

SITLER & SOUTHERLAND

ADAPTIVE SPORTS RESOURCE BOOK

For the Oregon and Washington Area





RESOURCE OVERVIEW

We, Caitlynn Southerland and Emily Sitler, researched occupational therapy's role in adaptive sports while completing our doctoral capstone project through Pacific University, in partnership with Adaptive Sports NW and the Portland Veterans Affairs Healthcare System. Our research provided us with an understanding that **inaccurate perceptions** and insufficient knowledge of adaptive sports in the healthcare setting **negatively impact** an individual's potential involvement in adaptive sports. In an effort to reduce these inaccurate perceptions, we have created this resource for health professionals to **educate** themselves about adaptive sports and utilize this with clients therapeutically to **connect** them with the proper resources. We believe participating in adaptive sports is one avenue to positive **community integration** for individuals with a disability.

Health professionals can facilitate this reintegration, thus providing opportunities to increase health, wellbeing, and quality of life for those who participate. What you will quickly discover while using this resource is that adaptive sports are **not one size fits all**. Each sport can be adapted in a variety of ways to meet an individual's physical, neurological, cognitive, and environmental needs. Therefore, this resource does not provide information about a participant's necessary functional level because adaptive sports, as stated in the name, are **adaptable** and **inclusive**. We acknowledge that physical and financial barriers to engagement in adaptive sports can limit participation significantly, but community adaptive sports organizations work hard to limit these barriers through grant and scholarship funding.

Most of the adaptive sports and recreational activities listed in this resource can be engaged in on a recreational and competitive level, depending on the participant's interest. This resource book also highlights adaptive sports programs that are exclusively for **veterans**, so healthcare providers working in a VA system, as well as wounded service members, can educate themselves on what resources are available.

This resource can be utilized to **collaboratively** introduce individuals with life-altering disabilities to the variety of adaptive sports in which they can engage. This is **not an exhaustive list** of resources, as programs and information can change often, but this provides a starting point for your research. These resources are primarily focused on organizations located in the Oregon / Washington area, however, this resource book can be modified to appropriately match any local areas.

In an effort to provide accurate information, we consulted with experts in the community and explored existing electronic information when creating this resource.

Finally, we want all healthcare professionals utilizing this resource to know that we are not expecting you to be the experts in adaptive sports. We know that extra time is at a premium working in healthcare, so we hope this resource provides you with easily accessible **entry-level knowledge** to better **serve** and **educate** your patients about adaptive sports.

Sincerely,

*Caitlynn Southerland
&
Emily Sittler*



ADAPTIVE SPORTS
NORTHWEST



Aug | 2020



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THINGS YOU SHOULD KNOW ABOUT ADAPTIVE SPORTS

1

Anyone can engage in sports. Adaptive sports provides individuals with physical disabilities individualized adaptations to meet their unique needs.

Adaptive sports engagement can provide **increased independence**, positive peer support, and opportunities to improve physical health for a participant.

2

3

An individual does not need to have prior sports experience, identify as athletic, or already be physically active in order to **participate** in adaptive sports.

Healthcare providers should link individuals to local resources, including adaptive sports organizations and experts in the community.

4

5

Adaptive sports are a resource that provides continued care for individuals with disabilities in the community to promote their overall **health, wellness, and quality of life.**

THE POWER OF ADAPTIVE SPORTS



QUALITY OF LIFE AND WELL-BEING

improves ones perceptions of their
life with a disability



HAPPINESS

increases positive feelings towards
oneself and their abilities



PERSONAL GROWTH

facilitates Independence in daily
activities and desired life roles



MENTAL AND EMOTIONAL HEALTH

develops resiliency & confidence



COMMUNITY SUPPORT

provides strong support
system of friends and family



PHYSICAL HEALTH

enhances strength, endurance,
stability & cardiovascular health



“ Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. ”
-Nelson Mandela

**ENDLESS
POSSIBILITIES**

Air Pistol/Rifle



Description

Indoor air gun shooting is an individual sport. The goal of competitive indoor air gun shooting is using technique, skill, and concentration to place a series of shots into the center of a target.

