

Visual Cues



LAKESHORE

- Ask before the race if any assistance is needed
- Use visual cues for the athlete
- Green Flag = go
- Red Flag = stop, false start
- Keep in mind that this technique can benefit the following:
 - Deaf or hard of hearing
 - Individuals with sensory impairments
 - Individuals who might be sensitive to loud noises

Sign Language Interpreter

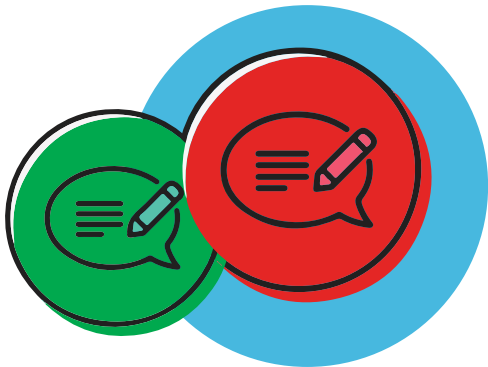


LAKESHORE

An athlete with a hearing impairment may use a sign language interpreter who will join them. Be sure that they are in a safe place and within the view of the athlete. You cannot remove the interpreter from the field of play and/or out of vision. Fences, benches, equipment, or water coolers could present a barrier for the athlete if the position of such items block communication with the interpreter. Work with the interpreter to identify areas that are within safety guidelines that allows the athlete on both offense and defense to see them.

Provide enough time between plays and pitches for the athlete to process the outcome of the play or result of the pitch.

Avoid Using Negative Language



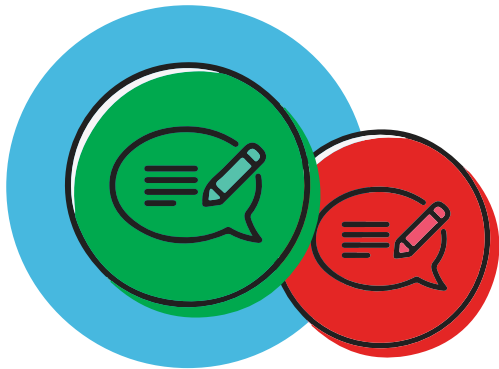
LAKESHORE

Do not use the following words:

- Crippled
- Wheelchair-bound/confined
- Handicapped
- Physically Challenged
- Stroke Victim
- Epileptic/diabetic
- Special
- Differently Abled
- Mentally Challenged

Avoid portraying disability as a negative.

Use Positive Language

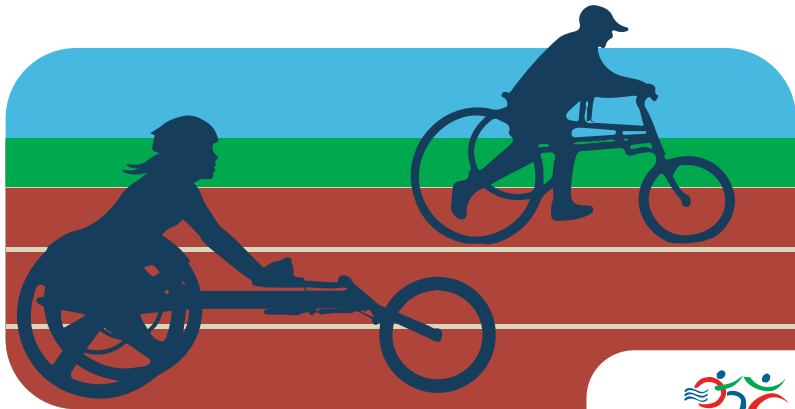


LAKESHORE

Individual who:

- Uses a wheelchair
- Has a disability/is disabled
- Had a stroke
- Has epilepsy
- Has an intellectual disability
- Is blind
- Is deaf
- Is autistic/has autism

Adapted Sports Equipment

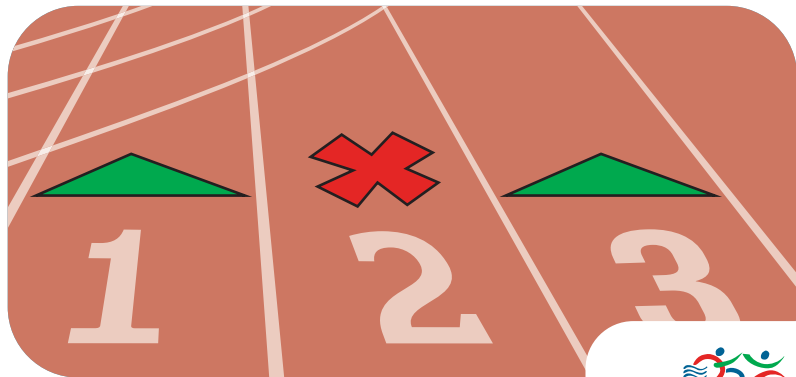


LAKESHORE

Always allow individuals to use adapted equipment (i.e., race runner, sports chair, walkers, etc.).

Always allow individuals to safely use sensory devices and equipment when participating (i.e., noise emitting or noise canceling devices, sunglasses, sports glasses, weighted vests, bracelets, etc.).

Things to Consider For Competition

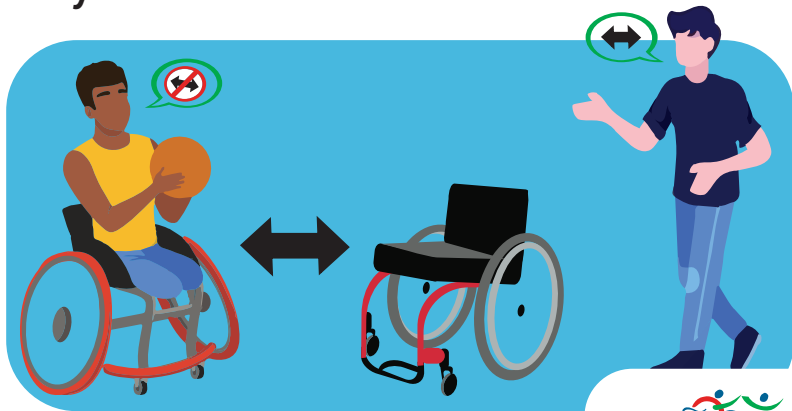


LAKESHORE

Allow individuals to use their own equipment when participating in track and field.

Provide enough space for an individual to store their belongings, warm up, and compete. For example, there should be a lane open between individuals using track chairs.

Always Ask



LAKESHORE

Do not assume children have multiple disabilities just because they have one.

Do not assume an individual needs an accommodation. When in doubt, ask the individual or their parents.

Do not aid and/or allow a coach to aid unless the athlete requests help or assistance.

Medical Equipment



LAKESHORE

It is against the law to require an individual to disclose their disability; therefore, you cannot ask an individual with medical equipment to notify you or any other officiating staff member about their equipment or disability.

You can ask the event officials or the athletes if there is any accommodation needed during the competition. For example, a swimmer might request to have a coach, parent, or teammate as an assistant to start the race or when turning.