic surface known as a bowling green which is divided into parallel playing strips called rinks. In the simplest competition, one of the two opponents flips a coin to see who wins the "mat" and begins a segment of the competition (in bowling parlance, an "end"), by placing the mat and rolling the jack to the other end of the green to serve as a target. Once it has come to rest, the jack is aligned to the centre of the rink and the players take turns to roll their bowls from the mat towards the jack and thereby build up the "head".

A bowl may curve outside the rink boundary on its path but must come to rest within the rink boundary to remain in play. Bowls falling into the ditch are dead and removed from play, except in the event when one has "touched" the jack on its way. "Touchers" are marked with chalk and remain alive in play even if they get into the ditch. Similarly, if the jack is knocked into the ditch it is still 'alive' unless it is out of bounds to the side resulting in a "dead" end which is replayed, though according to international rules the jack is "respotted" to the centre of the rink and the end is continued. After each competitor has delivered all of their bowls (four each in singles and pairs, three each in triples, and two bowls each in fours), the distance of the closest bowls to the jack is determined (the jack may have been displaced) and points, called "shots", are awarded for each bowl which a competitor has closer than the opponent's nearest to the jack. For instance, if a competitor has bowled two bowls closer to the jack than their opponent's nearest, they are awarded two shots. The exercise is then repeated for the next end, a game of bowls typically being of twenty-one ends.

Lawn bowls are played on grass and variations from green to green are common. Greens come in all shapes and sizes: the most common are the fast, slow, big crown, small crown.

Bowls are generally played in a very good spirit, even at the highest professional level, acknowledgement of opponents' successes and near misses being quite normal.

Although this skillful and fascinating game has been around for centuries, it was not until 1959 that the bowls started rolling for the blind, in Scotland.

Today, we use the 'clock method'. The 'marker', who is stationed beyond the 'jack', indicates to those at the mat end, at what angle and distance from the 'jack' the bowl has come to rest. The 'jack' is the centre of the clock. So, six o'clock would be in front and twelve o'clock behind, with all other positions being relative to the clock. From the information given by the 'marker, the player can build up a mental picture of the 'head' (the area around the jack), knowing exactly the position of each bowl.

The only small concession made to blind players is that a fine white centre string runs under the mat and is fixed at both ends. This is to help the bowler to judge the angle for the amount of green required.

These minor variations enable blind and sighted people to play together as they do not alter in any way the basic game (or the Bowls England rules).

From the beginning of May until the end of September it plays outdoors on grass, then for the rest of the year is playing indoors on carpet.

1 MATERIALS

Like we said before from the beginning of May until the end of September it is played outdoor on grass, then for the rest of the year, it is played indoors on the carpet.

For bowls' contests, there is a special court, but if it is played for a hobby it can be done outdoor in every green yard. The equipment that you need:

- Bowls (we have more than one bowl and all are different)
- Bowls clothing
- Bowls shoes
- Bowls bags
- Bowls Grip
- Glove
- Different bowls' accessories

Then, if it is played indoors, there are specially made carpets made of artificial grass as well as specially designed carpets.



SPORT
SENSE

2 STAFF

As in any sport, also for Bowls, especially when it comes to athletes with visual disabilities, additional staff is needed/required. That is, in addition to the referees and officials who are mandatory at every type of match and watch the match, decide on points and mistakes. A doctor and other medical personnel are also needed. Besides them, each of the participating competitors has his own escort that helps him to reach the place where the balls are thrown from and to explain and tell him what, where and how to throw. Of course, in such team sports, a coach is needed who leads the team and trains

3 PLAYERS

The smallest number of participants is 4, which makes this sport a team sport. Teams consist of four players with no gender rule in place. Your team can have a maximum of 8 players on the roster. Teams can bowl four people (4) for the first game and then bowl a new set of players the following game. The new set of players can consist of one (1) new bowler or four (4) new bowlers. Preparations for official matches are previous training, playing with friends in the parks, in order for the team to gain homogeneity, experience to compete with other teams.

4 RULES

Bowls clubs for the blind and visually impaired cannot function without the assistance of fully sighted volunteers, therefore there is always a need for volunteers at local clubs, and it is definitely worth investigating if you wish to become a volunteer.

It is an extremely skilled game that employs the same green as fully sighted players, as well as the same lawn bowls, clothes, and equipment.

Bowls for the Blind and Visually Impaired adheres to the laws of the English Bowls Association, with minor changes.

One of these variants is the use of a thin strip or string that runs from ditch to ditch along the center of the lane, allowing the bowler to better determine the angle based on the distance necessary.

When the jack (smaller ball) lands it is moved across to this string and the helper must inform the player of the distance of the jack to the mat.

Once the bowl has come to rest, the distance of the bowl to the jack is given in yards, feet and inches. The helper must also tell the player the position of the bowl in relation to the jack, using the hands of the clock; for instance, 12 o'clock would mean that the bowl was behind the Jack.

All players are to stand behind the jack or the mat so as not to distract the bowlers and observers must maintain silence. The game also specifies that, other than the centring strings, no other mechanical visible aids should be used.

Experienced blind and visually impaired players are extremely accomplished. Certainly, the world's best is a match against even the best club level sighted bowls players.

5 SAFETY

There are safety rules in every sports game and they should be respected to avoid unwanted consequences and injuries to both the players and the audience. What are the safety measures that we need to apply in playing bowling?

These are some guidelines that can be followed on proper playing techniques to reduce injury:

- Pick up a ball with both hands.
- Use proper bowling shoes.
- Don't step into the field for the match.
- Wait for the balls to return.
- Play the game with proper etiquette.
- Play the game to win, but be a gracious loser.
- Good sportsmanship is always the key to a successful game.

6 CONCLUSION

Why visually impaired people should start playing bowls in your community?
Because:

Most people came to bowls from other competitive sports, because bowls provide the opportunity to continue the joy of competitiveness and team aspects of the sport.

Individuals of varying skill levels were able to fully participate and enjoy the event thanks to bowls.

Many people had held negative stereotypes about bowls (which are also prevalent in the larger society) that could only be overturned by a direct experience, such as a social function or an introduction to bowls by a friend/neighbor.

Many people described themselves as bowlers in the sense of being in a situation where they realized that 'outsiders' did not understand and regarded what they did and liked with contempt.

Bowls participants, like members of many other minority sports and activities, sometimes thought that non-bowlers did not understand or appreciate the benefits of bowls. To some extent, this solidified their identity as 'bowlers' and generated a sense of solidarity with other members, which can be a great resource for organizations when managed properly.

Bowls is a sport with certain unique characteristics, including the ability to provide opportunities for individuals of all ages and abilities to participate.

Bowls gives several possibilities for social relationships and friendships to form, which contribute to overall well-being.

The survey results indicated that the most important motivations for bowling involvement are the sense of camaraderie and belonging that comes from being a member of a team sport, as well as the social ties that bowling provides, both of which are greater for women than males.

Furthermore, this activity gives you a variety of mental and physical benefits that may improve your daily life.

Bowls fosters long-lasting friendships, which are typically an important element of the social support network for elderly persons who have lost a companion.

Bowling can provide a fun, family-friendly setting.

Bowls allows players of varied physical abilities to compete against one another in an integrated sport participation opportunity.

Physical and mental health status do not differ according to the level of activity (with the exception of bowlers who attend more than 20 hours per week reporting better physical health), implying that any level of involvement in bowls is helpful for both physical and mental health.



CHESS



Chess is one of the oldest and most popular board games, and it is played by two opponents on a checkered board with specially constructed pieces of contrasting colours, most often white and black. After White moves first, the players take turns in accordance with predetermined rules, each aiming to bring the opponent's main piece, the King, into checkmate—a position in which it is impossible to avoid capture.

Chess initially developed in India during the sixth century AD and had spread from Asia to the Middle East and Europe by the tenth century. Chess has been dubbed as the "royal game" since at least the 15th century because of its popularity among the nobility. Rules and set design evolved gradually until they achieved today's standards in the early nineteenth century. Chess, formerly an intellectual distraction preferred by the upper classes, saw the surge in popularity throughout the twentieth century as professional and state-sponsored players battled for an officially recognized world championship title and more rich tournament prizes. Chess tournaments, postal correspondence games, and Internet chess are currently popular among men, women, and children all over the world.

There are several chess variations, each of which alters one or more chess rules. Blindfolding chess, on the other hand, is not a variation, and all of the rules of a standard game of chess still apply—but there is a twist.

Blindfold chess is exactly what it sounds like: one (or both) of the players is either actually blindfolded or is unable to see the board or pieces. Instead of moving the pieces, as usual, chess notation is used to communicate the movements. This implies that the blinded player must maintain a mental location of the entire board and all of the pieces throughout the game!

Of course, this is not something a chess player can acquire quickly, and it requires a significant amount of effort and talent. Many blindfold professionals believe that learning blindfold chess abilities can aid you in your normal games since it will improve your general board awareness and ability to recognize patterns and strategies. The logic is sound: if you can complete these tasks and play a whole game while blindfolded, imagine how much easier it is to play a game when you can see the board!

1 MATERIALS

The Chess Board consists of 64 squares which has the following modifications:

- Measure at least 20 cm by 20 cm,
- Have the black squares slightly raised,
- Have a securing aperture in each square,
- The requirements for the pieces are:
 - All are provided with a peg that fits into the securing aperture of the board,
 - All are of Staunton design, the black pieces being specially marked.

As a result, the players can determine whether the piece is on a black or white square by touching the elevated or lowered squares. They can tell if a piece is a Pawn, Rook, Bishop, Knight, Queen, or King by touching its form. The contact of the pin on the pieces aids the player in distinguishing between white and black pieces. As a result, the player has a clear mental image of his position on the Board. He is now prepared to face any opponent, sighted or not.

After each move, the visually impaired individual must proclaim the move aloud so that his opponent is aware of the action. The visually challenged player writes the moves in Braille or records them on a tape recorder instead of recording them on a Score Sheet.

In addition to the customized game board, players require a chess clock with a voice that indicates the remaining time of the game to the players. This watch is required since it notifies the visually impaired individual about the game's status and the amount of time he has left for the game round.

2 STAFF

For this sport, a person is needed for the role of the observer, who will follow the players' movements and make sure that they respect the rules of the game.

It is important that the observer scores and joins the jurors in case of a competition

The jury has the role of the decision in case of a round of chess. They decide the winner and determine which matches will be played in the competition.

The games played and the winners are monitored by a person who scores the rankings and changes the positions of the competitors, each time the jury makes the decision.

3 PLAYERS

Chess is an individual game. Unlike in the archery, where you are the only person, in the chess game, you need to play against an/the opponent. Two players compete against each other and the goal is to capture the opponent's king.

4 RULES

According to the FIDE Laws of Chess:

Following consultation with the arbitrator, the organizer shall have the authority to implement the following regulations in accordance with local conditions. In a competitive game of chess involving sighted and visually handicapped (legally blind) players, either players may request the use of two boards, one for the sighted player and one for the visually challenged player.

This board must meet the following requirements:

At least 20 cm by 20 cm, with the black squares slightly elevated and a securing perforation in each square.

The pieces must meet the following requirements:

- all must have a peg that fits into the board's fastening aperture
- all must be of Staunton design, and the black pieces must be uniquely labelled.

Rules to play efficiently:

To make the announcement as clear as possible, the following names should be used instead of the corresponding letters, with the algebraic notation to be utilized:

A~Anna
B~Belia
C~Ceasar
D~David
E~Eva
F~Felix
G~Gustav
H~Hector

Ranks from white to black are assigned numbers ranging from 1 to 8.

On the visually impaired players board, a piece is deemed touched when it is removed from the fastening aperture.

A move shall be considered executed when:

- In the case of capture, the captured piece has been removed from the board of the player whose turn it is to move.
- A piece is placed into a different securing aperture.
- The move has been announced.

Only then shall the opponents' clock be started.

As far as points 2 and 3 are concerned the normal rules are valid for the sighted player.

A specially constructed chess clock for the visually handicapped shall be available. It shall incorporate the following features:

- A dial fitted with reinforced hands, with every five minutes marked with one dot, and every fifteen minutes by two raised dots.
- A flag that can be easily felt. Care should be taken that the flag is so arranged as to allow the player to feel the minute hand during the last five minutes of the full hour.

The visually impaired player must maintain a score in Braille or longhand, or record the moves on a tape recorder.

A slip of the tongue in the announcement of a move must be repaired quickly and before the opponent's clock begins.

If differing positions appear on the two boards during a game, they must be adjusted with the help of the controller and by reviewing both players' game scores. If the two-game scores match, the player who wrote the proper move but performed the incorrect one must alter his position to match the move on the game scores.

If such disparities arise and the game scores disagree, the moves must be retracted to the point where the two scores coincide, and the clocks must be readjusted correspondingly.

5 SAFETY

The visually impaired player has the right to use assistance who will perform any or all of the following duties:

- Make any player move on the opponent's board.
- Both players' movements should be announced.
- Keep the visually impaired player's game score and start his opponents' clock.

- Only at his request, inform the visually impaired player of the number of moves performed and the time spent by both players.
- Claim the game if the time limit is surpassed, and notify the controller if the sighted player touches one of his pieces.
- Carry out the proper procedures if the game is called off.

6 CONCLUSION

Playing chess is a very challenging game because you have to remember the moves made by you and by your opponent. You have to prepare the offensive strategy and anticipate what your opponent will do. During the game you need to keep concentration, to train the brain to make it as productive as possible. Playing chess in the dark will sharpen your mind, and will help you in your daily life to make quick decisions.



