

How to Host an Adapted Sports Outreach Event

An NRTC Community Outreach Guide



NATIONAL RESEARCH
& TRAINING CENTER
ON BLINDNESS & LOW VISION

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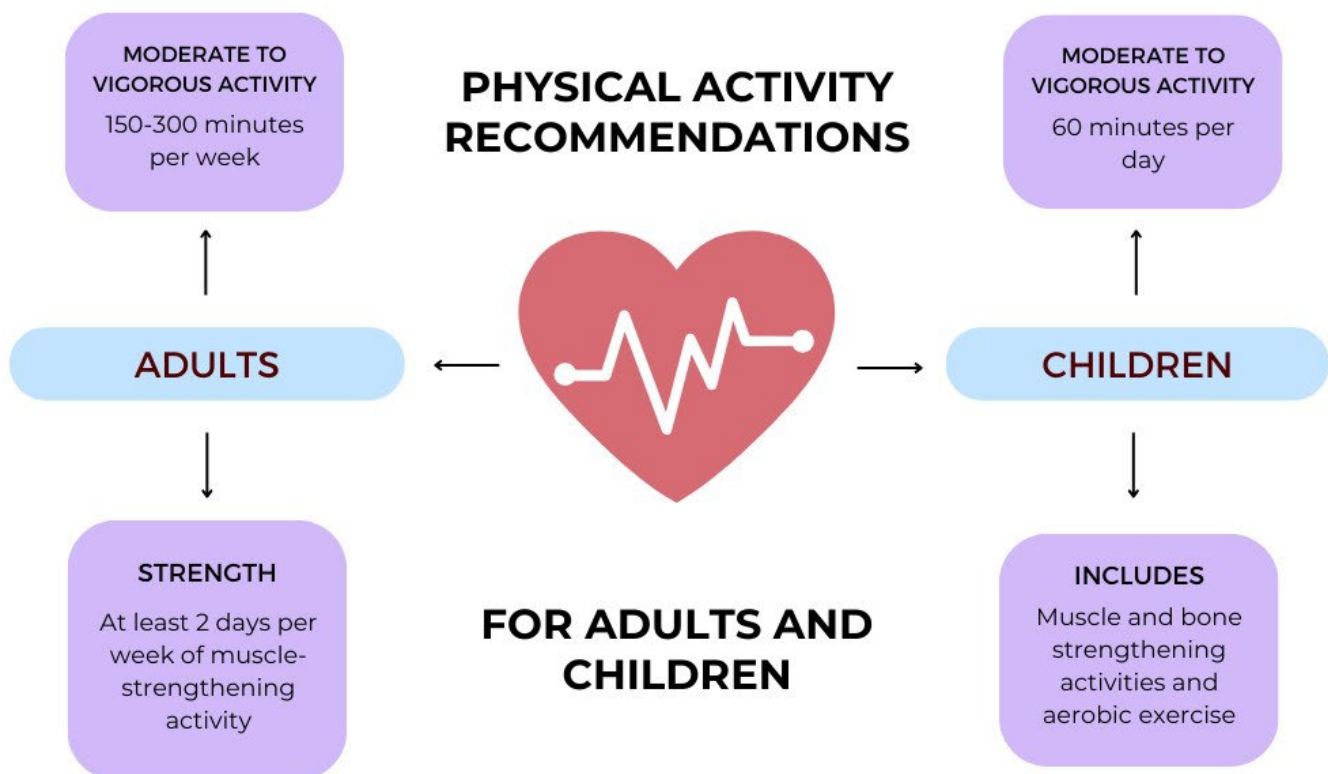
Importance of Physical Activity and Recreation

Benefits

Physical activity is an essential component of a person's overall health and well-being as it provides physical, mental, emotional, and social benefits. Various types of physical activity can improve strength, endurance, and cognitive functioning. Additionally, physical activity can result in reductions in anxiety and depression. Specific to individuals who are blind or have low vision (B/LV), participating in physical activity and recreation can lead to improvements in gross motor skills, walking speed, functional mobility, and balance, as well as reduce one's fear of falling.

