

# SOME IDEAS ON HOW TO ADAPT ACTIVITIES

Ask the participants! Say, 'How can we make this work for you?'

Keep activity modifications to a minimum. The less change in an activity, the better included the participant feels as part of the group. Always focus on the participant's abilities rather than disabilities, and don't be afraid to experiment with new ideas.

- You may need to adjust **Time** (allow extra time to complete tasks).
- **Equipment** (such as providing softer balls, balloons shorter bats).
- **Environment** or **Number** of participants.
- **Adaptations** to existing equipment (e.g: pontoons for kayaks) or extra support (volunteer, spotter or support worker.)

**TIP** Ask the participant to help find solutions and engage with the other participants (if it is an integrated program) to find solutions as a group. The coach or program leader should lead by example in how to interact.



Aim to develop a good understanding of the participant's disability(ies) their ability to perform in sport (for example, balance or range of motion).

**ALWAYS LOOK FOR THE POTENTIAL, NOT THE LIMITATIONS.**



**TIP** Include a handcycle alongside spin bikes; add sport wheelchairs as a normal piece of equipment at camps or programs; make space around pieces of gym equipment that are accessible to people with disabilities.

- Incorporate stations into gym program.
- Offer a variety of modifications for all skill levels.
- Pair new participants with experienced mentors.

*"It is often the people who need sport and recreation most who have the most trouble accessing it."*

- Review the wording of program descriptions so they are welcoming of all abilities.
- Include photos of different ages and abilities.



**TIP** Try reverse integration by getting non-disabled participants to try wheelchair tennis, wheelchair basketball, wheelchair curling, sledge hockey, sitting volleyball, floor table tennis and other para sports! It is a powerful way to break barriers and illustrate the skills of people with disabilities.