

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 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

Leadership

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Leadership

Having leadership skills are some of the best tools children and youth can have. Everyone can learn the skills good leaders possess, with time and proper mentorship.

Just like gardens, leaders can grow and thrive in the right conditions and with the right supports.

Building leaders builds community.

The following tips may help you foster leadership skills in children and youth you work with.

Lead by Example

Leading and teaching by example is the most effective way of getting your point across. Model the behaviours and attitudes you want to see grow in others. Actions speak louder than words.

Treat Others How You Would Like...

It's an old saying but still remains true. Kids need to learn to respect difference; not everyone thinks, acts or looks the same. Not everything is either right/wrong or black/white—there are many shades of grey. Teaching people to think about others' feelings will help them gain a sense of

empathy, which is vital in good leaders.

Communicate

Being able to communicate respectfully and effectively with others is key to being a good leader. Kids who are able to express themselves clearly while respecting other opinions are better equipped to get along with peers.

Collaborate/Teamwork

If some individuals don't understand the word 'collaborate', most understand the concept. Working together, letting everyone participate in discussions, activities and decisions helps to create a team mindset. It builds ownership and responsibility for a positive outcome.

Compromise/Negotiate

Again, most people understand the concepts of compromise and negotiation. Strong leaders are able to negotiate and compromise to get along with others. People need to learn how to give and take. Strong leaders will compromise to achieve a better end result.

Planning/Strategizing

Developing a plan or strategy and learning how to follow through are crucial life skills needed by everyone. Having the ability to break down overwhelming tasks into manageable pieces allows kids to become problem solvers and builds self-esteem.

Goal

Having a vision or a goal helps kids to stay on track and keep on striving. Kids who can visualize the outcome of their goals have a better chance of reaching their goals.

Determination/Persistence

The ability to persist builds strength of character. Every "failure" teaches us something and teaching kids to "keep on going" will assist them throughout their life. Determination and optimism is empowering.

Finally...

Individuals with strong leadership skills are more likely to contribute to society. Mentoring people in learning leadership skills benefits our children and our communities.