Current recommendations

To experience the benefits of physical activity and exercise, the Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) recommend that adults and children achieve certain levels of engagement in activity. Those levels are depicted in the figure below:



Unfortunately, individuals with disabilities, including those who are B/LV, typically do not engage in the appropriate amounts of physical activity. Therefore, it is important to promote education and awareness regarding ways that individuals who are B/LV can participate in sports and recreation.

Activities, games, and modifications

There are a variety of activities that adults and children, including those who are B/LV, can participate in to meet the recommendations and obtain benefits from physical activity. These include running, biking, hiking, swimming, tennis, basketball, soccer, and so many more! In this manual, we provide you with information on just a few activities that can be adapted for individuals who are B/LV, but keep in mind that there are many more activities that you can choose from.

Modifications that make sports and games accessible to individuals who are B/LV can be simple and of low cost. When choosing the activities for your event, consider your current access to supplies and equipment, your budget, and your event space. Even if you can't include certain sports or games as interactive activities at your event, you can still provide information about them! Check out these resources for more information on sports, games, and modifications:

- [APH — Fitness for Individuals Who Are Visually Impaired or Deafblind](#)
- [Overview - IBSA Goalball](#)
- [A-Z | British Blind Sport](#)
- [Blind Sports and Recreation Resources | National Technical Assistance Center \(msstate.edu\)](#)
- [U.S. Association of Blind Athletes \(usaba.org\)](#)
- [Camp Abilities](#)
- [Physical Education for Students with Vision Impairment and Deafblindness](#)

Why Host an Adapted Sports Event

To educate

A primary purpose of this event is to educate people about simple ways to adapt sports and games for individuals who are B/LV, as well as share information about blind-specific sports. During this event, participants can try various activities while blindfolded or wearing simulators to experience what it is like to play games with limited or no vision. These activities must also include educational components regarding ways that individuals who are B/LV can accomplish the given task. This will help them realize that participating in these activities is possible (perhaps even easier than expected) with limited or no vision, as they will have experienced this firsthand. Groups that could benefit from this educational opportunity include:

- **The general public**—hosting an adapted sports event for the public can increase awareness of how people who are blind or have low vision participate in sports and recreation. This could foster more inclusive practices and encourage people to get involved as volunteers.

- **Professionals**—often, professionals in roles that host sports and recreation programs are not trained on inclusive practices and disability. Therefore, exclusion from recreation may occur because professionals are unaware of how a sport or game is not accessible or how they can make these opportunities accessible. This event can provide education on how to create adaptations and simple modifications so people who are B/LV can participate.
- **Individuals who are blind or have low vision**—unless they have been introduced to adapted sports through school or other organizations, many individuals who are B/LV may be unaware of how they can participate in recreation, and this may be particularly true for those who enjoyed recreational activities prior to experiencing vision changes later in life. An adapted sports event can expose individuals who are B/LV to various games they can participate in, connect them to local organizations or teams, and help them reduce fears associated with engaging in physical activities.

Build partnerships

An adapted sports outreach event can help you get connected with local schools, community recreation centers, other disability-focused organizations, and even local businesses. This can increase your community's awareness of the services your organization provides, draw in people who may need services, provide you with means for funding, donations, or volunteers, and increase interest in the field of blindness and low vision.

Encourage inclusion and increase recreational opportunities

By increasing education and awareness in your community and building partnerships with other organizations, you can increase opportunities for individuals with B/LV to participate in recreation. Use your event to highlight the gaps in your community—the need for more programs, safer physical environments, and opportunities for inclusion. Organizations can begin to develop more inclusive programs by implementing the modifications they learn about, getting connected to individuals seeking to participate in recreation, and understanding that recreation can and should be available to everyone.

General Event Considerations

Who is your target audience?