CLIMBING



Rock climbing, like hiking, is a popular recreational activity in its own right. The fundamentals of rock climbing are frequently learnt on local cliffs, where mountaineering cooperation, rope use, and the synchronized necessities of control and rhythm are acquired. The rope, artificial anchor, and carabiner (a metal loop or ring that can be snapped onto an anchor and through which the rope may be carried) are largely utilized as safety considerations. Tension climbing is an exception since the leader is supported by a well-planned system of anchors and carabiners through which the rope is passed. Fellow climbers then assist him or her on the rope as he or she gently moves upward to put another anchor and continue the procedure.

According to a new study, indoor rock climbing appears to provide a "unique variety" of physical, social, and psychological benefits for persons with disabilities, including those with vision impairments.

Adaptive rock and rope climbing may provide therapeutic advantages such as community connection, confidence-boosting, and muscle strengthening. According to the researchers, these advantages demand further investigation.

The findings also emphasize the need for greater research into the physical dangers faced by handicapped persons who participate in rock and rope climbing, such as skin and musculoskeletal problems. Joints, ligaments, muscles, nerves, tendons, and structures that support one's limbs, neck, and back comprise the musculoskeletal system. However, with sufficient training, equipment, and risk management, the advantages of rock and rope climbing for handicapped individuals exceed the dangers of harm. Adaptive rock and rope climbing procedures involve additional safety precautions beyond those employed in traditional rock climbing, such as a back-up belay system with two belays per climber, for example. The technique of holding and maintaining tension on one end of a rope that runs over an anchor or to the top of the wall, then down to where it is tied to the climber is referred to as belaying. Long falls are avoided when a climber is on belay, and the climber may be gradually lowered back to the ground.

We feel that with these added safeguards, as well as disability-specific education for gym personnel, the likelihood of major accidents, such as fresh spinal cord damage or brain injury, is extremely, extremely low.

1 MATERIALS

In many cases, the only equipment required is a cushion or pad put beneath the climb in case of a fall, as well as chalk and climbing shoes to help in holding the wall. It may be done either alone or with a spotter.

Sport climbing can be done inside, although it is most usually done outdoors. A harness, ropes, and a belay system are used by the climber to scale a bolted and established rock face with the assistance of a partner (or belayer) holding a rope. Rock climbing is the sport or activity of climbing rock faces, often with the aid of ropes and other equipment. The objective is to reach the summit or end of a rock face or structure. This can be achieved utilizing specific equipment depending on the difficulty and intensity of the climb. It is a physically demanding sport that requires quickness and agility as well as mental tenacity to conquer a climb or traverse. It can be risky, but this is usually regarded as a positive aspect of the experience.

There are several forms of rock climbing, each with its unique set of equipment, environment, and surface (s).

Bouldering

Bouldering is a fundamental type of climbing that may be done both indoors and outdoors. The climber travels over tiny rocks or boulders using brief movements and no harnesses or cables. It usually offers routes with a lower elevation, but it also contains numerous difficult and hard courses. Routes are classified into two types: single-pitch and multi-pitch. Climbing on a single pitch allows the climber to ascend and then descend with the assistance of a belayer. Multi-pitch climbing entails more than one of these levels.

Top-rope climbing and lead climbing are examples of sport climbing. Top rope climbing entails putting an anchor rope at the top of the path through which the climbing rope will be routed. Lead climbing entails a climber ascending and placing up quickdraws along the rock.

Trad Climbing

Trad climbing is comparable to sport climbing, however, the bolts in the climbing route have not been fastened. This necessitates the installation of bolts along the rock wall, and once the climb is over, all of the equipment must be removed from the wall. Nuts and camming devices must be carried by the climber at all times. Climbers must discover the path and secure the equipment on their own, making this a more demanding method of climbing.

Dry Tooling

Dry tooling is inserting ice axes into the rock face as you ascend, with the aid of crampons in place of climbing shoes. It contains ropes, harnesses, and sport climbing equipment. Because of the damage that this form of climbing may cause to the rock, it has become a more contentious technique.

Big Wall Climbing

Big wall climbing utilizes long multi-pitch routes along the vertical rock, which often necessitates more than one day.

The routes in this type of climb are higher and therefore require more safety equipment. Along with the belay, rope, and harness, the equipment also includes a helmet, chalk, climbing shoes, slings, and quickdraws.

Aid climbing is the technique of placing removable equipment along the rock and then attaching a webbing ladder to it to climb. This is repeated along the route and is associated with big wall climbing.

Alpine Climbing

Alpine climbing involves ascending to a summit or peak. Similar to mountaineering, it includes climbing over rock, ice, and snow, and perhaps traversing glaciers with a higher technical level.

It depends on the form of climbing, but general equipment includes:

- Harness
- Rope(s)
- Belay System
- Helmet
- Chalk
- Climbing Shoes
- Slings
- Quick Draws
- Nuts and Camming Devices
- Ice Axes
- Crampons

2 STAFF

For this discipline, both for people with visual impairments and for healthy people, there should be a minimum of two, i.e. one climber and one who will provide the climber. In case of climbing an artificial rock in a hall or a low rock, the security guard is on the ground, but if in the case of a higher rock, the role of the security guard is played by both participants, as well as the techniques, knots, anchors, etc, and all in order to safely climb and descend from the rock so that further adventures can be approached, more demanding but with more experience.



SPORT
SENSE

3 PLAYERS

This sport can be both individually and in teams. It depends on the rock and the wall and whether you are participating in a competition or overcoming a rock in nature. If it is a sports competition of climbing an artificial rock or wall or fast rock climbing or wall, one participates even though there is a security guard for the fast climbs on a vertical rock. But if it is a hobby, mastering high vertical rocks, the participant can be one with maximum knowledge and experience, but always on such an obstacle, it is desirable to have two.

4 RULES

One of the best things about climbing—besides the actual climbing part—is that all of the awesome, like-minded people are likely to meet. Of course, there's a certain etiquette that'll make it all the more likely that you'll actually make friends with them. Follow these unwritten rules and you're sure to have a great climb and make it all the more pleasant for those climbing around you.

LEAVE NO TRACE

This should be common sense, but even so, it's important to note. Just as in any other outdoor adventure, like backpacking and camping, make sure that whatever you bring out to your climb you take back with you. Don't leave a mess and ruin things for the next folks or for the natural environment.

USE ROCK COLORED CHALK

If you can, research the colour of the rock before you head out so you can bring the chalk that most matches it out with you. Sometimes this is even a written rule, depending on the location, but even if it's not, it helps other people enjoy the experience more if you don't leave a big chalky mess.

DON'T USE TOO MUCH CHALK

The last thing any climber wants is to have their foot or fingers slip because someone before them used too much chalk. Be respectful and only use the amount you really need.

BE HELPFUL AND HONEST, BUT DON'T FEEL OBLIGATED TO TEACH

If someone needs a little help with a problem and you know how to do it, it's a friendly gesture to offer a suggestion or two—but don't feel like you need to walk them through it step-by-step. And never, ever steer someone in the wrong direction. Don't forget that climbing is dangerous.

HELP IN AN EMERGENCY SITUATION

This should absolutely go without saying because you are a decent human being, but: in the case of emergency, do your part to help your fellow climbers out.

DON'T CHIP OR DRILL HOLDS

Although this sort of falls into "leave no trace" and should also go without saying, don't damage the natural rock by chipping or drilling holds, even if a climb seems impossible. Maybe it is impossible, and that's fine. Or maybe you're just not ready for so difficult a climb. Either way, leave the rock be.

BE MINDFUL OF SOUND

You may like your stereo turned all the way up so you can jam to your favourite tunes while you climb, but maybe not everyone around you does. Or maybe they do, but ask first.

DON'T HOG ROUTES

Doesn't it feel bad when someone is so focused on working through a problem that they don't let others have a go-between tries? Yes. So don't do that. Besides, working through problems with friends is much more fun.

DON'T RUSH OTHERS

While waiting to do your favourite climb—or any climb for that matter—don't rush anyone on the rock, even if it feels like they're taking forever. Use the time to plot your route, chat with others, or what-have-you, but don't get impatient and try to rush someone.

DO TRY THINGS

If you're an awesome person who is friendly and helpful then you will surely attract people who are awesome, friendly and helpful, so you won't need to worry about embarrassment if you try something on a problem and fail. So have fun.

5 SAFETY

Depending on the type of rock and match there are certain rules of conduct as well as scoring / But for all climbs the following unwritten rules apply
Climbers need to stay below and in line with their belay anchor to avoid a pendulum swing during a fall.

Do not climb directly above or below other climbers on the wall. Climbers should never climb over, behind or around the side of the wall structure.

Don'ts of Indoor Rock Climbing

DON'T: Start handing out unsolicited advice while they're climbing.

DON'T: Hog the wall while you try to figure it out.

DON'T: Get in the way of other climbers.

6 CONCLUSION

Quite simply, rock climbing offers a bit of everything. So, if you're thinking of trying it out, you've made the right choice.

Increases strength and grip

Rock climbing incorporates your forearms, legs, back and core, so it's only natural you'll become stronger the more you practise it.

Burns calories

Rock climbing not only provides an effective strength workout - it's also a great form of cardio.

Of course, how many calories you burn off depends on your age, gender and body type.



Improves balance

Balance is everything when you're climbing. Without having the right amount of balance, you're going to struggle to shift your centre of gravity into an optimal position to help you complete a problem.

As we explained above, increased core strength is one of the main benefits of rock climbing. And strength and balance often go hand in hand. Therefore, the more you climb and the more you increase your core strength, the greater improvements you'll see in your balance.

Helps with problem-solving

Any ardent rock climber knows that 'fight or flight' feeling. The feeling that your feet and hand positions are all wrong and your next move needs to be perfect or you're going to fall.

With practice, though, this kind of problem-solving and (literally) thinking on your feet becomes second nature. It's bound to when you're constantly having to rescue yourself from tricky situations.

Through a bit of trial and error, you become more familiar with your body and what it's capable of. And in some respects, you might surprise yourself.

Just to be clear, you won't get it right all the time. You might suffer the odd bruise or sprain when trying to solve a problem - as this climber knows all too well.

There's also no 'right' or 'wrong' way of solving a problem. No two climbers are the same and everyone has their own thought processes

Provides a sense of community

Rock climbing can be quite a tight-knit sport by nature. For example, if you visit a climbing gym, you're often sharing the same wall space with multiple people at once.

Allows you to explore

Not only does rock climbing give you an endorphin boost, an adrenaline rush and a feeling of invincibility, but it also gives you the perfect opportunity to test yourself in different environments.

If you're more of an indoor climber, there are some fantastic bouldering gyms and climbing walls up and down the country. Some of the competition walls at these venues are works of art!

Boosts confidence

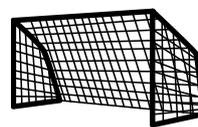
This ties in slightly with point 5. Whether you've accomplished a goal, formed friendships with other climbers - or better still, achieved something with a fellow climber - rock climbing can boost your confidence in many ways.

We don't know where you are on your rock climbing journey, but let's assume you're a complete novice. The first few climbs you attempt, you're not exactly going to ooze confidence. (That is unless you're either a naturally gifted climber or extremely lucky!) You may look at some routes and feel like you'll never be capable of completing them.

The good news is - every experienced climber has felt that way at some point. And they've faced and overcome their fears.



FOOTBALL



Football, also called association football or soccer, is the game in which two teams of 11 players, using any part of their bodies except their hands and arms, try to manoeuvre the ball into the opposing team's goal. Only the goalkeeper is permitted to handle the ball and may do so only within the penalty area surrounding the goal. The team that scores more goals wins.

Football is the world's most popular ball game in the number of participants and spectators. Simple in its principal rules and essential equipment, the sport can be played almost anywhere, from official football playing fields (pitches) to gymnasiums, streets, school playgrounds, parks, or beaches.

Blind football is a version of football adapted to the needs of blind players. It is based on Futsal with modifications to the rules to enable players to play. There are five players in a blind football team - four outfield players who are blind and one sighted goalkeeper. It is a fast and skilful sport that is growing worldwide, with national leagues, regional and world championships, and Paralympic competitions.

Spain is considered the pioneer of blind soccer, having played the sport since the 1920s. Brazil, on the other hand, started developing soccer 5-a-side in the 1960s and held the first national tournament in 1974 or 1978, depending on which source you believe. The first Spanish national championships took place in 1986.

In 1996 blind football became an International Blind Sports Federation (IBSA) official sport (we named our official sound football Stryker96 in acknowledgement of the year). After establishing internationally recognised rules the following year saw the first IBSA European Championships held in Barcelona, Spain, and the first American Championships took place in Asunción, Paraguay. The sport was added to the Summer Paralympic Games in Athens in 2004

1 MATERIALS

Blackout Eyeshades

All outfield players must wear blackout eyeshades. This equipment is necessary to provide equal playing opportunities. Thus, players will have the same ability to see regardless of the level of deficiency they have. Using masks, completely blind people can play with partially sighted or even completely sighted people. In this way, local events can be created that can improve the quality of the community and the inclusion of people with severe visual impairments.

Players must wear shin guards. Head protection for all outfield players is also highly recommended, to prevent injury. This gear can be used on its own, or with blackout eyeshades

Ball

The ball is between 60cm and 62cm in circumference, and between 510g and 540g in weight. The ball is specially adapted for this game. Compared to the classic soccer ball, it has a sound-generating device inside. The generated sounds help players locate the ball and identify the opponent. In this way, players can move on the field without the ability to see.