Safety

One must be able to follow/practice safety precautions. Consider one's emotional/mental status of individuals before choosing this sport.

Adaptations

This sport accommodates physical, neurological, and visual impairments.

- Sip and puff trigger system
- Shooting stand if they can't support weight of gun
- Both standing and seated positions
- Aiming device for visually impaired: <https://www.ecoaims.com/product/80/e00739a-e-bss2006-biathlon-shooting-system-for-visually-impaired-athletes>
- Assistance with set up and loading

Equipment

- Air Rifle and/or Pistol
- Pellets
- Eye protection
- Accessories to improve performance: <https://www.adaptivesportsusa.org/sports/shooting/#1491943505376-3025edd5-cb0e>

Competition

Local, regional, national, international, and veteran only competitions.

Classifications:

<https://www.paralympic.org/es/shooting/classification>

Rules: varies depending on the competition

https://www.issf-sports.org/theissf/rules_and_regulations/general_regulations.ashx

Videos

Description: https://youtu.be/emMAXYt_Zyc

Paralympic athletes: <https://youtu.be/9DR-LIs1s6s>

Para shooting sport: <https://youtu.be/PzopftqZ3kA>

Visually impaired: <https://youtu.be/n4YvmeRJOJU>

Local Resources

Accessible Shooting Range finder:

<https://adaptiveshooting.nra.org/>

- Camas WA: <https://www.shootatsafefire.com/>
- Kenmore, WA: <https://www.wcwi.org/>
 - Started by WWII veterans
- Salem OR: <https://tritacshooting.com/?v=7516fd43adaa>
 - Veteran owned

There are a variety of shooting ranges around the PNW that are also ADA accessible.

Veteran Programs:

- National Veterans Outreach Series:
 - Tacoma WA: <https://www.metroparkstacoma.org/activities-and-sports/category/adult-sports/adaptive-sports/other-adaptive-sports/>
 - National Veterans Wheelchair Games
 - National Veterans Golden Age Games
 - Valor Games
 - Invictus Games
-

Archery



Description

Using a bow to shoot arrows at a target at various distances.

Adaptations

Adaptations can be made for a variety of physical, neurological, and visual impairments.

- This sport can be performed standing or in a wheelchair.
 - Positioning aids for seating and standing
- Use their strong side, prosthetic limb, foot, and/or mouth to draw the bow back.
- Refer to Manual for specifics regarding adaptations:
<https://www.usarchery.org/resources/adaptive-archery-manual-220319172814.pdf>
- Adaptive Whistle commands (visual impairment)
- Releases: finger, hand, mouth, and shoulder

Equipment

Bows:

- Compound bow: larger, more expensive, more adaptations available
- Recurve bow: minimal, cheap, light weight, less adaptations available

Straps for safety

Caliper release aids

Positioning aids

Equipment Supplier link:

<https://www.disabledsportsusa.org/sports/adaptive-equipment/hunting-equipment/>

Competitions

Local, regional, national, international, and veteran only competitions.

Classification:

<https://www.usarchery.org/participate/adaptive-archery/para-archery-classification>

Videos

Adaptive archery options:

<https://www.youtube.com/playlist?list=PLK7QwuzL25xm8yOglKjbF1c2Rt0whPpSw>

Athletes:

<https://youtu.be/t0A2ue9uDww>

Local Resources

There are a wide range of archery shops and ranges available around the PNW

No cost outdoor ranges

- Beaverton OR:
<http://www.thprd.org/connect/news/thprd-takes-aim-at-archery-with-new-range-at-pcc>
- Portland OR:
<http://explorewashingtonpark.org/archery-range-0>

Indoor cost ranges

- Tigard OR:
<http://www.archersafield.com/index.html>
- Milwaukie OR:
<http://brokenarrowarchery.com/archery-range>
- Vancouver WA/Troutdale OR: *10% Military discount*
<https://www.archeryworld.net/indoor-range>

Veteran Programs:

- National Veterans Wheelchair Games
- Invictus Games

Safety

One must be able to follow/practice safety precautions.