Your target audience will determine some of your event considerations. Potential audiences include the following:

- **Schools**

This event can be hosted at any school, from elementary to college, to teach

students inclusive practices. Depending on the age of the students, you may include different activities. For example, for elementary-school audiences, you may want to incorporate activities for motor skill development typically included in adapted physical education, while implementing more competitive-type sports like basketball or goalball for older kids. We recommend talking to the schools to see if your event can occur during PE class for a day—this would provide you with a structured schedule, a safe environment, and a steady flow of participants. At the university level, you could target students interested in rehabilitation, special education, and physical activity careers.

- **Community recreation event**

Get connected with your local community recreation department. You can host your own adapted sports event or simply be a part of a larger community-wide event. The purpose could be to raise awareness within the general public on the topic of adapted sports, and it could also open the door for inclusive programs within the community. If local programs already exist, such as a beep baseball team, encourage teams and coaches to participate in your event to generate interest and recruit more people to get involved.

- **Physical activity professionals**

This may include but is not limited to PE teachers, adapted PE teachers, physical activity specialists, and community recreation professionals. Professionals who typically work with the general population may not have received training on programming for people with disabilities or visual impairments. This outreach event can be geared toward professionals to train them on various activities they can modify and implement to make their programs inclusive. Along with the activities, consider developing educational or instructional material on the ‘rules of the game’ for sports like goalball that are specific to the blind community, handouts with modifications to mainstream activities, and resources to connect professionals to other organizations in the field of blindness and low vision.

How will you recruit your audience?

Depending on your target audience, you may have to consider ways to promote your program. If you are hosting at a school, you will likely have a steady flow of participants attending your program. This could offer more structure as you plan your program; however, if you are seeking to host an event for professionals, you may consider contacting organizations directly, partnering with local organizations, and offering continuing education credits.

Event space

To host an event that is fun, educational, and engaging, it's best to offer hands-on activities and interactive demonstrations of various sports and games. It's also important to maintain safety and practicality; therefore, you must consider your event space when determining which activities you can include.

- **Indoor**

- ❖ Benefits: more structure and safety, temperature controlled, don't have to worry about weather
- ❖ Special considerations: noise level (sound devices overlapping, echoing due to general acoustics of the space as well as individuals playing and talking at the various stations), smaller space may limit the number of activities

- **Outdoor**

- ❖ Benefits: larger space, more public attraction (if your event is open to the public)
- ❖ Special considerations: need adequate volume for sound devices (may have traffic, or greater distance from the sound source), playing surface (concrete, grass, unexpected obstacles), weather (alternate plans for inclement weather), time of day, may need more volunteers (especially given a large open space or children participating)

- **Size of the space**

Many of the activities will require some type of noise indicator so participants know where to aim. When deciding what sound indicators to use, you will want to consider how many you will need as well as the size of your space. For example, in a smaller space, you don't want all of your sounds to be the same, as it may be difficult to distinguish one from another. If you are outdoors, or in a larger space, you should ensure that your sound devices can be heard from a distance or over other noises like road traffic.

Tip #1: Bluetooth speakers are good for sound indicators because you can adjust the volume, play different types of music at various stations, and they can provide a fun and upbeat atmosphere for participants. If you need sound indicators that are not continuous but sound on command, wireless doorbells can be used. You can also find inexpensive beeper devices at the [Braille Superstore](#).

Tip #2: Regardless of whether your event is indoors or outdoors, you will want to avoid areas that have uneven surfaces (i.e., holes or bumps in the ground), large obstacles, or other hazards that could increase the safety risk of your activities.

Tip #3: It is a good idea to practice setting up your event so that you know if your sound sources are adequate, if they will overlap with each other, and if you have enough space for your activities. You will also get a better sense of the best way to run each activity.