Play Area

Boards panels are required to surround the entire playing area. These panels have the role of delimiting the playing field and preventing the injury of the players. When your ability to see is restricted, the notion of space disappears. The panels will inform the players when they are at the edge of the field and about their position on the field. At the same time, the panel assures players that they are in a safe area and eliminates the possibility of them leaving the safety zone and injuring themselves.

Goals

Blind Football goals are 3.66 metres wide and 2.14 metres high. Posts and crossbar are 8cm wide. The gate for football dedicated to the blind has smaller dimensions than the gate dedicated to classic football. These dimensions are necessary because the size of the space is distorted for people with visual impairments and the anticipation reaction is smaller. The pitch can be of cement, grass or artificial turf. For the international competition, the playing area is 38 to 42 metres long and 18 to 22 metres wide.

2 STAFF

Referee

The number of referees required for this game is two people. They will arbitrate the game and impose rules when necessary. They will monitor that players follow the rules and impose penalties when needed.

Medical Staff

The role of medicine and the team doctor in football has become crucial in the modern-day game. Even if players and the game have prevention and safety steps in place to avoid injuries, accidents can happen. That is why it is necessary to have a medical staff or a person who can provide first aid in case of injuries.

Coach

Each team has the right to one coach. He will be positioned next to the line in the middle of the field, from where he will observe the game mode of his team. During the match, he offers advice and instructions to the players, so that he can score a goal in the opponent's goal.

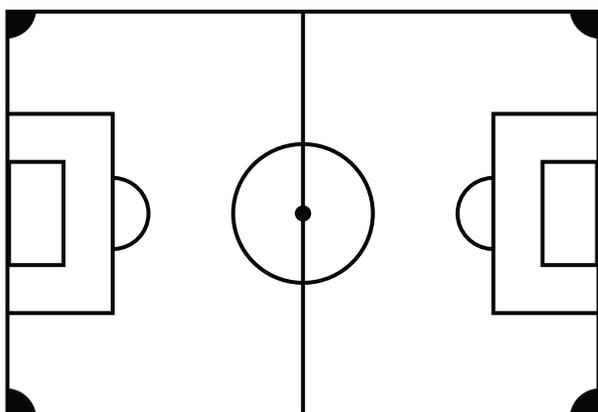
TIMEKEEPER, SCORER, PUBLIC ADDRESS SPEAKER

A timekeeper, a scorer and a speaker are appointed. They are seated outside the pitch at the halfway line on the same side as the substitutes' benches.

The timekeeper shall be equipped with a suitable clock (chronometer) and the necessary equipment to indicate accumulated fouls, to be supplied by the association or hosting on whose pitch the match is being played.

The scorer takes note of the numbers of the players who score goals, keeps a record of all time-outs left to each team, keeps the referees and teams informed accordingly and indicates permission for a time-out when requested by the coach of either team.

The public address speaker shall be used to ask the public to remain silent in accordance with instructions given by the match officials



3 PLAYERS

To play this game you need two teams of five players. Each team has four field players and a goalkeeper.

The field players must have zero visibility during the match. Instead, the goalkeeper may be completely blind or partially blind. It is important that the players on both teams respect the same ability to see. If the goalkeeper of one team is partially sighted and the other goalkeeper is completely blind, then the partially sighted goalkeeper will have to cover his eyes with a blackout eye cover.

The players are assigned to one of the three-sport classes based on their level of visual impairment:

- B1- Totally or almost totally blind; from no light perception up to light perception but the inability to recognise the shape of a hand.
- B2- Partially sighted; able to recognise the shape of a hand up to a visual acuity of 2/60 or a visual field of fewer than 5 degrees.
- B3- Partially sighted; visual acuity from 2/60 to 6/60 or visual field from 5 to 20 degrees.

4 RULES

PERIODS OF PLAY

The match lasts two equal periods of 20 minutes. *

The timekeeping is undertaken by a timekeeper,

The duration of either half shall be prolonged to enable a penalty kick or double penalty kick to be taken.

HALF-TIME INTERVAL

The half-time interval must not exceed 10 minutes.

PRELIMINARIES

A coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match. The team that wins the toss takes the kick-off to start the second half of the match.

At the start of the second half of the match, the teams change ends and attack the opposite goals. Substitutes and team officials shall use the substitutes' bench on the half of the field of play which their team is defending.

KICK-OFF

A kick-off is a way of starting or restarting play:

- at the start of the match;
- after a goal has been scored;
- at the start of the second half of the match;
- at the start of each period of extra time, where applicable.

A goal may be scored directly from the kick-off.

PROCEDURE

All players are in their own half of the field.

The opponents of the team taking the kick-off are at least five metres from the ball until it is in play.

The ball is stationary on the centre mark.

The referee gives a signal.

The ball is in play when it is kicked and moves.

The kicker may not touch the ball a second time until it has touched another player.

After a team scores a goal, the kick-off is taken by the other team.

GOAL SCORED

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, unless it has been thrown, carried or intentionally propelled by the hand or arm by a player of the attacking team, the goalkeeper included and provided the team scoring the goal has not infringed any other laws of the game in the play leading up to the goal.

WINNING TEAM

The team that scores the greater number of goals during a match is the winner. If both teams score an equal number of goals or if no goals are scored, the match is drawn.

COMPETITION REGULATIONS

For matches ending in a draw, competition regulations may state alternative methods to determine the winner of a match.

FOULS AND MISCONDUCT

Any player who commits five personal fouls during a match must leave the field of play. He/ She may be substituted immediately by another player but is not permitted to return to the field of play during that match.

PENALTY KICK

A penalty kick is awarded against a team that commits any of the offences for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.

A goal may be scored directly from a penalty kick.

Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of each period of extra time.



POSITION OF THE BALL AND THE PLAYERS

The ball:

- is placed on the penalty spot.

The player who is taking the penalty kick:

- is properly identified.

The defending goalkeeper:

- stays on his/ her goal line, facing the kicker and between the goalposts until the ball has been kicked.

The guide of the team which is taking the penalty kick:

- could orientate the kicker;
- could not get inside the pitch.

The players other than the kicker are located:

- on the pitch;
- outside of the penalty area;
- behind or to the side of the penalty spot;
- at least five metres from the penalty spot.

Procedure

- The player taking the penalty kicks the ball forward.
- He may not play the ball a second time until it has touched another player.
- The ball is in play when it is kicked and moves forward.

When a penalty kick is taken during the normal course of play, or when time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing the goalposts and under the crossbar:

- The ball touches either or both of the goalposts, or the crossbar or the goalkeeper.

5 SAFETY

This sport offers an increased level of safety through adaptation methods for the visually impaired. By mounting the protective walls and the players' equipment, they have extra safety. Of course, in any sport there is the risk of an incident, so it is good that at every sports activity the presence of a medical staff or a person who can provide first aid is required.

6 CONCLUSION

This sport, as well as its classic version, contributes to the personal development of the players, to their improvement of teamwork skills, of perseverance and responsibility. In addition to developing as a person through sports, players have a space in which they can be included and play with people who are not visually impaired by simply covering the eyes of all players.

Because football is an easy sport to explain and can be considered easy to adapt, it is a good starting sport for implementing community activities for the visually impaired and including them in the daily life of the community.

GOLF



Golf is played outdoors on a field, where at the starting point the ball is put on a prepared area called „teeing ground“, and the aim is to strike the ball with a club from there into a hole placed at another prepared area called „putting green“. A game named a full round of golf consists of completing 18 holes.

There are two ways to count the points, one way is by counting how many holes were won and lost, it is called match play. Another way to decide is based on the number of strokes taken to during the whole round, which is called stroke play.

Another form of playing is called the Stableford where handicaps are considered when awarding completed holes.

Blind golf is played exactly as regular golf, with one major exception: blind golf is a team sport where the coach/guide (who does not necessarily have to be a golfer, just a regular sighted person) and the golfer played together in a team. The blind golfers can ground their club in a hazard and their coach/guideshows them the direction and can stand on the line of the shot while the shot is played.

1 MATERIALS

At blind golf you need exactly the same materials as at regular golf:

Golf clubs

Consisting of a shaft, a grip, and a clubhead, clubs are used to propel balls towards the holes on a golf course. A typical set of golf clubs usually come in a bag of 14, with a variety of woods, irons, wedges, and putters. Each type of golf club is designed specifically to provide different degrees of trajectories and distances

Golf balls

Fashioned from synthetic materials, golf balls usually have a dimple pattern on their surface. This pattern promotes better aerodynamics, helping to facilitate a ball's spin and elevation when it is hit

Tees

Commonly made with wood or plastic, tees are stuck in the ground in order to elevate a ball's position, making it easier for the player to hit it. It is made up of a pointed bottom that is driven into the ground, and ahead for balls to be placed on. Tees are only allowed when players are making the first stroke of each hole.

Ball markers:

Under various circumstances, golf balls may be lifted from their positions on the green. However, their exact spots must be marked accurately in order to ensure fairness. These markers are usually thin, circular objects made from either metal or plastic. They may also be substituted by any other small object, such as a coin.

Ball mark repair tool

Also referred to as a pitchfork or divot tool, these items are used to fix any marks or minor damage that has been made by a ball. A player usually uses this tool to lightly push surrounding parts of the turf into the recess made, in order to aid the quicker growth of grass in the area. They should end off the mending process by smoothing the surface with the flat bottom of a putter.

Gloves

Gloves help players to achieve better grip and more controlled swings, as well as reduce the chances of skin abrasions. They are usually worn on the golfer's non-dominant hand, though one may wear them on both sides too.

Shoes

Golf shoes often have spikes on their bottom surfaces. These are made from either metal or plastic and help with balance, especially when the ground is wet. Some courses prohibit the use of metal spikes, as they can cause serious damage to the turf.

+1 For those who don't want to walk too much golf carts can be used for transportation.

2 STAFF

At a blind golf tournament, you need as many coaches/guides as players, but generally, they are training together, so they also come together to participate in the event. It is good to have helpers to carry the equipment and to coordinate the tournament. Medical assistance is important to be available at any event, even though golf is a relatively safe sport compared to other sports played with blind and visually impaired people.



3 PLAYERS

A team consists of two people: a coach/guide and a player. As many teams can play the game as much capacity as the organisers have.

4 RULES

The same rules apply here as at the regular golf with the exception of the participation of guides/coaches and that the blind and visually impaired golfers can ground their club in a hazard and their coach/guide shows them the direction and can stand on the line of the shot while the shot is played. Further guidance is described by the Blind Golf Australia.

BEFORE THE ROUND

WHAT TO DO

Be familiar with the Rules of Golf, Modifications, and Local Rules of the course and Competition Rules.

Get to the tee at least 10 minutes before your start time and exchange scorecards with your playing partner(s).

Have a unique identifying mark on any golf ball you use in the round and show the golf ball with an identification mark to your playing partner(s) and marker.

Use only recognized golf equipment to help align and remove the equipment prior to the stroke.

Ensure the Rules of Golf are strictly followed.

Allow only Coaches/Guides to drive a buggy.

WHAT NOT TO DO

DO NOT forget to have a copy of the Rules in your golf bag.

DO NOT arrive late to start.

DO NOT rely on the make and number of the ball alone.

DO NOT drive a buggy if you are a player.

DO NOT agree to waive a rule.

DO NOT use a rod or white stick for alignment.

DURING THE ROUND

WHAT TO DO

Remember to be courteous to your playing partners at all times.

Ensure the player alone swings the club.

Play a provisional ball if you think your first ball has gone out of bounds or may be lost outside a water hazard.

Keep up with the game in front and not just stay ahead of the game.

Take a practice swing far enough away from where the ball lies so that it does not disturb the ball or improve the line of swing.

Have the player drop the ball (with guidance if needed) with an outstretched arm at shoulder height.

Ground the club in a hazard prior to the stroke if you wish.

Play the ball as it lies.

Ensure your Coach/Guide is not indicating the line of putt while the stroke is played.

Count all shots and penalties on every hole.

Agree and record the scores for each hole at the next tee.

Call for the referee if there is doubt or dispute.

WHAT NOT TO DO

DO NOT speak or make any noise while other players are on the tee or are about to play. It is appreciated that **NO** or **LOW** vision means that players may not see what is going on around them but the Coaches/Guides are responsible for their players' actions.

DO NOT allow the Coach/Guide to help by touching the club during the stroke.

DO NOT forget to inform your playing partner(s) that it is a provisional ball you are going to play, and to announce the make, number and identifying mark on the ball.

DO NOT hesitate to let the game behind through if you have lost a ball or lost a hole on the match in front and those behind are waiting to play.

DO NOT forget to replace a ball if it moves as the result of a practice swing. Once the ball is in play a one-shot penalty applies.

DO NOT touch the surface of a hazard with a practice stroke.

DO NOT have the Coach/Guide drop the ball.

AFTER THE ROUND

WHAT TO DO

Check that the correct gross score for each hole is properly recorded on the scorecard.

Complete and sign your card promptly after completion of the round.

WHAT NOT TO DO

DO NOT forget to sign the scorecard and ensure it has your correct handicap on it.

DO NOT forget to hand in the scorecard signed by you and your Marker as soon as possible.