Boccia



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Description

Wheelchair athlete version of bocce ball. It is a precision game played on a hard surface. The purpose is to propel your balls closest to the target ball.

Adaptations

This sport accommodates physical, neurological, and visual impairments

- Ramp to propel ball:
<https://www.gravityboccia.com/product/boss-boccia-ramp/?v=32aec8db952d>
- Pointers: using mouth or head
 - <https://www.gravityboccia.com/product/boccia-mouth-pointer/?v=32aec8db952d>
- Tactile boccia grid for visually impaired:
<https://hmi-basen.dk/blobs/produktblade/54789.pdf>
- Boccia ball pick up tube:
<https://handilifesport.com/en/product/boccia-ball-pick-up/?v=7516fd43adaa>

Equipment

- Soft-hard boccia balls
- Jack/ target ball (small and white)
- Boccia ball case
<https://handilifesport.com/en/product/boccia-superior-classic-in-blue-boccia-shoulder-bag/?v=7516fd43adaa>
- Court: Players box and common area where balls are thrown

Competitions

Local, regional, national, international, and veteran only competitions.

International boccia rules and classification system:

https://seureservercdn.net/50.62.194.30/cb9.1c7.myftpupload.com/wp-content/uploads/2018/01/Bisfed-Rules-2018-V.3_with_markup.pdf

Videos

Boccia at Paralympics:

https://www.youtube.com/watch?v=f5CmEab8tqU&feature=emb_logo

Ramp use:

https://www.youtube.com/watch?time_continue=8&v=C8GFqJclP_8&feature=emb_logo

Boccia description:

https://www.youtube.com/watch?v=rIknPE3AkOM&feature=emb_logo

Local Resources

- Portland and Salem Bocce League:
<http://www.portlandbocce.com/>
<http://www.salembocceleague.com/>
 - Not boccia, but able-bodied clubs that can make adaptations
- Portland parks with outside courts:
<https://www.portlandoregon.gov/parks/finder/index.cfm?&showresults=yes&amenitytypeid=6>
- Positive psychological effects of boccia article:
<https://www.rehab.research.va.gov/jour/2016/536/jrrd-2015-08-0156.html>

Veteran Program:

- National Veterans Golden Age Games



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Bowling



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Description

Propelling the bowling ball to hit as many pins as possible. Can be played at a bowling alley with adaptations or set up at home.

Adaptations

This sport accommodates physical, neurological, and visual impairments

- Ball ramp:
 - <https://www.discountramps.com/bowling-ramp/p/BWL-RAMP/>
 - Switch activated: *Poss-I-Bowl*
 - Attachment to power chair: *IKAN bowler*
- Special bowling balls
 - Retractable handles:
 - https://www.bowlingindex.com/store/merchant.mvc?Screen=PROD&Store_Code=BI&Category_Code=BB&Product_Code=BL-Handle
 - Inflatable / rubber:
 - <https://www.flaghouse.com/Sports/Bowling/Balls/Inflatable-Bowling-Ball.axd>
- Bowling ball pusher
 - homemade or manufactured versions
- Bumpers
- Backstop if playing at home:
 - <https://www.flaghouse.com/Sports/Bowling/Accessories/Bowling-Backstop.axd>
- Guide to bowling in a wheelchair:
 - <https://www.thebowlinguniverse.com/blogs/>

[guides-and-tips/a-guide-to-bowling-in-a-wheelchair](https://www.visionaware.org/everyday-living/recreation-and-leisure/sports-and-exercise/bowling-5862/1235/)

- Visual impairment adaptations:
 - <https://www.visionaware.org/everyday-living/recreation-and-leisure/sports-and-exercise/bowling-5862/1235/>

Equipment

- Bowling ball
- Bowling shoes (if standing)
- Pins (if playing at home)

Competitions

Primarily recreational but leagues and tournaments do exist

Calendar of national tournaments:

<https://awba.org/tournaments-events/>

National tournament rules:

<https://awba.org/about-awba/national-tournament-rules/>

Videos

Various ability levels using ramp:

<https://www.youtube.com/watch?v=GPIWXDMuKr0>

A man who is quadriplegic using IKAN ramp:

https://www.youtube.com/watch?v=aHyAeqz2cQM&feature=emb_logo

Bowling ball with retractable handle:

<https://www.youtube.com/watch?v=DGiWg2toWU8>

Local Resources

King Pins <https://mykingpins.com/leagues/>

- Leagues and adaptive equipment available
- Portland Parks and Rec drop in nights

Blind Bowling Association (2 OR teams):

<https://www.abba1951.com/locations>

There are many bowling alleys around the PNW that are also ADA accessible.