Budget

If you have a budget, you will need to determine how to best allocate the money. Think about what items are essential, and what items may be collected as donations. Be sure to explore your options to make the best use of your budget. Below are a few things to consider:

- **Event space**
 - ❖ Rental fee, security deposits, or registration fees (if your event is part of a larger event)
 - ❖ Amenities: chairs, tables, cleaning supplies, etc.
- **Sport/activity equipment**
 - ❖ Beeper balls, cornhole boards, etc.
 - ❖ Equipment for adaptations (i.e., sound devices, bright colored tape)
 - ❖ Simulators/eye shades
- **Promotional items and materials**
 - ❖ Posters, infographics, pamphlets, etc.
 - ❖ Rule books/guides
- **Food and drinks (either for staff or participants)**
- **T-shirts (for staff and volunteers)**

Supplies

The supplies you need will vary depending on the activities that you choose to implement. Essential supplies will include simulators or eye shades, items for contrast (such as bright colored tape), and sound devices. The activities below provide you with example supplies and equipment that are helpful for each activity. If you are hosting an event at a school or community recreation center, you can ask what supplies they already have and build your activities around what is available.

Volunteers and community sponsors

The number of volunteers you need will be determined by your staff size, number of activities you have, and how many participants you think will attend. If possible, you should try to have at least one staff member at each station who can help instruct your volunteers, and at least one or two volunteers at each station. If it's not possible to have staff at each station, try to train your volunteers before the event, and make sure the staff is walking around and helping where necessary throughout the event. You can recruit volunteers from local schools, Lions Club, universities, churches, or other clubs and organizations that need to fulfill service hours. You may also consider finding volunteers from local blind sports organizations. Consider having thank you notes or certificates for volunteers, so they have proof of their service to return to their organizations.

Community sponsors can help mitigate some budget issues. Perhaps they can provide you with prize donations for participation, cater food, or help offset t-shirt costs. In addition to donations, they can help spread the word about your event. Sponsors can include local businesses, other organizations in the blindness and low vision field, athletic teams or clubs, or organizations that you hope to build lasting partnerships with. When recruiting sponsors, make sure to provide them with information about the event and the aspects of the event for which you are requesting help.

Structuring your event

First, you will need to plan the timing of your event—do you have a full day or just a few hours? Make sure that participants have enough time to participate in various activities without feeling rushed. You will also need to decide if your event will have a set structure for all participants or be a come-and-go type event. If possible, it is best to have a structured event as this allows you to have more time with participants to provide education and opportunities to debrief. You may consider the following stages:

Brief instruction

- For a structured event, use this time to introduce your organization, the importance of adapted sports and games, how it pertains to your audience, and a brief overview of how the event will work. You could also use this time to provide education on major differences between sports for individuals who are blind compared to mainstream sports (i.e., the importance of a quiet crowd in goalball, the use of sighted guides in blind soccer, etc.), various modifications that are common in blind sports, and popular sports that aren't included in your event. If possible, have guest speakers who participate in blind sports share their stories.
- For a structured or unstructured event, give participants an opportunity to think about some of the challenges they may experience as they attempt each activity with limited or no vision. This will allow them to compare their original perceptions of blindness and low vision to their actual experience after participating in the simulation.

Breakout into activities

- Allow participants to go to different activities. At each station, be sure to provide instructions and educate on adaptive techniques that people who are B/LV use to accomplish the given tasks.
- Give participants multiple opportunities to try various activities. You want them to have enough repetitions so that they can start to feel more comfortable and have opportunities to succeed. If you have more advanced activities, like goalball, you may want to think about implementing some progressions (i.e.,

start them out by sitting down and rolling the ball so they can get a feel for what it sounds like, how heavy it is, etc., then progress from there).

- If you plan to reconvene with your participants after they break out into the activities, make sure to build in enough time so they can have more than one attempt at each activity.

Opportunity to debrief

- For a structured event, schedule time to come back together as a group to give participants opportunities to discuss their experiences. How did their actual experience compare to how difficult they originally thought it would be?
- For an unstructured event, make sure staff and volunteers are debriefing participants after the activities. The goal is for perceptions and attitudes to increase, not for participants to think it is scary or difficult to participate in sports and games with limited or no vision.
- Provide any additional information about rules, games, resources, opportunities to get involved, and takeaways that you want your audience to understand.

Activity - Informational Booths

Provide information about your organization, adapted sports and games, and opportunities to get involved. If your organization requires liability waivers and photo releases, you can use your informational booths as a welcome table and have those forms signed here.