5 SAFETY

The guidance described above covers the most important safety measures. As a matter of fact, as blind golf is a relatively safe sport compared to other sports activities, general safety rules of an outdoor event apply. As the golf field has fairly big distances it is important to support the event with a sufficient number of coordinators/volunteers/employees who can step support the participants if anything occurs and who can notify medical services when needed. It is also important to provide a golfing cart or any sort of vehicle that can be used quickly for transportation when needed.

6 CONCLUSION

Blind golf can offer even more joy and excitement than regular golf, as blind sports are played in a team where the guide/coach and the player create a special bond between each other. While improving their communication and cooperative skills, they both learn from each other and work together to achieve their successes whether it is the gold medal or any small success on the way: a well-implemented strike or a hit in a hole.

HIKES



Mountaineering, also called mountain climbing, is the sport of attaining, or attempting to attain, high points in mountainous regions, mainly for the pleasure of the climb. Although the term is often loosely applied to walking up low mountains that offer only moderate difficulties, it is more properly restricted to climbing in localities where the terrain and weather conditions present such hazards that, for safety, a certain amount of previous experience is found necessary. For the untrained, mountaineering is a dangerous pastime.

Mountaineering differs from other outdoor sports in that nature alone provides the field of action—and just about all of the challenges—for the participant. Climbing mountains embodies the thrills produced by testing one's courage, resourcefulness, cunning, strength, ability, and stamina to the utmost in a situation of inherent risk. Mountaineering, to a greater degree than other sports, is a group activity, with each member both supporting and supported by the group's achievement at every stage. For most climbers, the pleasures of mountaineering lie not only in the "conquest" of a peak but also in the physical and spiritual satisfaction brought about through intense personal effort, ever-increasing proficiency, and contact with natural grandeur.

Indeed, hiking is a great recreational activity for people with vision loss or partially blind. It's a marvellous way to get back to nature, relax and get the batteries recharged, plus it gives the blind person the chance to do that with the sighted beloved people, either family, partner or friends in almost the same way as them but without sight. Many people have commented that even though they don't have their sight, the heightening of their senses such as touch, sound and smell is so great that they feel their sighted counterparts who don't follow, miss out on the experience.

It doesn't have to be a remote untravelled mountain trail or an elaborate one; it needs just a rarely used gravel road or some well-worn walking paths. It's also better and safer for people with visual impairments to go hiking with a sighted guide while using the help of their white cane or their dog guide. And it's a lot of fun when someone does it in a group. It's doable!

This sport does not require any modifications. All you need is motivation, good shoes, physical condition, a well-sent path without too many obstacles and 1 to 3 well-trained guides and connoisseurs of the path.

1 MATERIALS

For kids and adults who are blind, a relaxing (or energetic) walk in the woods can be a delightful way to spend a day. It is a good exercise and an ideal activity to share with friends and family. It also allows you to experience the majestic beauty of the natural world.

“Nature is one of the things that connect to the rest of the world, and makes feel like part of the world,”

Hiking can be enjoyed equally by people with and without vision. While sighted people appreciate the scenic beauty of a forest, hikers who are blind can enjoy a different bouquet of sensory experiences – the astringent aroma of pine needles, the gentle caress of a breeze and the burble of a mountain stream.

Start easy if you’re new to hiking in great “starter” trails for hiking novices. As you gain confidence, you can work your way up to longer hikes and more challenging terrain.

Find the trail that’s right for you. Pay special attention to each trail’s length and difficulty rating (from easy to strenuous). You can also find information about potential hazards, including wildlife, ticks and poison ivy.

Consider hiking with a sighted guide. On a more challenging trail, a sighted guide can help you navigate obstacles, from downed trees to unexpected changes in elevation. A short rope is a convenient way to stay connected to your sighted guide.

Listen to audio cues when hiking with a group of people. The sounds they make provide important information about the trail ahead. Different terrains – like puddles, loose gravel or sand – make distinctly different sounds. “By gauging what the trail surface is going to be like, I will then be ready to make any adjustment in my footing I might need to make when I take my next step,” says Bill Tipton, an experienced hiker who is blind.

Consider using walking poles. Some blind hikers use Nordic walking poles, which are similar to ski poles. Like a white cane, walking poles can be used to identify upcoming obstacles. They’ll also help keep you balanced and upright when the trail is rocky or uneven.

Invest in a pair of good hiking boots. They provide ankle support, which reduces the chance of an ankle sprain. That’s an important consideration for hikers who can’t see the exact nature of the terrain they’re walking on. High-quality hiking boots also provide better traction and protection against blisters.

Be prepared for an emergency. Smart hikers – blind or sighted – know there’s always a chance they might get injured, lost or caught in bad weather. Plan ahead and pack first-aid supplies, rain gear, food, extra water, sunscreen, waterproof matches and a knife or multi-tool.

Embrace the experience! Feel the warmth of sunshine on your face. Breathe in the fresh air. Enjoy the company of fellow hikers.



② STAFF

For mountaineering with blind people, one companion is enough who can handle the role of guide-helper, but it is always advisable to have at least 2 or 3 people.

They need to be experienced in mountaineering, to know the trails, to know first aid and of course to know the work and guidance of the blind on the mountain.

Their role is to accompany the person with a visual disability on the hiking trail, to adhere to the running of the trail, to help overcome the obstacle and of course to return home safely.

③ PLAYERS

One is enough for hiking because it is an individual sport. Unlike nature walks, the participant in hiking should be in good physical condition because the trails are longer, in good company and always ready for improvisation.

④ RULES

There are no rules of the game in planning. There are rules of conduct. Above all, the attitude towards the companions and colleagues in the group, as you never know when you will need help and what kind. Above all, you should respect the mountain and nature. Also, one great and important rule of behaviour in nature is that everything we carry with us, we bring back and nothing that does not belong to nature we must not leave behind. This is mostly about garbage and everything else that is not authentic in nature.

⑤ SAFETY

In mountaineering, the safety of the participants is the most important. Therefore, before scheduling the action, an analysis is made for the weight of the route and the participants are chosen correctly, or based on the applications for the tour, an appropriate hiking trail is selected.

The safety of each participant with visual impairment is very important, so we assign to each blind participant at least 2 healthy ones so that the tour can be conducted, performed and completed without any consequences for the health of all participants.

6 CONCLUSION

Hiking is not a pointless walk in nature on inaccessible paths and landscapes. It is not only about climbing a peak. Mountaineering is a style and way of life, a sport accompanied by a bunch of activities that make modern life even more attractive and interesting. Walking in nature, socializing and moving in the fresh air is an active vacation filled with pleasure and new experiences. Although it exhausts us physically, it also enriches and refreshes us with a new energy that we need for everyday life. Mountaineering develops many other qualities: resourcefulness, courage, sacrifice, adaptability, physical endurance, sociability and a sense of understanding people and nature. It is based on community and mutual action in order to master the natural and at the same time their own psychophysical abilities. According to all this, mountaineering, in addition to being a method and style of life, develops a strong and stable personality that is adorned with courage, mental and physical strength, endurance, adaptability and responsibility towards oneself, society and nature, as well as quality and healthy life.



JUDO



Judo is originated in Japan as a derivative of various martial arts. Judo is one of the safest martial arts as it does not involve kicking, punching, nor the application of pressure against the joints to throw an opponent. Furthermore in Judo, the players do not use any weapons.

Two players are standing on a tatami (a special „mat”) in a standing position facing each other. The opponents aim to lift and throw the other onto their backs. When on the ground, the opponents apply various chokeholds or joint locks until submission. The aim is to keep the other player lying on their back as long as they can, maximum until 10 seconds.

Unless there is an immediate „ippon” by a perfectly applied throw, or by holding the opponent on the ground on their back till 20 seconds, at the end of the game the player who has the most points win. If there is no score or both participants have the same points, the match reaches the golden score phase, where the first player to score, wins the match.

“A throw that places the opponent on their back with impetus and control scores an ippon, winning the contest. A lesser throw, where the opponent is thrown onto his back, but with insufficient force to merit an ippon, scores a waza-ari. Two scores of waza-ari equal an ippon. A throw that places the opponent onto his side scores a yuko.

Ippon is scored in ne-waza for pinning an opponent on his back with a recognised osaekomi-waza for 20 seconds or by forcing a submission through shime-waza or kansetsu-waza. A submission is signalled by tapping the mat or the opponent at least twice with the hand or foot, or by saying maitta (I surrender). A pin lasting for less than 20 seconds, but more than 10 seconds scores waza-ari (formerly waza-ari was awarded for holds of longer than 15 seconds and yuko for holds of longer than 10 seconds). Ippon is scored in ne-waza for pinning an opponent on his back with a recognised osaekomi-waza for 20 seconds or by forcing a submission through shime-waza or kansetsu-waza. A submission is signalled by tapping the mat or the opponent at least twice with the hand or foot, or by saying maitta (I surrender). A pin lasting for less than 20 seconds, but more than 10 seconds scores waza-ari (formerly waza-ari was awarded for holds of longer than 15 seconds and yuko for holds of longer than 10 seconds).

Judo is an excellent sport to implement at an inclusive event. People with visual disabilities can play it together with people that are not blind. At the official Paralympic games, the rules are exactly the same as described above, with only one exception: visually impaired participants start competing gripped together, as opposed to the off-grip technique for non-disabled competitors.

Just as at the original game, people with visual disabilities are playing the game by wearing a Judogi, a special cloth, containing white or blue pants and a jacket tied up with an “obi” which means belt at the waist. Wearing this uniform enables the participants to grab each other’s clothes and to apply different throwing techniques.

1 MATERIALS

A judo match is generally played indoor on a special mat called a tatami. The outer portion of the tatami is about 14 square meters. Inside that is a smaller area, which is approximately 10 square meters and where the actual match is held. Those opponents who play the judo match are called judokas. They wear special uniforms called gi (judogi) containing white or blue pants and a jacket tied up with an “obi” which means belt at the waist. Depending on the level of expertise judokas wear belts with different colours.

2 STAFF

At a professional judo match, there are two referees. When organising a contest for visually impaired people, it is important to have people preferably the coaches to guide the contestants to the tatami, then the referee guides them to grab each other’s gi. As in every event, it is important to have volunteers/employees who support the coordination of the tournament, at an inclusive sports event extra people are needed to guide the participants within the gym or stadium. The coaches are usually sitting or standing outside of the tatami and giving verbal instructions to their athletes. As in every sporting event, it is important to provide medical assistance in case of injuries.

3 PLAYERS

Two people play a match against each other. When organising a tournament, depending on the venue’s capacity many more people can participate.

4 RULES

The judo contest begins with both judokas bowing to one another. A referee then signals the start of the match. At judo came organised for visually impaired and blind people, a judo game starts by the contestants grabbing each other’s gi with the guidance of the referee, and then the referee signals to start the match.



The rules are described above, the match ends either with an ippon, or when the time is over.

When the contesters are moving outside of the gaming area on the tatami, the referee signals, and guides them back to the tatami. This happens at an unblind judo match as well.

When organising a tournament, participants are selected to different categories based on age, gender and weight and at an inclusive event a category can be created based on the level of visual impairment as well.

5 SAFETY

There always should be a sufficient number of volunteers/employees who escort the participants. There should not be more people participating at the event as allowed at the venue. In case of emergency, emergency exits should be open, and guides should be prepared in what way to evacuate the participants for example in case of fire.

During the match the two referees are paying attention that everybody plays according to the rules, no kicking or punching applied, nor the application of pressure against the joints to throw an opponent. The referees are also escorting the contestants back to the tatami if they would move away during the “fight”.

6 CONCLUSION

Judo is great for both physical and mental health. It teaches techniques of self-defence without hurting the opponent. Due to the close and constant physical contact between the contestants, this game can be easily played in an inclusive manner with the participation of both seeing and blind people.

ROWING



Rowing is a sport that can be enjoyed recreationally or competitively both on the land (indoor rowing) and on water. On the water, individuals can either SCULL (one oar in each hand) or ROW (using one oar only). Sculling can be done individually or in crews of 2, 4 or even 8 rowers. Rowing is always done in crew boats, in crews of 2, 4 or 8. Sometimes these are steered by a COXSWAIN although increasingly, smaller boats (2/4 rowers) are steered by a rower who has a rudder attached to one of his / her shoes.

Rowing provides athletes with a vision impairment with the opportunity to be active on the water, get involved in a fun and friendly club environment, and participate in a variety of competitions from club regattas through state and national championships to world championships and Paralympic Games.

Rowing is integrated into the High Performance It was introduced as a Paralympic sport at the 2008 Beijing Paralympic Games and provides athletes and also people with vision impairment with the opportunity to achieve at the highest level.

1 MATERIALS

Of course, rowing is a sport of water and above all, you need to provide a quiet place on the water to hold and because the competitions are fast, i.e. long, of course, the place or surface of the water should be as large as possible, i.e. longer track.

Of course, first of all, you need a boat that is suitable for rowing and which can accommodate 2, 4 or 8 competitors.

Equipment

The hull of the adaptive rowing boat is identical to able-bodied boats. Adaptive rowing boats are equipped with special seats, which vary according to the disability of the rower. To date, there are no other specifications on the seat apart from the following: the LTA4+ has a sliding seat; the other three boat classes have fixed seats. The TA 2x has a seat, which offers 'complimentary support'. The AW1x and AM1x are equipped with a seat, which offers 'postural support' to those individuals with compromised sitting balance (i.e. spinal cord injury, cerebral palsy). This ensures the upper body is supported and kept in a fixed position.

