

For more information on sight and sight conditions, contact your local optometrist, ophthalmologist or CNIB.

Did you know?

The correct language is “people who are blind” or “people who are partially sighted”

People who are blind or partially sighted **can** be and **should** be as physically active as their sighted counterparts

There are specific sight classifications for athletes who are blind or partially sighted:

- B1** - From no light perception in either eye to light perception, but inability to recognize the shape of a hand at any distance or in any direction
- B2** - From ability to recognize the shape of a hand to a visual acuity of 2/60 and/or visual field of less than 5 degrees
- B3** - From visual acuity above 2/60 to visual acuity of 6/60 and/or visual field of more than 5 degrees and less than 20 degrees.

Mission

The purpose of SBSA is to promote and facilitate sport opportunities towards excellence for persons who are blind or partially sighted, by delivering sport programs, creating awareness, and advocating for sport inclusion.

Awareness

Participation

Excellence

Inclusion

To Contact Us:

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By email sbsa.sk@shaw.ca

Check us out on the web
www.saskblindsports.ca

SBSA gratefully acknowledges



Saskatchewan Blind Sports Association



API
TOOLKIT

Your Child & Physical Activity

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Your Child

Many parents face uncertainty when they find out their child has reduced vision. It is important to find the right information to make the best decisions for your child.

While reduced sight may have some impact on the way your child navigates the world, it does not have to impact on your child's quality of life. Your child can do the things sighted peers can do; they may just need some modifications in the **way** they do them.

Children usually learn how to crawl, walk and general physical movements by watching those around them. So it is even more vital that children who are blind or partially sighted have enhanced opportunities to explore, practice movement and be active.

Physical Activity

Whether your child was born with reduced sight or experienced sight loss later, physical activity is still a vital element of a healthy lifestyle.

Regular physical activity provides children with a number of benefits; including better health, physical

strength, and the opportunity to learn how to interact with peers.

Physical activity in conjunction with proper nutrition, appropriate rest, strong family supports and a peer network will lessen any limiting impacts reduced sight may create.

Physical activity can take in a wide range of activities from walking to competitive sport. Children with reduced sight can play in a playground, swim, bowl, run or play with friends.

Often sports and physical activities can be modified to allow the child with reduced sight to actively participate. Modifications range from simple changes like using a brightly coloured ball to simplifying a task or activity.

Your child can learn many of the skills associated with any sport or may choose alternate sporting activities.

Refer to Modules 2 & 3 for ideas on physical activities and sports.

Be Part of the Team

Parents of school-age children may have the opportunity to work with a

team (educators, resource teachers, coaches, etc.) to create a physical activity plan that meets your child's needs. Preschool programs can also benefit from a team approach to create an inclusive experience.

Provide information about your child's needs and some ideas for creating a positive experience to those working with your child. Most will welcome your support in building an inclusive program for your child.

This is also a great opportunity to empower your child by teaching ways to advocate in a positive and healthy manner.

Support

Look for resources to support your child to be physically active:

- Medical specialists
- Teachers
- Coaches
- Sport organizations
- Service providers
- Sport modification materials
- Financial assistance

Contact SBSA for information.