Information about your organization/services

Have brochures, posters, and QR codes so participants can learn more about your organization and the services you offer. Make sure all of your materials are accessible!

Implementation guides

If you are hosting this event for professionals, compile or create rulebooks that include the rules of the games, how to adapt activities, and where to purchase adapted sports equipment so that participants can implement these changes into their own physical activity programs. These could also be helpful for participants who have friends, neighbors, or family members who are B/LV.

Demonstrations or displays

If you are unable to include intense sports such as goalball or beep baseball as activities, but you have equipment related to those sports available, you can incorporate displays or demonstrations. Here you can discuss how the activity is played and show

various adapted equipment to provide some information despite not being able to provide a hands-on experience.

Videos

Showing videos is a great way to expose people to the various sports and games played by the blind community that may not be feasible to demonstrate at your event. You can compile many different videos into one Adapted Sports and Games Video. (Note: compiling videos into a PowerPoint allows you to play the presentation on a loop throughout your event without needing the internet). You can show a variety of activities such as running, tandem cycling, beep baseball, paddleboarding, kayaking, goalball, skiing, and many more! You can show clips of local organizations and rec leagues all the way up to Olympic-level sports. Make sure to cite the video sources.



Video tips

1. Consider your audience when selecting your videos. For example, are you playing videos to an audience of PE teachers? Include rules on how to implement goalball in PE classes.
2. If your event will be outside, you may need some type of shade, so the screen is not too dark, and a power source, if outlets are not available.
3. To ensure that your video is accessible to your entire audience, include audio descriptions and closed captions when necessary.

Trivia wheel

A trivia wheel is a great interactive exercise that challenges participants to test their own knowledge! This activity can make participants more aware of gaps in their knowledge while helping them think creatively about how they could be inclusive.



Instructions: Develop a list of trivia questions related to blindness and low vision, physical activity and recreation, and ways that sports games can be adapted for this population. The number of questions should be the same as the number of slots in your trivia wheel. When participants spin the wheel, you ask the question corresponding to the number on the wheel that their spin landed on. Whether the participant is right or wrong, be sure to elaborate in your explanation to ensure that this activity is educational.

Tip: [Tabletop trivia wheels](#) can be purchased on Amazon for about \$35.

Activity - Interactive Games

Give participants an opportunity to interact in various sports and games while wearing simulator glasses or eyeshades. This will provide hands-on experiences that may allow them to better understand adaptations such as verbal cues, sound indicators, the use of color and contrast, as well as tactile cues for orientation. Depending on your target audience, games can be played according to traditional rules with the necessary modifications, or you can let participants try each activity for fun without being strict on traditional rules.

Cornhole

Supplies: Cornhole boards, cornhole bags, sound source (i.e., Bluetooth speaker), color contrasting tape to outline the board

Set up: You can use two boards like the traditional game, or just one, depending on your space and your participant-to-volunteer ratio. Traditional cornhole is played with the boards 27 feet apart, but you can adjust the distance based on your participants' age, skill level, or familiarity with the game.

Play: Orient participants in front of the cornhole board. If you are using a tactile marker (like a rope or swimming pool noodle), guide your participant to the marker and direct them to stand there. Have the participants point in the direction of the target to orient themselves, and then let them toss the bag toward the board. With each toss, use verbal cues to indicate how far to the left or right they were from the target or how much farther they should toss.

Tip: Give participants several chances so that they can make adjustments and try to get as close as possible to getting the bag on the board or through the hole.



Bocce ball

Supplies: Bocce ball set, sound source, target (i.e., cone or bucket)



Set up: Typically, bocce ball begins with one player tossing the small white ball, called the Pallino. This becomes the target for the round. If you want players to begin by tossing the Pallino, have a staff member or volunteer replace it with a cone or a bucket to be used as the target. The cone or bucket can be used to hold your sound source. You may also begin each round with the cone or bucket as your target and have participants start each round from a different location. Similar to cornhole, you can use a tactile marker so participants know where to stand and can be oriented to the target.