Smaller boats are equipped with buoyancy devices called pontoons, which act as stabilisers attached to the boat riggers, providing additional lateral balance.

Basic Rowing Equipment

If you're starting out, it's useful to have an overview of all of the basic rowing equipment that you will come across.

Spoon

The end of the oar enters the water. Usually painted in the colours of the club represented by the rower. There are different shaped spoons; cleavers are shaped like meat cleavers and macon oars have the traditional tulip-shaped spoon.

Oars

Rowers use oars (or blades) as a lever to propel the boat.

Riggers

The riggers of a boat (metal outrigger) are situated at each seat in the boat and support a pivot (swivel and gate) to hold the oar out from the side of the boat. There are currently several different designs of rigger from two or three stay metal or carbon tubing to metal or carbon wings.

Seat

Some boats have fixed seats and some have sliding seats. Rowers sit on a seat sliding meaning that it will move backwards and forwards on wheels to allow the rower greater movement. The runners on which the wheels sit are called the slide.

Shoes

Rowers attach their feet to their boat via shoes fixed to a metal plate in the boat (foot stretcher). This provides them with a stable base to push off. They should have heel restraints to allow quick release of the feet in event of a capsize.

Coxes' Seat

Some boats have a cox who sits either in the front (bow) or back (stern) of the boat in the coxes' seat. In a coxed boat, the cox steers the boat using a rudder and built-in steering mechanism and instructs the crew whilst also acting as a lookout.

Bow and Bow Ball

The bow is the front end of the boat and it is also the name given to the rower who sits in the seat nearest to the bow (the bow rower is the rower who will cross the finishing line first). The bow ball is a ball-shaped safety cap that sits over the bow end of the boat. This is compulsory on all rowing boats for the safety of other water users.

Stern (or stern canvas)

This is the covered section at the back of the boat.

The rudder is fitted underneath the stern canvas of the boat and is attached to the steering mechanism.

2 STAFF

For assistance, i.e. staff of the rowing team composed of blind people, a slightly larger number is needed. That is, people accompanying a person with a visual disability can also be support staff. If 2, 4 or 8 people are rowing, the number of assistants should also be at least 2, 4 or 8. Their task is to bring the boat to the water, adjust the oars, put the rowers in the boat and of course follow the boat with another boat for a possible water accident and come to the rescue.

In addition to the rowers' assistants, of course, if it is a competition a maximum number of judges, doctors and medics should be provided.

3 PLAYERS

Anyone with a visual Impairment can get involved in rowing. A blind or partially sighted individual will benefit from rowing through the sense of freedom it provides, reduced social isolation, and learning new skills whilst keeping fit and healthy.

Moreover, rowers with a visual impairment can be highly successful in rowing. The best rowers all have a fantastic feel for the movement of the boat which is totally independent of their eyesight. Due to this, there is no reason why individuals with a visual impairment can't row at a high level within mainstream club activity. For rowing needs 2, 4 or 8 people for one crew in a boat.

4 RULES

Basic Rules:

There are two key rules in rowing which are set forth by the International Rowing Federation (FISA) across events.

Lane changes: In Olympic rowing events, there are six separate lanes, with one boat in each lane. The boats (individual or team events) are allowed to change their allocated lane, provided that they do not obstruct the other boat. In case a boat obstructs the other while changing the lane the individual or team will be disqualified immediately from the race.

False starts: The event begins with the sound of a blank being fired from a gun. However, if a team leaves its mark before the blank is fired then it is considered a false start.

Each team or individual is allowed at least one false start for an event. But in the case of a second, they are disqualified from the race.

5 SAFETY

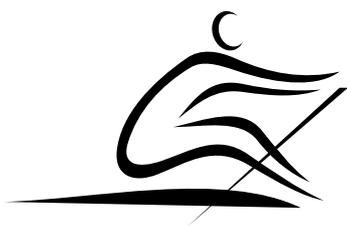
Rowing is a challenging and enjoyable sport. Like all sports, and water sports, in particular, there are inherent risks. Accordingly, it is essential that all participants (including rowers, coxswains, coaches, Boat Race Officials, volunteers and supporters) are aware of, and follow, the on-water safety policies set.

As part of their Club and race safety audits, Club Safety Officers should check their equipment complies with the criteria required. To promote safety and to assist Clubs to meet their safety requirements, random checking may be made by Boat Race Officials

6 CONCLUSION

Anyone with a Visual Impairment can get involved in rowing. A blind or partially sighted individual will benefit from rowing through the sense of freedom it provides, reduced social isolation, and learning new skills whilst keeping fit and healthy.

Rowing is one of the few bearing sports that exercises all the major muscle groups, including quads, biceps, triceps, lats, glutes and abdominal muscles. The sport also improves cardiovascular endurance and muscular strength. High-performance rowers tend to be tall and muscular: although extra weight does increase the drag on the boat, the larger athletes' increased power tends to compensate. The increased power is achieved through the increased leverage on the oar provided by the longer limbs of the athlete. In multi-person boats (2,4, or 8), the lightest person typically rows in the bow seat at the front of the boat.



RUNNING



Running is one of the most essential and ancient sports activities that humans do. In a recreational level, running does not require any special equipment, it can be done anywhere and depending on the speed, there are different terms that can be used to describe the activity such as jogging which refers to a slower pace of running activity and sprinting which means a very quick way of running. On a professional level runners run on a track, on-road, cross-country (trail) or on different geographical features (vertical) depending on the distance and the type of the running activity. There are different races organised, the shortest track is 100 meters, the longest distance is 303,506 meters long. Sprints are up to 400 meters, middle distances are between 400 to 3000 meters, and long distances are over 3000 meters.

Running can be adapted to visually impaired people with the support of a guide. The two common ways are guiding through verbal direction or running with a tether. When running on professional race guides and runners are also connected at the wrist by a small piece of rope called a tether, which helps the runner stay aligned in his or her lane. Since levels of visual impairment can vary, in order to make a fair race, every visually impaired athlete wears a blindfold. The guide and the athlete are training together and run next to each other in a very synchronized way, moving their arms and legs at the same time.

1 MATERIALS

Running is a great sport because it basically can be done anywhere. Ideally, a running track is the best field to practice as there are not as many obstacles as on a natural trail for example. When organising a race, the same equipment is used to start the race (starting blocks) as for the race on unblind athletes, the only extra equipment is needed are the blindfolds for the athletes with visual impairments and tethers. In addition, naturally running clothes and shoes are needed as well.



2 STAFF

When organising a running event for people with visual impairments, it is important to have as many volunteers to run as guides as many blind or visually impaired participants you have. Ideally, they are training together, but when it is about a recreational activity where strangers can join, it can also create a good opportunity for inclusion when runners and guides are paired up. You can also let the unblind people to “run in the blind people’s shoes” by providing blindfolds and pair up with guides as well. Depending on the distance, volunteers or employees are needed at certain stages of the track or trail to ensure safety, to provide beverages and to support the runners if any problem occurs. Medical attendance should always be present in case of a bigger event.

3 PLAYERS

The greatness of this sport is that it can be “played” with as many people as the organisers wish to attend – keeping safety regulations in mind and having enough capacity to provide support. A team consists of two athletes: one with visual impairment / or blindfolded and one unblind guide.

4 RULES

Track and field athletes with severe visual impairment / or those unblind participants who wear blindfolds are paired up with guides. The guides are sighted runners who constantly communicate with their partners, they call out obstacles, and inform the athletes at what point of the track/trail are they and how much they have left. The athletes and the guides are connected at their wrist with the tether, which is a small rope. They both run next to each other and synchronise their movements with each other. Plenty of direct communication is needed within a team. At the beginning of the race, all pairs are lining up at the start line, and after the signal (whistle, gunshot, etc) they all start running. The pair who reaches the finish line first wins.

5 SAFETY

Depending on the distance, volunteers or employees are needed at certain stages of the track or trail to ensure safety, to provide beverages and to support the runners if any problem occurs. Medical attendance should always be present in case of a bigger event.

Athletes and their guides need a bit of time for preparation, to discuss their ways of communicating with each other, to practice how they run next to each other in a synchronised way. At the start, the organisers should ensure that everyone has enough space, as it should not be crowded especially at the start.

6 CONCLUSION

This type of sport activity is very cheap, it does not require expensive equipment, it provides an ideal opportunity for people to connect with each other. Therefore it is one of the best sport to foster social inclusion.



SWIMMING



Swimming, as a form of sports competition, appeared with the establishment of sports clubs and many associations. One of the first clubs was created in 1837 in England.

The most famous swimming style back then was the one that today is called the classic style. Non-disabled swimmers have been competing for medals since 1896 (1st Olympic Games). At that time, the classic and freestyle were presented. In 1940, the butterfly style was developed. Only since 1960, disabled players have been competing in this discipline (I Olympics Paralympics in Rome).

The swimming technique and training for visually impaired people are the same as for sighted people. It is difficult to make turns, swim straight in the middle of the track and do the start jumps. All this takes time, effort, and emotional control to train these elements. The loud cheering of the audience is also a problem. It is a whole year activity that can be done at indoor and outdoor swimming areas.

Turns are facilitated by coaches who stand at both ends of the track and touch the player with a pole with a ball-like tip at the end of the turn and before reaching the finish line. The person knows that he is close to the pool wall.

The swimming technique is the same as for people without visual impairment difficulties. It is suggested that the swimmer should have a supporting person, who will serve/help in reaching the swimming area, help in the preparation before and after swimming. No special sporting areas are required. One of the important factors during the process of learning is that training should be organized keeping silent, so as the person could hear the instructions and signs from the coach/sport instructor.

In swimming, starting classes have created that consist of two elements:

- a letter code: S, SB or SM, denoting the swimming style:
- S - classification in freestyle, backstroke and butterfly
- SB - classification in classic style
- SM - alternating style classification

A number from 1 to 14, indicating the type and degree of disability:

- 1-10 - disability of locomotor organs (the higher the number, the lower the degree of disability);
- 11-13 - visual impairment (the bigger the number, the smaller the degree of disability);
- 14 - intellectual disability.

In swimming for people with disabilities, competitors compete in a variety of swimming styles: freestyle, backstroke, classic, butterfly, and alternating.

Athletes with a visual impairment or intellectual disability always have the same class in all styles, e.g. S11, SB11 and SM11 (blind athlete):

- Class S/SB11 - athletes have very poor visual acuity and/or no light perception;
- Class S/SB12 - athletes have better visual acuity than Class S/SB11 athletes and/or a field of vision limited to less than 5 degrees;
- Class S/SB13 - athletes have the best possible visual acuity that still qualifies them to participate in disabled swimming events and/or a field of vision limited to less than 20 degrees.

1 MATERIALS

All swimming pools and buildings should be accessible to people with disabilities. To perform the training or competition you need a swimming pool, indoor or outdoor, depending on the season (weather).

Also, as a recreational form of sport, it can be practised in open swimming areas like sea or lakes, where it is possible, but only with the support of an accompanying person. Swimming on open swimming areas is mainly used for competitions like triathlons. Indoor and outdoor swimming pools are used for competitions.

According to World Para Swimming regulations, two types of swimming pools are approved for training and competition:

- paralympic standard swimming pools -
- swimming pools with minimum standards -
 - minimum 25 or 50 meters of length if the measuring contact plate is installed on both sides of the pool;
 - A minimum depth of 1.35 meters is required, starting from the 1st meter of the swimming pool to at least the 6th meter on the side of the starting posts. Further, a minimum depth of 1.0 meters is required;
 - The tracks should be at least 2.5 m wide, with two lanes outside the first and last tracks of at least 0.2 m each
 - The track rope shall consist of "floats".

- The track rope shall consist of "floats" along its entire length having a minimum diameter of 0.10 m and a maximum diameter of 0.15 m. The track ropes must be stretched across the entire length of the track and attached at both ends of the float to hooks sunk into the walls
- Starting posts - The starting posts must be rigid so as not to give the effect of springiness. The height of the starting post should be between 0.5 metres and 0.75 metres above the water surface. The surface of the post should be at least 0.5 metres x 0.5 metres and should be covered with an anti-slip material. The maximum slope of the post towards the water must not exceed 10°. Additionally, the starting post may have an adjustable footrest. The design of the post should allow the swimmer's hand to grip the front or sides of the post when launching from it.
- The water temperature must be between 25°C to 28°C.
- Track markings - should be in a dark, contrasting colour, placed on the bottom of the pool in the middle of each lane.

The staff involved needs also a special equipment

- Tapping Device: a device used by Tappers to assist an athlete with a visual impairment as the athlete approaches the end wall of the swim.
- sportswear.

The players who are practicing this sport, need the following equipment:

- swimming equipment;
- swimming suits, flip-flops, towel;
- swimming equipment like goggles for swimming, cap;
- board for learning the swimming;
- flotation belt;
- nose plugs.

2 STAFF

At least one coach or sports instructor (preferred swimming instructor), an accompanying person that will help with daily routines before training and after.

Staff needed for the organization of competition and their roles:

Coaches:

- during the training session, the coach is responsible for teaching as well as for taking care of the swimmer;
- during the competition - they are responsible for keeping control when the swimmer is approaching the wall of the swimming pool, besides that they give support in the preparation phase and warm-up before starting;

Tappers: an assistant to a visually impaired athlete who assists

the swimmer during the competition;

The tapper informs about approaching to the wall.

Other staff that could be involved: Referee, Medical, Coach. During the competition, there must be at least one referee that gives the sign to start to all, and for each swimmer, there must be his coach, that keeps a special line which gives a swimmer the information that he or she is approaching the wall to take the turn.

