

# Disabilities & Sports



Sports can help us stay healthy and make friends! People with disabilities play many sports, but may need accessible options to participate. Let's learn more about how people are making sure all children get to play!

## HOW CAN WE MAKE SPORTS ACCESSIBLE FOR PEOPLE WITH DISABILITIES?

- For mobility: specially designed wheelchairs for sporting events, sit skis, hand cycles, power chairs, adaptive riding saddles
- Pair sighted with vision impaired athletes and use balls with different textures and sounds
- Inclusive classes with trained instructors
- Hand straps or mitts with velcro
- Walk in-swimming pool, pool hoist, extra swimmers & flotation devices to support safe swimming

| PARALYMPICS  | SPECIAL OLYMPICS  |
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| <ul style="list-style-type: none"> <li>• Athlete categories: Amputee, cerebral palsy, intellectual disability, visually impaired, spinal injury or other condition.</li> <li>• Athletes must meet certain criteria so countries can determine elite athletes to represent their group.</li> <li>• Includes 28 Paralympic sports including 22 summer sports and 6 winter sports. The newest sports added were badminton, taekwondo &amp; snowboard.</li> <li>• Occurs every two years, alternating winter and summer</li> </ul> | <ul style="list-style-type: none"> <li>• Athletes may have an intellectual disability, cognitive delay or a developmental disability. They may also have a physical disability.</li> <li>• Do not need qualifying scores, but organization divides athletes for fair competition. Goal is to reach your own personal best.</li> <li>• 30 + sporting options allow for ongoing programs for young athletes (age 2-7) throughout the country in addition to the competitive annual event</li> <li>• Happens every year</li> </ul> |

## A FEW EXAMPLES OF ACCESSIBLE SPORTS:

- WHEELCHAIR BASKETBALL
- ADAPTIVE HORSEBACK RIDING/EQUESTRIAN
- HANDCYCLING
- SKIING WITH SIT SKIS
- BOWLING WITH HAND GRIPS & RAMPS
- GOLFING WITH ADAPTIVE CART
- WHEELCHAIR DANCING
- SEATBALL (LIKE VOLLEYBALL)
- TORBALL (INCLUDES A BALL WITH A BELL INSIDE)

**To learn more:**

- [SPECIALOLYMPICS.ORG](https://specialolympics.org)
- [PARALYMPIC.ORG](https://paralympic.org)
- [MOVEUNITEDSPORT.ORG](https://moveunitedsport.org)
- [UNSINKABLE](#) BY JESSICA LONG
- [TENACIOUS](#) BY PATTY CISNEROS PREVO
- [WHEELS OF COURAGE](#) BY DAVID DAVIS