Play: Have participants point in the direction of the target before attempting their toss or roll. Then, using an underhand grip, the participant can toss or roll the ball towards the target. You can allow the participants to play against each other so that they have the opportunity to knock each other's bocce balls farther from the target or let them try a few tosses on their own to see how close they can get it.

Tip: Click [here](#) for a helpful video on ways to adapt bocce ball for individuals who are B/LV.

Soccer

Supplies: Soccer ball with bells or beeper device goal or 2 cones, sound indicators

Set up: If you are using a goal, you can place a sound indicator in the goal, or if you are using cones, you can place two synchronous sound indicators inside each cone.

Play: There are various ways you can adapt this station. Since most participants will not be comfortable running around with a soccer ball and playing against defenders while wearing eyeshades, it may be best to allow participants to attempt basic soccer-related 'drills'. For instance, if you are using a soccer ball with bells or a beeping device, you can give them a few passes, and let them try to locate the ball by listening to it. You can let them pass it back by giving them verbal cues as to where you are located (pass straight ahead, pass to your left about 20 degrees, etc.). Next, allow the participant to try a few shots from various angles by listening to the sound emanating from the goal (or cones). If the participant misses, you can give them verbal direction about how far to the right or left they were on their previous shot to help them adjust for the next.



Tip: In blind soccer, also known as 5-a-side, three sighted guides are allowed to provide information to players in certain zones of the field. You can use volunteers to help participants know where to shoot the ball.

Click [here](#) for information on how blind soccer is played at more elite levels.

Human guide demonstrations

Supplies: Cones or buckets to create paths and obstacles to maneuver around, running tethers for demonstration



Instruction: Teach participants how to be a human guide. Create a walking path that incorporates turns and/or other obstacles, but is still relatively safe, and allow them to guide staff or volunteers. Explain the proper form, the importance of communication, and how to maneuver through obstacles. Click [here](#) to learn more about proper form.

Optional: If participants want to experience what it is like to be guided by someone else, allow them to wear eyeshades and be guided. However, the main focus of this station should be teaching the participants how to be the guide.

Tip: Learning how to be a running guide may be a bit too intense for an outreach event; however, you can have other resources such as demonstrations, samples of running tethers, and videos to educate and inform participants about guided running. This information can be incorporated into your walking station.

Click the link below to view a video on how to be a running guide provided by United in Stride: [United In Stride sighted guide tutorial with audio description - YouTube](#)

Other options

The activities listed above are just a few examples. Depending on your resources, spaces, and audience, you can choose from many different activities:

- Other sport activities: basketball, goalball, beep baseball, kickball, golf, etc.
- “Meet the Team”—invite local adapted sports teams to be a part of your event. They can provide information, recruit volunteers or other players, and grow their fan base by making local connections.
- [Seated games or board games](#)—Jenga, large-print or braille card games, adapted tic-tac-toe, [chess](#).
- Sensory activities like Play-Doh molding or [Lego Braille Bricks](#) demonstrations.

Optional

Create competitions within your event

Sports and games are often fun because of the competition, so if you want to get creative, you can build some friendly competition into your event. For example, if your event includes basketball, you can have a free throw competition to see who can make the most free throws out of 5. Or, instead of having participants try a few cornhole tosses alone, you can have participants play against each other and see who gets the most bags on the board out of their four throws. When deciding what activities should be competitive, remember the purpose of your event, who your audience is, and that this is likely a new experience for most people. Keep it friendly and safe, and make sure that you are allowing all participants to experience success despite the challenge of using eyeshades.

Incentives and raffle prizes

Providing incentives is a great way to recruit participants if your event is open to the public. Additionally, if you decide to include competitions in your event, you can use incentives as prizes. You could also raise money for local adapted sport programs and leagues by collecting raffle prizes from community donors and giving participants the opportunity to purchase raffle tickets.