3 PLAYERS

Before starting the activity, all the players should make warm-up activities under the control of the coach or swimming instructor. Before participating in any kind of competition, it is recommended that the visually impaired person should go through the course of swimming, to know all the swimming styles and how to behave during risky situations in the water.

This sport can be practised by every person, also the one with different types of disability its type and level of dysfunctions. It can be practised individually, however always in support of a guide or in groups of people. Competitions are individual as well as in teams.

4 RULES

Athletes, Athlete Support Staff and Classification Staff are personally responsible for being familiar with all requirements of the sport, type of competition and all requirements of the facility in which the event is organised.

DURING THE COMPETITION

- The Main Judge begins each race with a series of short whistles. The swimmers prepare for the start, remove their clothes except for their swimming suit. Then the Main Judge will give the signal by a long whistle to take a position on the starting platform or in the water (depending on the swimming style). The second long whistle is the signal to take the starting position. Then, the Main Judge gives the sign to the Starter. In the case of a swimmer with a visual impairment, after the long whistle of the Main Judge, the swimmer should be able to orientate himself before the Starter gives the command "get in position". In the case of a swimmer with a visual impairment, along with a hearing impairment, the Assistant shall give the start signal to the swimmer through the use of non-verbal instructions.
- After swimming each length or distance of the pool and at the end of the race, the swimmer must touch the wall with any part of their body.

- All individual races are held separately for each gender.
- If a swimmer covers the distance alone, he must cover the entire distance for the result to be recognized.
- The swimmer must both stay and finish the race on the same lane from which he/she started.
- If a visually impaired swimmer emerges on a lane that is not being used, he/she may finish the race on that lane.
- If, on the other hand, he surfaces on a lane that is being used by another swimmer, it is preferred that the swimmer returns to the correct lane. The tapper may give verbal instruction, but only after clearly identifying that swimmer by name to prevent distraction or interference with other competitors. If the swimmer completes the race on the occupied lane without interfering with another competitor, his/her score will be counted.
- Pulling up on the rope/line is not allowed.

The spectators during the competition are required to be silent as visually impaired sportsmen, use verbal signals, which are an important part of the competition.

5 SAFETY

To create a safe environment all participants, staff, players and spectators should respect the safety reasons regarding the sports facility and swimming competitions. The staff should pass the exam from first aid, even though the competitions are organized in support of special medical staff. Trainers and instructors should be qualified experts and should pass an exam under the supervision of the Sports Association.

Also, the staff needs to prioritize the following aspects during a swimming event:

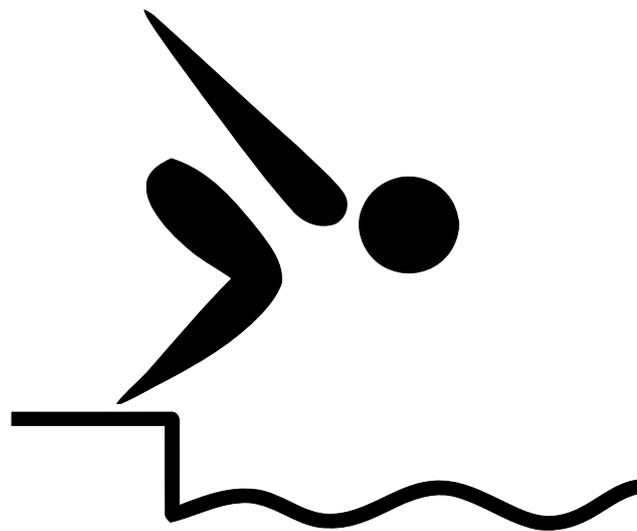
- The swimming coach is obliged to face the swimming pool. While coaching, he/she has to move along the poolside so instructions were easy to hear for the visually impaired swimmers.
- Good and clear communication is crucial. The coach must give detailed explanations of drills. Sometimes it is necessary to make manual demonstrations of drills with the visually impaired swimmer.
- The area of a poolside should be kept clear of obstacles and equipment that may cause someone's trip or fall).
- All the equipment should be stored in a well-defined area. The swimmers should be informed where that area is and what is contained there.
- Always give precise instructions to help visually impaired swimmers to find their way ("the steps are to your left-hand side").

General safety rules you should apply in all the situations:

- Swimming in Open Water (lakes, sea or rivers, etc.) - it is advised to swim always in accompany of partner or a group, having very good swimming skills. Usually, open waters are not equipped with the lines of direction, have no boundaries, that is why a sighted swimming partner is a must.
- In an emergency, always swim in the same direction as the waves go, to reach the shore.
- Focus and try to listen for sounds signaling the direction of land given by: the people who are talking, dogs that are barking, or music. If the swimmer sees shapes and outlines, he/she should focus and look for buildings, flags, or lights.

6 CONCLUSION

Swimming has gained popularity among people with disabilities because of its versatility, thanks to the specific properties of water. The buoyancy of the water makes the body lighter, which allows people with significantly reduced muscle strength to perform active movements.



SKIING



It is a Paralympic discipline. The guide plays an important role in the downhill competitions for the blind and visually impaired. It shows the route to a blind or visually impaired competitor, it rides in front of the competitor at his pace. He must not be overtaken or driven more than one goal in front of him. The handler does not attack the goals, so he has to follow a slightly different track. His mistakes are punished with the disqualification of the competitor, or they may simply fall out of the route.

The handler and the rider are interdependent, and any mistake by one of them has ramifications on the route. Therefore, they must be trained, harmonious, understand each other perfectly and complement each other perfectly. The guide from start to finish leads the competitor with damaged eyesight. The role of the guide is evidenced by the fact that he receives the Paralympic medal that a blind or visually impaired competitor receives. There are five competitions at the Games: Downhill, Slalom, Giant Slalom, Super Giant and Super Combination.

Para snowboard is one of the youngest and fast-growing winter sport, in which people with disabilities can also compete. The first competitions were organized in Sochi in 2014. At the moment, only athletes with mobility impairments are allowed to participate, according to the following classification:

- SB-LL 1 - snowboarders with significant impairment of the function of one or both lower limbs; this group includes, athletes with an amputation above the knee, or with double amputation of limbs below the knees;
- SB-LL 2 - snowboarders with slight impairment of the function of one or both lower extremities; in this group, there are competitors with a lower leg amputation, but also competitors with one-sided paresis can participate;
- SB-UL - snowboarders with impairment of a limb or both upper limbs.

In para snowboard, competition takes place in three events:

Banked slalom (SBL)

It is a competition in which the player must overcome as quickly as possible a route with a length of 400-1000 m, an elevation of 100-250 m, an angle of inclination of 20-35 % and a width of a minimum of 4 meters. It is recommended that the track is located in a natural valley. There can be only one competitor on the track during the competition. A competitor covers the track three times, and the best time out of three will count for classification; The banked slalom competition was first held during the Paralympic Games in Pyongyang in March 2018.

Snowboard cross (SBX)

This race takes place on a purpose-built track with a length of 500-1000 m, an elevation of 100-200 m, a slope gradient of ~25% and a minimum width of 12 m. The time of one run is about 40-70 seconds of maximum physical effort. The track is protected by a net, marked with eco-paint and gates. On the track, there are obstacles (bumps, rollers, jumps, wu-tangs of different sizes and inclinations). The route with obstacles must be overcome in the fastest time possible. In this competition, two competitors compete at the same time in the final round. To be in the final round, the qualifying runs are held one by one. On the basis of the achieved times, the competitors are qualified for the final rounds. These in turn provide places for 16 men and 8 women, who will race in pairs and eliminate until a winner is determined;

Giant slalom (GS)

This is the youngest of the para snowboard categories. This competition is based on the most technical way to overcome the gates spaced every 20-27 m on a slope with a length of 400-600 m, an elevation of 200-400 m, a slope of 20-35 % and a minimum width of 40m. The first competition took place in Iran in 2016/2017 and will make its debut as a Paralympic discipline for the first time in 2022.

1 MATERIALS

Both sports, skiing and para snowboard, are practised outside, mainly during the winter season. The basic equipment is skis, which are used to ride and compete. They are exactly the same as those used by able-bodied athletes. For people with sight impairment, in addition to human support in the form of a guide, additionally, bright reflective vests are used to improve the visibility of the guide riding in front of the blind or visually impaired person, devices enabling voice communication between the competitor and the guide (from intercoms to the speaker on the guide's back, in the case of teams in which there are completely blind players). Other necessary pieces of equipment are crash helmets, ski goggles, poles, gloves and body protectors (hand and forearm).

There is a specially designed equipment for blind athletes, skiers:

- blacked-out goggles - the model is optional, but during the competition, the jury can control them;
- contents Competition equipment;
- competition implements - example: skis, bindings, boots, poles, clothing, helmets, ski goggles;
- additional equipment (accessories) - example - para-blocks, plastic tip covers, additional weights, back protectors.

2 STAFF

Guide and skier. The role of the guide is described below.

- The guide usually remains behind the skier, giving the skier verbal instructions as well as descriptions. This system requires wide slopes with few obstacles.
- The guide precedes the skier providing orientation through verbal instructions as the skier follows the outline of the guide's body and movements. This system requires fewer precise instructions since the skier primarily follows the voice and movements of the guide. A portable amplification system, called Amplivox PA System, can help the guide and skier to stay in close communication.
- It is important to keep a distance between the skier and the guide as minimum as possible, but not too close to avoid crashes. Both skier and guide must wear vests that identify the one that is blind and the guide. This will inform other skiers not to attempt to ski between them.

To organize the event, all must respect the international rules of Para skiing and Para snowboard associations. It is necessary to collect the Jury and members of the Jury/Organizing Committee, who will be responsible for technical supervision within the closed competition areas:

- the Technical Delegate(s),
- the WPAS Race Director,
- the Referee,
- the Assistant Referee,
- the Chief of Race,
- the Start Referee,
- the Finish Referee,
- the Video Controller (non - voting rights),
- the WPAS OVR Race Administrator (non - voting rights),
- the Equipment controller (non - voting rights),
- the forerunner (member of the Organising Committee). The Jury may designate different forerunners for each run. Each must wear forerunner's start numbers (bibs).

3 PLAYERS

The sport is mainly practised individually. The skier must be followed by the guide.

Alpine (downhill) skiing is one of the rare opportunities available that allows the blind individual to move freely at speed through time and space. According to the International Blind Sports Association. Cross-country skiing is equally challenging; the primary difference between cross-country and downhill skiing is that cross-country generally occurs on smaller slopes and hills than does downhill.

All the athletes should be under control of the licensed coach or sports instructor, should possess all necessary ski technique skills.

4 RULES

Athletes, Athlete Support Staff and Classification Staff are personally responsible for being familiar with all requirements of the sport, type of competition and all requirements of the facility in which the event is organised.

The rules of para-skiing are very similar to the rules and technical parameters of skiing for able-bodied athletes. There are different rules for each category and type of competition. The so-called medical competition classes introduced from 2006 (Paralympic Games in Turin) for blind and partially sighted people taking off with a guide are:

- B1 - driving with covered goggles (to dispel doubts about vision), Visual acuity is poorer than LogMAR 2.60.
- B2 - sharpness and field of view significantly limited; visual acuity ranges from LogMAR 1.50 to 2.60 (inclusive), and/or the visual field is constricted to a radius of fewer than 10 degrees diameter.
- B3 - moderate acuity and field of view; visual acuity ranges from LogMAR 1.40 to 1 (inclusive), and/or the visual field is constricted to a radius of fewer than 40 degrees diameter.

Types of competition/combinations

DOWNHILL (DH)

It is characterised by the six components of technique, courage, speed, risk, physical condition and judgement. It is possible to ski the Downhill course from the start to the finish at different speeds. The athlete adapts speed and performance to his technical skills and to his individual self-responsible judgement. The course length has to be measured by a measuring tape, wheel or GPS and printed on the start and the results list. A DH gate consists of 4 slalom poles and 2 gate panels. For panels, rectangular cloth panels are to be used, approximately 0.75 m wide by 0.50 m high. They are to be fastened on the poles so that they can be recognised as easily as possible by the competitors. In place of red cloth, a luminous orange colour may be used. If the safety netting is the same colour as the gate panels (usually red or blue), and where the gates cannot be seen properly against the backdrop of the safety netting, an alternative colour for the gate panels (usually blue or red) may be used on those gates. The width of the gates must be at least 8 m. Three days should be scheduled for the inspection and official training.



SUPER-G (SG)

It is a speed event during which a competitor completes one run down the course with their finish time determining the final order based on ascending time. The length is generally shorter than Downhill but longer than Slalom and Giant Slalom. A Super-G is usually carried in one run. There are four slalom poles and two gate panels, alternately red and blue. The gate panels dimensions are 75 cm wide and 50 cm high. They are fastened between the poles so that the lower edge of the panel is approx. 1 m above the snow and should be capable of tearing or breaking away. The gates must be at least 6 m and at most 8 m wide for open gates and at least 8 m and at most 12 m for vertical gates. The gate panels are fastened in such a way so they should tear or breakaway.

The terrain should be undulating and hilly if possible and normally have a width of approximately 30 m.

GIANT SLALOM (GS)

Is a technical event with a longer course and fewer gates than the slalom. The number of gates is determined by the vertical drop of the course. If a competitor misses a gate they are disqualified. Each competitor completes two runs on the same day on different courses. Times from the two runs are added together to determine the final order based on ascending total time.