Veteran Programs:

- National Veteran Wheelchair Games
 - National Veterans Golden Age Games
-

Curling



Description

Sliding polished stones across a sheet of ice towards a target. Each team tries to get more of its stones closer to the center of the target than the other team.

Adaptations

Open to athletes with physical impairments.

- Beginner's guide: <https://www.curling.ca/wp-content/uploads/2010/03/Instruction-Manual.pdf>
- Power and manual personal wheelchairs with brakes are permissible
 - Teammate anchors wheelchair from behind for extra support
- Extender delivery stick: <https://www.stevescurling.com/category-s/127.htm>
<https://www.asham.com/category/delivery-devices>
- Portable ramp if ice rink is not accessible
- Mat/ carpet for extra anchoring of wheelchair
 - for recreational play, not competitions

Equipment

- Telescopic delivery stick
- Curling stone
- Ice surface: frozen pebbles on surface with distinct lines
- Warm clothing
- Wheelchair

Competitions

Local, regional, national, and international.

Primary difference from standing curling:

- No sweeping (using the broom to change direction and speech of the stone)
- Co-ed teams

Classification:

<https://www.paralympic.org/video/wheelchair-curling-classification#:~:text=MEET%20THE%20BLOGGERS-,Wheelchair%20Curling%20Classification.and%20impairment%20affecting%20their%20legs.&text=All%20athletes%20must%20use%20a,a%20wheelchair%20in%20daily%20life.>

Videos

Classification system:

<https://www.youtube.com/watch?v=RRKCOkBYXuk>

Paralympic curling:

<https://www.youtube.com/watch?v=MgcY0Ss35UE>

<https://www.youtube.com/watch?v=HikcFBJqWek>

Discover curling:

<https://www.curling.ca/about-curling/getting-started-in-curling/how-to-get-started-wheelchair-curling/>

Local Resources

Evergreen Curling Club: Portland OR

<https://evergreencurling.org/>

Bend Curling Club: OR

<https://www.facebook.com/BendIceCurling/>

Veteran Program available:

Granite Curling Club (Seattle, WA)

<https://curlingseattle.org/group-events>



Cycling



Description

Racing an adaptive cycle at various distances.

Adaptations

This sport accommodates physical, neurological, and visual impairments. Types of bikes will vary depending on client factors (i.e. muscle power in upper and lower extremities).

- Handcycles: the bike is propelled using the arms rather than the legs.

Appropriate option for individuals with lower extremity impairments

<https://www.passionatepeople.invacare.eu.com/handcycling-basics-handcycling-right/>

<https://www.spinlife.com/critpath/match.cfm?categoryID=10>

<https://bike-on.com/handcycles/racing-handcycles>

- Tricycles: for individuals with coordination/balance impairments
- Prosthetics (arm and leg) for cycling
- Tandem bikes: two seater bikes that are used for individuals with visual impairments.
- Recumbent bike: for recreational purposes. Appropriate for someone with lower extremity function but limited trunk and upper extremity stability and strength.

Equipment

- Cycle (adaptive bike, tricycle, hand cycle, tandem)
- Helmet

Competitions

Local, regional, national, international, and veteran only competitions. Races can take place on the road and on a track.

