Exercise with a visual limitation
Tips for dealing with and guiding an athlete who is partially sighted

**Initial situation**
1. Ask about the nature of the visual impairment. Regularly test at which distance the athlete can see objects or details.
2. Ask which visual functions are affected. For instance, is there a field of vision defect, reduced visual acuity, sensitivity to light, disturbed vision of colour or depths? Have the athlete explain this in detail.
3. Are there athletic limitations? For instance, has the athlete undergone eye surgery recently or are the eyes extra vulnerable for another reason?

**Organisation**
4. Consult with the athlete whether XL equipment or decelerating/contrasting sports equipment is of added value. Always choose colours together which the athlete can best distinguish between and add additional contrast where necessary.
5. Many athletes who are visually impaired are bothered by direct sunlight or artificial light. Have them indicate what lighting they find pleasant.
6. Do not leave unnecessary material lying around. Indicate where dangerous obstacles and items are located.

**Coaching/guidance/differentiation**
7. Discuss how you will inform the other athletes. For the purpose of safety and participation, it is important that they are aware.
8. Agree on a signal to quickly stop an activity. This can be a whistle signal or the word stop, for instance.
9. Ask whether it is necessary to indicate changes in surface (e.g. from grass to stone, steps, tree roots). Provide short and clear information/commands.
10. Have the athlete view everything that is relevant from up close and check whether the activity is clear.
11. Adjust the rules if necessary to reduce the difference in level. The same rules do not have to apply to everyone.

**Evaluation**
12. After a while, evaluate together how their exercise experience is and in what area they may want to be supported even netter. Also indicate what you feel comfortable with as a supervisor.

**More information and instruction**
For more information and instructional videos, go to [https://www.visio.org/sports](https://www.visio.org/sports)