Gates consists of 4 slalom poles and 2 gate panels, alternately red and blue. The gate panels dimensions are 75 cm wide/50 cm high. The gates must be at least 4 m and at most 8 m wide. The distance between the nearest poles of two successive gates must not be less than 10 m. The terrain should preferably be undulating and hilly and normally have a width of approximately 40 m.

SLALOM (SL)

It is a technical event over a shorter course than other events but with a high number of gates that the competitor must negotiate. Missing a gate causes the disqualification. Competitors complete two runs on the same day on different courses. Times from the two runs are added together to determine the final order based on ascending total time. A slalom gate consists of two poles or where there is no outside pole the gate will consist of a turning pole. Consecutive gates must alternate blue and red. The size of a gate must have a minimum width of 5.5 m and a maximum of 6.5 m. The distance between open gates with a direction change is a minimum of 9 m and not more than 13 m (valid for all categories).

The use of a guide is obligatory for all B-classes competitions;

- Guidance equipment must comply with rules set by the WPAS organization;
- B1 competitors must ski behind their guide (competitions at Level 0);
- B1 competitors may ski either in front of or behind their guide (competitions at Level 1-3);
- The guide and competitor during the race are not permitted to have physical contact;
- During the competition, all athlete in class B1 must wear blacked-out goggles.

GUIDE:

The guide should have a WPAS license and must have suitable vision defined as follows: the visual field must be within normal limits and the visual acuity in one eye at least 0,5 and in the other eye at least 0,2 (with the best correction);

The distance between guide and competitor must be less than three (3) gates for slaloms and two (2) gates for Giant Slalom (GS), Super-G (SG) and downhill (DH), excluding delay gates and vertical combinations. Failure to comply will lead to disqualification.

The guide must pass through all gates and all guides must wear a guide bib.

5 SAFETY

Always use a “safety skier guide.” who is responsible for describing the surroundings, choosing the line of descent, and providing verbal instructions to the visually impaired skier who is blind or has low vision. For both categories: cross-country and downhill skiing, it is advised to attend courses for beginners or for visually impaired persons who are returning to the sport.

It is advised to use fitted ski equipment and clothing. In case you do not have your own equipment, you can rent it, as many ski resorts have this in offer. Contact your doctor and ask about lenses or goggles that can help reduce glare when skiing. Lenses can be tinted in a range of colours to decrease various wavelengths of light that can cause glare.

Public address systems, snow machines or other noise must be kept to a minimum, especially during the start, finish and on the entire racecourse, while all visually impaired competitors take part. All competitors and forerunners must wear a crash helmet for official training as well as for the race that meets the requirements, as described in the WPAS Equipment Rule Book, published on the WPAS website.

6 CONCLUSION

Skiing and snowboarding are winter sports that integrate wonderfully, raise the level of adrenaline, give a sense of freedom and allow you to believe in yourself. Only at the turn of the 1950s and 1960s, skiing was recognized as a form of rehabilitation for people with disabilities.

Skiing or snowboarding provides the opportunity to embrace and commune with the primal force of gravity, thus experiencing the sheer exhilaration of controlled mass in motion, in a physically independent setting.” Skiing is also a sport that engages our entire body, from our arms, abdomen, back and legs, so we can keep our body fit.



TANDEM CYCLING



It is a cycling discipline in which two cyclists ride a tandem bike. The first person is the PILOT, which steers the tandem and operates the shifting and brake levers. Behind the tandem sits a blind or partially sighted person who has a disability. Both riders contribute equally to propelling the tandem through the chain and crank system. As in normal cycling, very similar competitions are held in Tandems, both on the road and on the track.

Road competitions:

- joint start
- individual time trial
- time trial pairs

Track competitions:

- sprint (200 m from flying start + runs)
- 1 km from a standing start
- 4 km from a standing start.

Cycling races are held in 2 main categories: road cycling - on public roads designated for competitions, and track cycling - at the velodrome. The competitors will fight in tandems and individually.

During road races, depending on the degree of disability, the competitors start at endurance distances of 30-120 km. In the time trial, however, they have to cover 1.5-40 km.

In velodrome races, cyclists race on a track with a length of 250 or 333.33 meters. The entire track is tilted towards the inner part of the track at an angle of 43 degrees.

As in road cycling, competitors - divided into classes - compete at different distances: 1, 3, 4 thousand. m and in a sprint.

Competitors are divided into classes depending on the degree of disability:

- blind and visually impaired,
- players with movement dysfunction,
- cerebral palsy,
- amputees.

Each of these classes is further divided into subgroups. Tandem pilots can be - under different conditions - both amateurs and former professional cyclists. Class specifications and detailed conditions for pilots and races are established by the International Paralympic Committee.

1 MATERIALS

Tandem - a bicycle designed for two or more people sitting one after the other. A typical tandem has, just like a single-seat bicycle, one frame and two wheels, but each person has their own: handlebar, saddle and pedals. However, there are also tandems intended for a larger number of people. Both people have a share in powering the bicycle, while the person in front is usually driving the bicycle.

2 STAFF

The staff for this sport could be decided by any organizer for the specific local event. However it is recommended to have as in any event, a person responsible for the first aid.

3 PLAYERS

This sport is played by 2 people. Both of them are cycling. The front person has the task to coordinate and decide the route of the bike. Usually, this person is sighted.

4 RULES

Athletes, Athlete Support Staff and Classification Staff are personally responsible for being familiar with all requirements of the sport, type of competition and all requirements of the facility in which the event is organised.

Tandem competitions on a cycling track are held according to the same rules that apply to able-bodied cyclists.

1 km race

An individual races over 1000 m from a standing start. Considered the toughest track competition. Riders must maintain sprint speed for an extended period. The time of one run decides the order.

4,000 m race for inquiry

Two tandems start from a standing start on opposite sides of the track. Two tandems with the best times in the qualifying rounds qualify for the finals. Successive tandems compete for third place, fifth place, etc. In the finals - when one tandem "catches up" with the opponent, it means the end of the race.

Sprint

Eliminations for the sprint take place at 200 m from the flying start. From the quarter-finals of the Polish Championships, there were "2" starts from the stopped start. The cyclists fought each other for two laps in the cup system, so the loser was eliminated. In addition to speed in competition, tactical skills and nerves of steel are required.

5 SAFETY

Before you begin riding, set your saddle to the right height and ensure that the tires are properly filled, as well as that the brakes and lights are operational. You should also avoid wearing loose pants or skirts that might get caught in your bike's chain. This can result in hazardous circumstances.

Practice getting on and off the tandem and riding it before going on a cycling tour. You should also test the tandem's handling on uneven terrain at a suitable pace. You will learn to respond better to unexpected tandem movements this way. In addition, attempt to practice riding, shifting gears, and cornering in a peaceful location.

While the tandem is moving, do not get on or off. Maintain a safe distance from other cyclists, vehicles, and other traffic participants at all times, and always obey the rider's directions. Additional alternatives, like belts and back supports, can boost the cyclist's safety even more.

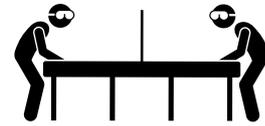
Look for a path that has a flat surface. Please keep in mind that the manner you shoot into a curve varies from tandem to tandem. You are slower on a tandem than on a regular two-wheeler. As a result, you'll need additional time to cross the street. You should pay attention and pedal cautiously.

6 CONCLUSION

Tandem cycling gives you a uniqueness and attracts the eyes of the locals. Besides the fact that you become unique in your community, it also gives you enough time to communicate with your travel partner and strengthen your relationship.

Tandem is a pleasant recreational sport that contributes to strengthening relationships with the cycling partner.

SHOWDOWN



The sport was originally invented for blind people. It was created by the blind Canadian Joe Lewis in cooperation with blind Canadian athlete Patrick York. The idea came from the tennis table. This game gained publicity and international success at the Olympics in Arnhem in 1980, during which it was played recreationally. It was well known internationally.

The showdown game (sometimes incorrectly called table tennis for the blind) is intended for two players. It rolls on a rectangular table with goals placed at opposite ends of it. There is a vertical board in the centre of the table.

General rules

At each table, the persons in charge of play are the referee (full sight), the timekeeper and the scorer. One person can measure time and count points at the same time. The referee may also act as a timekeeper and counters at the same time. This rule does not apply to play-off matches at the level of the European and World Championships, where at least two people should be refereeing and scoring.

The game begins and ends with a referee's whistle. A single whistle signifies the start or stop of the game, a double whistle - a goal scored by a player, and a long whistle - the end of a set or game.

The winner is the player who reaches 11 points first, having a 2 points advantage over his opponent. If there is no 2-point advantage, the game goes on to 16 points. The competitor who scores the next point wins, even if he still does not have a two-point advantage.

During the games, the time allocated to each set is limited entirely to 15 minutes. If the time limit for a set ends, the player with the most points wins. In the event of a tie, a coin is tossed to determine which player will serve first. The first competitor to score a point is the winner.

Players change sides of the table after each set. In the last set of the game, players switch sides after one of the players has scored 6 points or if half the game time has elapsed. If only one set is played, players switch sides after one of them has scored 6 points or if half the game time has elapsed. When changing sides of the game, players move to the right. Spectators must remain quiet during the game.

1 MATERIALS

The paddles (paddles)

They should be made of smooth material and have a length of 34 cm. They can be covered with a layer of rubber (layer up to 2 mm on one side or on both sides). Maximum dimensions of the blade: length - 23 cm, width - 9 cm, thickness - 1 cm, handle length - 11 cm, handle diameter - 4 cm. The shoulder blade may be rounded or cut.

The ball

Balls with small balls in the middle (e.g. made of stainless steel), thanks to which the ball is audible during the game. The diameter of the balls should be 6 cm and the balls should have a hard, smooth surface.

The table

Dimensions: inner length - 364-366 cm, inner width - 121-122 cm, the height of the playing surface (from the floor) - 78 cm, side walls - 14 cm, corners (inner radius) - 23 cm, goal pocket (goal semicircle - 30 cm in diameter, vertical rectangular gate opening - 30x9-10 cm), touch boundary line within the goal - 40 cm in diameter, contact panel (a narrow wooden strip resting on the upper part of both end walls) - hanging 5 cm, not extended beyond table boundary, board in the centre of the table (rectangular screen resting on the side walls above the playing area and dividing it into two parts) - 46 cm.

The Outfits

The players' shirts should have short sleeves (no longer than the elbow length). Hand gloves are recommended. Their length should not exceed 6 cm above the competitor's wrist. The thickness of the gloves (all fingers) should not exceed 2.5 cm and should not enlarge the hand by more than 2 cm at the sides. Competitors must wear non-transparent eye protection that is completely covering their eyes.

2 STAFF

The staff for this sport could be decided by any organizer for the specific local event, However, it is recommended to have as in any event, a person responsible for the first aid.

3 PLAYERS

Showdown is both an individual and a team game. There are three people in the team, including at least one woman.

4 RULES

Athletes, Athlete Support Staff and Classification Staff are personally responsible for being familiar with all requirements of the sport, type of competition and all requirements of the Classification Rules.

Punctuation

For placing the ball in the opponent's goal, the player scores 2 points (the referee announces the goal with a double whistle). A player may score a point regardless of which player is serving. For hitting the ball in the center of the table and stopping the ball from moving forward, the point is awarded to the opponent. The opponent also scores a point for:

- sending the ball over the blackboard,
- touching the ball in the playing area with anything other than the paddle,
- knocking the ball out of the play zone,
- holding the ball and not continuing the game for two seconds.

Starting the game

Before the game starts, the referee tosses a coin to determine which player will start the set, then rolls the ball towards the server and asks both players if they are ready to begin the match. Upon receipt of confirmation, he signals the start of the game by whistling once.

Licks

After the starting sound, the player must serve the ball within two seconds. If he fails to do so, he loses a serve and one point to his opponent. When serving, each swing towards the ball counts as one serve. Each player serves five times in a row and then passes the serve to the opponent. The ball served before passing under the blackboard in the middle of the table may bounce off one of the side walls only once. If not, the referee must stop play, the server loses the serve, the point is awarded to the opponent.

Game

The game should be played at the end of the table, players may not be on the sides of the table. The ball in play must pass under the central board. Always hold the paddle in one hand. Violation of this rule will result in a penalty point. In the event that a player has his hand without a racket in the field of play (except when he is in the process of changing the hand holding the racket), one point is awarded to the opponent. If the ball hit by a player touches the top of the sidewall or top of the contact pad, or if it falls back onto the playing area, a score is awarded to the opponent.

Ball at an impasse

The referee may order a second serve if he considers the ball to be moving slowly enough to slow down the game or if a player loses the ball.

Penalties

Contact with the ball is not allowed within the goal area. In case of breach of this rule by one of the players, the point will be awarded to the opponent. In the event that the ball touches the racket in the goal area and then travels straight into the goal area, a goal and two points will be awarded to the opponent. If the ball touches the racket or its holder and then any part of the player's body, this will be counted as an illegal move and the opponent scores a point. If the ball touches the racket or its holder and then rolls in any direction on or off the table, this is considered a wrong defence. The point is awarded to the opponent. A player also loses a point if he drops the racket, talks during the game or his phone rings.

5 SAFETY

Players are not permitted to wear harsh, unyielding, or stiff material objects that, in the opinion of the officiating crew, pose a hazard to other players. While on the field of play, all players must wear an ADA Certified protective mouthpiece. Players are required to wear slacks or shorts with no pockets, belt loops, zippers, or visible drawstrings. Pants or shorts with professionally sewn-shut pockets are permitted at the discretion of the game referee. Unless the shorts are double-lined, pants or shorts cannot be tapped or turned inside out.

