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Adaptive Sports Equipment: A Resource for Clinicians, Coaches, & Athletes

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Adaptive Sports Equipment: A Resource Guide for Clinicians, Coaches, & Athletes

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BACKGROUND

About 61 million adults in the United States live with a disability, which equates to one in four people. Only one out of every ten people who need assistive technology have access to the proper equipment, with lack of awareness of the devices being one of the causes (World Health Organization [WHO], 2018). Literature notes that a lack of awareness exists amongst clinicians, coaches, & athletes regarding available adaptive equipment to support participation in adaptive sports (Bergem, 2020).

PROBLEM

A lack of knowledge of adaptive sports equipment amongst clinicians, coaches, & athletes with disabilities is a barrier to participation in adaptive sports.

PURPOSE

To create an online resource that describes the types of adaptive equipment available to enable participation in adaptive sports by athletes with disabilities.

METHODS

This project was guided by the Human Activity Assistive Technology Model (Cook & Polgar, 2014) and included the following stages:

1. Pre-Resource Development

- Identify sports to include
- Identify adaptive equipment per sport
- Create project outline and timeline
- Coordinate resource deliverable with Challenged Athletes Foundation

2. Resource Development

- Build webpage templates and insert information per sport
- Send drafts to mentors & supervisor for feedback
- Revise verbiage, design, and layout according to feedback

3. Implement Mobile Compatibility, Accessibility Menu, & Citations

- Implement mobile compatibility per sport page, and revise design as needed
- Ensure accessibility menu worked, and revise design for increased accessibility
- Complete citations in each sport page

4. Resource Revisions

- Build bonus sport shells for future webpage expansion
- Send final resource draft for final feedback
- Complete final revisions according to feedback

5. Final Touches and Publication

- Finalize Resource
- Publish resource on Challenged Athletes Foundation's webpage

ONLINE RESOURCE

Sports Included

The webpage includes adaptive equipment for the 18 sports displayed to the right.

Examples of Equipment Categories

- Wheelchairs
- Wrist Supports
- Handcycles
- Carrier Bikes
- Gripping Devices
- Outriggers
- Paddles
- Transportation Devices
- Harnesses
- Skin Protection
- Safety Wear
- Accessories

Accessibility Menu

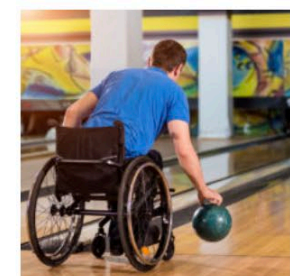
- Language
- Screen Reader
- Color Contrast
- Bigger Text
- Text Spacing
- Dyslexia Friendly
- Cursor
- Line Height
- Text Align



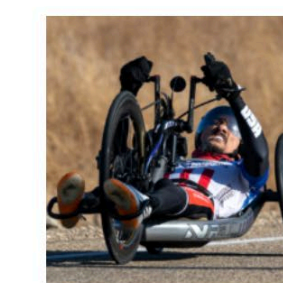
BASKETBALL



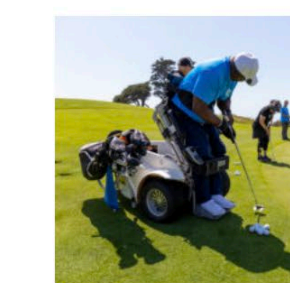
BEEP BASEBALL



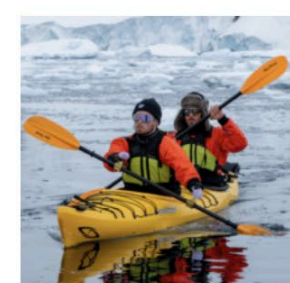
BOWLING



CYCLING



GOLF



KAYAKING



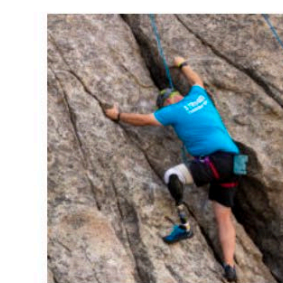
PADDLEBOARDING



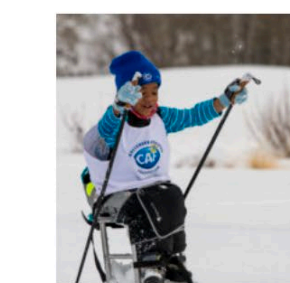
PICKLEBALL



POWERLIFTING



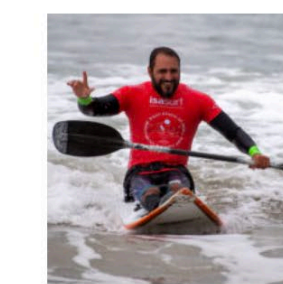
ROCK CLIMBING



SKIING



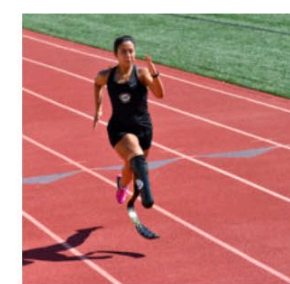
SLED HOCKEY



SURFING



TENNIS



TRACK & FIELD



WAKEBOARDING



WHEELCHAIR RUGBY



YOGA

Online Resource



References