Classification/eligibility link:

<https://www.paralympic.org/cycling/classification>

- In most competitions, athletes are responsible for bringing their own equipment

Videos

Technique for Handcycling:

https://youtu.be/gM_WSm1qIpM

Paralympic cycling:

<https://youtu.be/Cq77Halsdsc>

Hand cycling:

<https://youtu.be/wqqWufYeHKO>

<https://youtu.be/Z4yG2GGkvQ4>

Local Resources

Portland Adaptive Bike shop:

<https://www.different-spokes.com/>

Adaptive biketown in Portland:

<http://adaptivebiketown.com/>

Adaptive Sports Northwest:

<https://www.adaptivesportsnw.org/sports/cycling/>

- Adaptive bike clinic
- PDX Handcycle series
- Can rent handcycles

Oregon Adaptive Sports:

<https://oregonadaptivesports.org/sport/cycling/>

Veteran Programs:

- PVA Local Chapters: Portland OR and Seattle WA
<https://www.pva.org/find-support/national-sevice-office/>
 - National Veterans Wheelchair Games
 - National Veterans Golden Age Games
 - The Warrior Games
 - Valor Games
 - Invictus Games
-

Disc Golf



Description

Propelling/ throwing a disc from a tee area to a target. The traditional target or “hole” is an elevated metal basket, which is shown above. Like golf, the goal is to complete each hole in the fewest strokes (or throws) as possible. Athletes follow their disc down the fairway and make consecutive throws from the spot their disc previously landed.

Adaptations

- Disc launcher: <https://www.productfunder.com/projects/fof-club-the-ultimate-disc-golf-launcher/details>
- Visual impairments:
 - Partner for verbal and tactile cues
 - Beeper on disc
- Accessible disc golf course
 - Courses are usually free and tend to be in parks with grass/ dirt and some hills
 - ADA compliant courses will have paved paths throughout (this is not common unfortunately)
 - Choose preferred mobility device (off road wheelchair or walker might be necessary)

Equipment

- Open Space

- Pre established courses will have 9-18 holes (tee off areas, holes, and course maps with distances per hole)
- Discs: putter, mid-range, driver <https://infinitediscs.com/>
- Disc bag
- Target (on a traditional disc golf course it will be an elevated metal basket)

Competitions

Officials rules and regulations (not specific to adaptive disc golf): <https://www.pdga.com/rules>

- Veterans for VA sanctioned events: <https://www.discgolfscene.com/series/36080/veterans-for-vets-by-dynamic-discs>

Videos

Disc Launcher:

https://www.youtube.com/watch?v=pDc7ZFIO9Qg&feature=emb_logo

Visual Impairment adaptations:

<https://www.youtube.com/watch?v=vRFVax33xgA>

Local Resources

Course Search:

<https://www.pdga.com/course-directory/advanced>

OR courses (accessibility unclear):

<http://oregondiscgolf.com/>

WA courses (accessibility unclear):

<https://www.discgolfscene.com/courses/Washington/top-rated>

Oregon clubs:

<https://www.discgolfscene.com/clubs/Oregon>

Informal forum on wheelchair disc golf:

<https://www.dgcoursereview.com/forums/showthread.php?t=39786>

Veteran Program:

- National Veterans Golden Age Games

E-Sports Adaptive



Description

Single or Multiplayer video games played competitively for spectators, typically by professional gamers.

Adaptations

Adaptive E-sport gaming accounts for each individual's strengths, weaknesses, abilities, and disabilities. It is highly adaptable with the use of assistive technology.

Adaptive Controllers:

- Microsoft adaptive controller:
 - <https://www.microsoft.com/en-us/p/xbox-adaptive-controller/8nsdbhz1n3d8?activetab=pivot%3aoverviewtab>
 - Fully customizable controller
 - All buttons are programmable
 - Co-pilot mode allows two people to use
 - Can be used with any windows 10 computer
- Camera Mouse:
 - <http://www.cameramouse.org/>
 - Using your eyes as the mouse
- Quad Stick: <https://www.quadstick.com/>
 - Sip and puff device
- Voice activation software:
 - <https://www.voiceattack.com/>
- Ordinary tech modified to meet an individuals functional needs
 - Mouse
 - Keyboard
 - Gaming controllers

External devices: Can be connected to adaptive controller

- Switches
- Buttons
- Mounts
- Joysticks

Cross-platform software: Games that can be played on multiple platforms such as, windows 10 computer, xbox, playstation, PC, switch etc.