Food and drinks

Depending on your budget, you may consider providing food and drinks for your volunteers and/or participants. You may want to provide water since there will be lots of interactive sports and gaming activities. If you'd like to be more fun and creative, you could go along with the sports theme and provide water in large Gatorade jugs or provide sports-themed concession stand snacks. The event may only be scheduled for a couple of hours, in which case food and drinks may not be necessary, so remember to prioritize your budget for things that are necessary. You may also be able to find a community sponsor that is willing to provide food and drinks, coupons, or gift cards that could be used as incentives. If you are hosting an event for kids (i.e., during PE), it may be best to avoid providing food for safety and allergy purposes.

Shirts

If your budget allows, shirts for your staff can be a fun and helpful option. This allows participants to easily identify staff members throughout the event as they move through the various stations and activities. If you have a community sponsor or donor who provides the funds to help purchase shirts, you can include their logo.

Consider providing shirts for your volunteers as well, again, if your budget allows. Otherwise, you can simply ask them to wear a specific color shirt so that they can

attempt to match. If your volunteers are participating on behalf of an organization, they can wear shirts to represent their own organization as well.

Below is an example of an adapted sports t-shirt design:



Ways to Promote Your Event

Social media

You can use social media to keep your audience engaged and informed about your event for several months leading up to it. Post your event flyers and graphics on various platforms and encourage community partners to share your posts to reach larger audiences. You can also use social media to recruit volunteers. Below are various examples of posts to promote your event:

- 'Sign up before the deadline' posts for participants and volunteers
- A [carousel](#) (a post with more than one photo or video) describing the different types of activities
- Short videos previewing your event
- Posts counting down to the day of (ex. 'One Week Away' or 'One Day Away' posts)

Design Tips

Create social media graphics that are accessible and can be easily disseminated. To ensure that your post is accessible, make sure to include alt text or image descriptions for graphics and photos. Click [here](#) for more information on how to create alt text and image descriptions for social media. When creating a design, include images and graphics that make your post stand out, catch the attention of your audience, and show

what your event is about. However, use your space wisely--don't make your graphic too crowded. Be sure to emphasize the relevant information, such as the name of the event, time, day, location, and a QR code to direct followers to the event page or volunteer sign-ups.

The [current social media graphic dimensions](#) are as follows:

- Facebook posts and timeline landscape photos: 1080 x 566 pixels
- Instagram feed posts (square): 1080 x 1080 pixels
- X (formerly Twitter) landscape photos: 1500 x 500 pixels

Below are a few example posts:



Tip: While this manual provides a brief overview on social media event promotions, you can click [here](#) for a step-by-step guide to help you promote your event online.

Email disseminations

Email is a quick and easy way to spread the word about your event to a large audience. Below are sample emails to send to community partners:

General email template

Subject: You're Invited to [insert name of event here]!

Please join us on [date] at [location] for our [event]. This event will include informational booths and interactive activities such as bocce ball, soccer, cornhole, and other adapted sports and games! We hope that this event will spread awareness, provide educational opportunities, and perhaps spark some interest in students to work in the field of blindness and low vision. This awareness event perfectly aligns with the [organization/company/nonprofit's] mission to [insert mission here.], and we hope that you can be a part of it too!

In case of rain, we will postpone the event to the following day, [date]. To stay up to date on the event, please visit our event page [insert hyperlink] and follow us on social media [insert social media handles].

Volunteer template

Subject: Seeking volunteers for [insert name of event here]

Hello,

The [organization/company/nonprofit] is hosting our [adapted sports event title] on [date] at [location]!

This event will include informational booths and interactive activities such as bocce ball, soccer, cornhole, and other adapted activities that are played by people who are blind or have low vision (B/LV). In case of rain, we will postpone the event to the following day, [date].

Currently, we are looking for volunteers to help with [list areas that you need help in]. Please share the attached flyer with your organization to help us recruit volunteers and participants. Our department is happy to provide information that your organization may need to qualify this event for volunteer hours, if necessary. Anyone who is interested in volunteering for our event, can fill out the attached form. [insert hyperlink of form]. To reach out for any questions, contact [name] at [email].