6 CONCLUSION

This sport is recreational, fun and improves your reflexes. By practising Showdown, your movements will be more agile, you will react faster to the sounds around you and it will be easier for you to identify the direction they come from. Thus, you will develop a new skill that will help you in your daily life.

GOALBALL

**A GAME MADE FOR
VISUALLY
IMPAIRED PEOPLE**



Funded by
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SPORT
SENSE

GOALBALL



Goalball is a sport exclusively for athletes with vision impairment. It was invented in 1946 to rehabilitate blind veterans from World War II and made its Paralympic debut in 1976 in Toronto, Canada.

Played indoors, usually on a volleyball court, games consist of twelve-minute halves (formerly ten-minute halves). Teams alternate throwing or rolling the ball from one end of the playing area to the other, and players remain in the area of their own goal in both defence and attack.

Players must use the sound of the bell to judge the position and movement of the ball. Eyeshades allow partially sighted players to compete on an equal footing with blind players.

1 MATERIALS

Goalball

A goalball is the size of a basketball, hollow, weighs approximately 1.25kg, has eight holes, and many loud bells. The location of the ball is indicated by bells within the goalball. Several businesses have also created a non-official ball weighing around 0.9 kilos for use by younger players.

Eyeshades

All players must wear blacked-out goggles to ensure that everyone is on the same playing field. Ski goggles are typically a lower-cost and preferable alternative to commercial goalball eyeshades used by some teams. Although any sort of tape may be used to cover the ski goggles, it is critical that no light can be seen through the lens and vent regions when the goggles are pressed against the face.

Eye Patches

All major tournaments need adhesive patches, which are put directly to the players' faces to prevent them from seeing throughout the game. The patches are then covered with eyeshadow.

Knee, Elbow and Hip Padding

Any padding from your local sports goods store would suffice. Although hip padding is not essential, most players opt to use hockey or football goalkeeper pants. Though the usage of any of these pants is acceptable, all members of the squad must wear the same color and style.

Shirt

Shirts may be hockey, football, handball, or any other type as long as they match and have numbers that are at least 20 cm high and securely fastened to both the front and back. It is advantageous to the officials and scorer's table if the numerals are of contrasting colours and simple to read.

Floor Tape and Rope

The court lines are created by wrapping tape around the length of the twine. This makes the line visible (for authorities) as well as tactile (for players). This is how the team area and landing zone are always designated, including the border, goal lines, and high-ball lines. In addition, the team area contains six hash markings (three in the front, one on each side, and one on the goal line) to help players with direction. The finest gym floor tape to use is two inches wide and can be found at most local sporting goods stores. Rope (.003 meter diameter) is available at your local hardware shop.

It is not recommended to use duct tape on the floor because it will harm it; masking tape is also not recommended since it shreds easily and is difficult to remove.

Goals

When your team's performance improves, you may want to consider purchasing goals for them to practice with. Goalball goals can be expensive since they are tailored for the activity and there is a low demand for them. Several teams have used PVC to create low-cost goals. The goalball goal measures 9 meters wide and 1.3 meters tall.

Field

The field of play must be 18 meters long and 9 meters broad for the game to be played. The court is split into six even portions measuring 3 by 9 meters each. The team area is located at each end, immediately in front of the goal. Beyond there is the landing zone for each team. The middle two portions are referred to together as the neutral zone.

2 STAFF

Unlike other sports, goalball can have more referees on the court than participants. During each game, two referees are required, as well as four goal-judges who remain in the corners of the court to verify if the ball hits or crosses the line into goals. They also recover the ball when it is thrown out of bounds.

Referee

Controls the whole game; total influence over players and other team members is retained until they exit the playing field. They are given a whistle with which to indicate the start of play, goals, rule violations, and to halt the game whenever they deem it necessary. During the game, their decisions must be followed.

They may suspend the game if they believe there are no circumstances for it to continue.

(due to the behaviour of the teams or spectators, or for any other reason).

Goal Judges

Located on the sides of each of the goals, they have the function of signalling the goals by raising the flag and quickly giving the ball to the players when the ball crosses the lines of the field.

Timekeeper

Controls the exact duration of each playing period and the interval between periods. Controls the time of possession of the ball by each team, the discount of time requested by each coach. They are responsible for acoustically signalling the lack of the 12.

Scorer

Record the result and elaborate on the game minutes. Write down the number of postings. If there is no scorer, these tasks fit the timekeeper.

3 PLAYERS

Goalball is a team sport played indoors by two teams. Teams are made up of six players, with three on the field at any given moment. Each team has three players on the pitch throughout the game. In goalball, the three conventional positions are center, right-wing, and left-wing. The center player is the one who is primarily responsible for defence, and this is usually their primary focus. They are usually the defensive coordinator since they can detect which opponent player has the ball more precisely because they are square to the opposite team. The wings are typically the primary attacking players, enabling the center man to focus on defence. Their primary defensive duties are to keep the ball out of either corner of the goal, however, they also defend slightly towards the center.

The players may warm up on the side of the field that they would defend, but they are not permitted to throw the ball towards the other team's half field. If the team throws the ball to the opposing midfield, the referee will issue a warning. If the team repeats the action, it will be penalized before the game begins (teampenalty - unsportsmanlike attitude)



4

RULES

Length of the Game

The game consists of three parts of 7 minutes (21 minutes in total) with an interval of 2 minutes between each part. If the team is not ready to play after 2 minutes, a penalty will be awarded for a delay in the game. The stopwatch is stopped whenever penalties occur. At 5 minutes from the start of each game and 30 from the beginning of each part a beep is given. Players who start the game must be prepared for the eyes shades check, 90 seconds before the start of the match. The time between games must be at least 5 minutes.

Over Time

If at the end of regulation time the game is tied and a winner needs to be cleared, the teams will play a six (6) minute extension divided into two periods of 3 (three) minutes each. The team that scores first is considered the winner and is finished in the game. There is a 3-minute interval between the end of regulation time and the start of the extension. For the overtime is carried out anew coin toss. If the tie is maintained at the end of the extra period, there will be free throws to determine the winning team.

Coin Toss

Before starting the game, the referee or other designated official tosses the coin into the air. The winner can choose the goal he prefers to defend or can tell if he prefers to throw or receive. The left choice belongs to the loser. The beginning of the second part reverses the positions of the match and the situation of launch or reception. If in the coin toss one of the representatives of the team isn't present, this team is sanctioned for delay of play.

Scoring

The goal is scored whenever the ball is in play and completely pass the goal line. If a goal is scored at the end of time, that goal is valid whenever the entire ball has passed the line before the time has expired. The goal cannot be scored when the official is replacing the ball. When the eyeshades of a defensive player are moved from the position by contact with the thrown ball, the continuation of the move is allowed and a goal is scored if the ball passes the goal line completely. The winner is the team that scores the most goals at the end of the match.

Game Protocol

The referee starts the game with the request for silence and reminds everyone that they must remain silent while the ball is in play. The referee calls "centre" and hands the ball to the player closest to the central position of the team that starts the pitch. The referee whistles 3 (three) times and will say "play". The timer starts counting after the 3rd whistle and is stopped whenever the referee whistle, restarted when the referee whistles again. In the penalty, the timer remains stopped during the marking of this penalty. Whenever the ball needs to be restarted on the field, the referee or line judge makes that replacement by the sideline of the field 1.5 m ahead of the goal post closest to the ball's exit. Any ball that goes out the sideline, the referee will say "out." The ball rested on the opposite side of the field from which the ball was thrown by the referee or line judge on the field line 1.5 m ahead of the crossbar closest to the ball's exit. The referee will say "play" for the game to start over. Goalball Rules 5 Any time the ball is restarted by the referee or line judge on the line 1.5m ahead of the crossbar, the referee whistles and says "play" even if no player on the team tries to catch the ball. No further assistance or guidance is allowed in the field - individual or team penalty - game delay. After a penalty situation, players can be redirected by the referee. At any other time, the referee needs to coach the player, an individual penalty is awarded for the delay in play. When a ball thrown stops in the other team's defence area without any player touching it, it is considered a "dead ball". The referee will call once and say "Dead Ball". The ball is returned by the referee or line judge, on the sideline 1.5m away from the front of the nearest crossbar. It is also considered a "dead ball" if the throwing ball hits the goal post without touching any player and stops in the area of defence, attack or first half of the neutral area. The whistle is only sounded when the ball is completely still. If a team member needs to leave the game area for any reason (medical care, equipment adjustment), this is only allowed at official stops and the player can not turn back until the end of that period. Each game time will end with the referee's whistle and the word "half time". This is a signal that game time is over and players can trade eyeshades without a penalty. (individual penalty - eyeshades).

Official's Time-Out

The referees may indicate "official time out" whenever an interruption of play is required to ensure proper play (eg wet floor, public noise, eyeshades check, etc.).

Team Time-Out

Each team has the right to make 3 times out requests of 45 seconds each during the official game time and ask for a time during extra-time of play (extra time). A team may request "Time out" if they have the ball, when the playing time is stopped any team may request it. This request can be made by any team member. "Timeout" starts when the referee announces the name of the team that requested it. The 12- the second timekeeper will record the 45seconds and sound a beep when 15 seconds is gone for the time to end. (the referee says "15 seconds"). Before the end of the time request, there may be a substitution. If the team requests time out, there must be at least one launch before the team can request a time or a replacement again. If a team requests more than 3 times out during the statutory period of the game or more than 1 during extra time, a team penalty is awarded for the game delay.

Others

Everyone except the referee has to remain silent during the play. In this way, the players can focus on the match and hear the position of the ball.

5 SAFETY

The activity area is smooth and free of hazards/debris. The activity area is clearly marked with adequate out-of-bounds areas. Proper lighting and ventilation, when applicable, are provided instructions for use of the facility are posted Emergency exit of an indoor facility is clearly marked. Also, medical staff is required to help if is necessary.

HOW TO IMPLEMENT SPORT IN YOUR COMMUNITY



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STEPS FOR ORGANISING AN INCLUSIVE SPORT EVENT

1. GETTING FUND
2. PREPARE A DRAFT DESCRIPTION OF THE EVENT - CONSULT WITH ASSOCIATIONS, ASKING THE BLIND ORGANISATIONS WHAT THEIR PARTICIPANTS WANT TO DO
3. FINDING AND BOOKING THE VENUE
4. GET A PERMISSION - IF NEEDED (PLAN FOR GARBAGE, MEDICAL STUFF, TOILETS, EQUIPMENT, SAFETY)
5. SET THE RULES OF THE EVENT (DEFINE HOW MANY PARTICIPANTS PER TEAMS, AGE, HEALTH CRITERIA)
6. ORGANISE THE CATERING
7. RECRUIT VOLUNTEERS (IF NEEDED WITH DISSEMINATION MATERIAL), SECURITY STAFF, BOOK MEDICAL SERVICE)
8. PREPARE DISSEMINATION MATERIALS (POSTERS, ETC.)
9. CALLING DIFFERENT ORGANISATIONS, PROMOTION - TO FIND PARTICIPANTS - WHEN? - DEPENDS ON THE SPORT AND THE EXPERIENCE OF THE ORGANISER, THE TARGET GROUP THEY ARE WORKING WITH USUALLY
10. ORGANISE REGISTRATIONS
11. CONTACT WITH THE BLIND ORGANISATIONS, KEY PERSONS, CONTACT WITH OTHER ORGANISATIONS TO RECRUIT SIGHTED PARTICIPANTS AS WELL, INVITE LOCAL AUTHORITIES, MUNICIPALITY
12. REACH OUT TO MEDIA CHANNELS - IN SMALLER CITIES IT'S EASIER
13. RADIO, TV, PODCASTS, DIRECT TEXT (NOT FORMATTED), YOU CAN SEND A PHOTO- WITH A SPECIAL BACKGROUND 'ALT TEXT'
14. SENDING MESSAGES TO PEOPLE WHO REGISTERED OR MIGHT REGISTER
15. WRITE THE SCRIPT OF THE EVENT, DEFINING THE ROLES (EVENT MANAGER)
16. ORGANISE AN INFORMATION MEETING FOR THE STAFF (VOLUNTEERS, GUIDES, MEDICAL STAFF, SECURITY STAFF) - BEFORE THE IMPLEMENTATION
17. DISCUSS THE SCRIPT OF THE EVENT
18. TRAIN THE STAFF HOW TO SUPPORT VISUALLY IMPAIRED PARTICIPANTS
19. FIND AND CONTRACT REFEREES
20. GETTING THE EQUIPMENT, MEDALS AND TROPHIES
21. CALLING THE PARTICIPANTS ON THE PHONE - IF NEEDED
22. ORGANISING TRANSPORT FOR THE PARTICIPANTS
23. CHECKING WITH THE PARTICIPANTS AND STAFF IF EVERYTHING IS OK, READY
24. ORGANISE TABLES AT THE VENUE (FOR CHESS) / ORGANISE THE EQUIPMENT OF GOALBALL
25. REFEREES CHECKING THE VENUE AND EQUIPMENT (IN CASE OF A PROFESSIONAL SPORT EVENT)
26. OFFICIAL OPENING CEREMONY
27. IMPLEMENT THE TOURNAMENT
28. OFFICIAL CLOSING CEREMONY
29. DISSEMINATE



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