We hope that this event will spread awareness, provide educational opportunities, and perhaps spark some interest in students to work in the field of blindness and low vision. This awareness event perfectly aligns with the [organization/company/nonprofit's] mission to enhance employment and independent living outcomes for individuals who are B/LV through research, training, education, and dissemination, and we hope you can be a part of it too!

If you have any questions, please let me or [head of event] know, and we would be happy to answer them.

News outlets

Subject: [Organization name and event title]

Hello,

The [organization/company/nonprofit] is hosting our [adapted sports event] on [date] on the [location]!

This event will include informational booths and interactive activities such as bocce ball, soccer, cornhole, and other adapted activities that are played by people who are blind or have low vision (B/LV). In case of rain, we will postpone the event to the following day, [date].

Attached is our media advisory about the event. We would appreciate it if you could include this in [outlet] so that your audience can learn more about the event and our [organization/company/nonprofit].

If you have any questions, please don't hesitate to reach out.

Sample media advisory

**MEDIA ADVISORY: NRTC to Host Awareness Event Play Without Limits:
Adapting Sports & Games for the Blind**

**WHO: The National Research & Training Center on Blindness & Low Vision at
Mississippi State University**

WHAT: *An adapted sports outreach event aimed at raising awareness and providing education on sports and games for the blind. The event will include informational booths, videos, and interactive activities such as bocce ball, soccer, cornhole, trivia, and human guide demonstration. The MSU sorority Delta Gamma, which supports the philanthropy Service for Sight, has partnered with NRTC by providing promotional materials and volunteers to help lead the activities.*

WHEN: *Wednesday, September 27, 2023, 9-11 a.m. (in the case of rain or inclement weather, the event will be postponed to September 28th, 9-11 a.m.)*

WHERE: *MSU Drill Field*

DETAILS: *To help spread awareness of the capabilities of individuals with blindness and low vision (B/LV), the NRTC is hosting their Play Without Limits: Adapting Sports & Games for the Blind event to share information about adapted sports in the B/LV field. Individuals with B/LV have the ability to play a variety of sports, recreational games, and outdoor activities. This event will also share educational information on how to volunteer as a human guide and more about the B/LV field.*

CONTACT: *For more information, contact [event coordinator] at [email and/or phone]*

Sample News Story

See a [sample news story](#) submitted to Mississippi State University's newsroom about the NRTC's adapted sports event.

Conclusion

This guide is meant to provide you with a brief overview of the different types of activities that can be incorporated into an outreach event, modifications that make sports and games inclusive, and general considerations that may be necessary as you plan. Your adapted sports event can be developed based on your organization's resources and the needs of your community. The ultimate goal of this type of event is to provide education and increase awareness of the ways that sports and recreational games can be modified to include individuals who are B/LV. Emphasize the educational components of the program to ensure your audience understands that adapted techniques can promote enjoyment and success in any activity for people who are B/LV.

Appendix – Resource Summary

Activities, rules, and modifications

1. [APH — Fitness for Individuals Who Are Visually Impaired or Deafblind](#)
2. [Overview - IBSA Goalball](#)
3. [A-Z | British Blind Sport](#)
4. [Blind Sports and Recreation Resources | National Technical Assistance Center \(msstate.edu\)](#)
5. [U.S. Association of Blind Athletes \(usaba.org\)](#)
6. [Camp Abilities](#)
7. [Physical Education for Students with Vision Impairment and Deafblindness](#)
8. [Bocce ball](#)
10. [5-a-side soccer](#)
11. [Human guide technique](#)
12. [United In Stride sighted guide tutorial with audio description - YouTube](#)
13. [Seated games or board games](#)
14. [Chess](#)
15. [Lego Braille Bricks demonstrations](#)

Supplies

1. [Braille Superstore](#)
2. [Tabletop trivia wheels](#)

Social media

1. [Carousel](#)
2. [Social media accessibility](#)
3. [Current social media graphic dimensions](#)
4. [Social media event promotion](#)
5. [Sample news story](#)