Equipment

Individuals preferred controller

Games

Computer or game console

Competitions

With the use of Wifi and live individuals can compete against others recreationally from their homes. Adaptive E-Sports is starting to make its way into organized competitions. Additionally, adaptive E-sports athletes can compete in able bodied competitions if they have the gaming skills.

Videos

Intro to adaptive controller:

<https://youtu.be/9fcK19CAjWM>

How to use Switches with controller:

https://youtu.be/HaF1_0ebCHw

Special Effect Channel:

<https://www.youtube.com/channel/UC0B9mIVoZtsFV4RPOGDYQXw>

- Hundreds of videos for how to use

Quad Stick: <https://youtu.be/06Y4dSgUnH4>

Quad stick gamer: <https://youtu.be/qU5zZ1ix3do>

Local Resources

Microsoft Adaptive Controller available at 24 VA facilities around the nation

- Vancouver, WA VA
- Seattle, WA VA

Veteran Programs:

- National Veterans Wheelchair Games
- VA contact person: james.kaplan@va.gov

Equestrian



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Description

Equestrian as a sport can take many different forms. Currently Para-Dressage is the only paralympic equestrian option. Recreationally, individuals with disabilities can engage in equestrian activities such as equine-assisted therapy, hippotherapy, and therapeutic riding as a form of adaptive horseback riding.

Adaptations

Organizations that provide therapeutic riding will likely have a variety of adaptive equipment to meet individuals unique needs. Some adaptations include:

- Saddles with high backs for added support.
- Specialized saddle padding to reduce the risk for pressure sores.
- Ramps for individuals using a wheelchair.
- Breakaway stirrups to avoid an individual being dragged if they fall.
- The way in which an individual rides on a horse can also be adapted for physical limitations.
- Horses who are used for equine therapy go through extensive training to ensure they can meet individuals needs.

Equipment

The equipment needed to engage in the sport varies depending on the type of horseback riding someone wishes to engage in. In most

cases programs will have all necessary equipment to engage. Here is a list of equipment suppliers provided by Move United: <https://www.moveunitedsport.org/sports/adaptive-equipment/equestrian-equipment/>

Competitions

In Para-Equestrian, there are three major disciplines: Para-Dressage, Para-Driving, and Para-Reining. However only Para-Dressage is competed in at the paralympics and World Equestrian Games.

Classification resource:

<https://www.teamusa.org/US-Paralympics/Sports/Equestrian/Classification>

Videos

About: <https://youtu.be/SThnr45apB0>

Para-Dressage: <https://youtu.be/Lp5-W3IM5bc>

Veteran: <https://youtu.be/xi80w74a6LU>

Local Resources

There are numerous organizations in Oregon and Washington.

Beaverton OR: Forward Stride

<https://forwardstride.org/>

Independence OR:

<https://horsesadaptiveriding.org/>

Bend OR: Healing Reins

<https://www.healingreins.org/>

- Veteran program

Turner OR: Horses of Hope

<https://horsesofhopeoregon.org/>

Battle Ground WA: Healing Steps

<https://www.healingstepstherapy.org/>

Veteran Programs:

Washington: <https://heartbeatforwarriors.org/>

<http://nwnhcfamilyfund.org/warrior-family-retreat/>

All programs:

<https://www.pathintl.org/resources-education/path-intl-equine-services-for-heroes>

Fencing



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Description

The aim in a fencing competition is to hit the opponent with your weapon in designated target areas on the body.

Adaptations

Open to athletes with a physical impairment in the core and lower extremities, or with visual impairment.

- Fixing devices: anchors wheelchair to floor
<https://www.absolutefencinggear.com/shopping/shop.php/cPath/110>

Equipment

<https://www.teamusa.org/US-Paralympics/Sport-Development/Coaches-Corner/Sport-Directory/Wheelchair-Fencing>

- Protective mask
- Gloves
- Jacket
- Three types of weapons: epee, foil, sabre
 - Shield for chair and legs depending on weapon category
- Electronic scoring system connected to jackets (for competitions)

Competitions

Local, regional, national, and international.

Classification:

<https://www.paralympic.org/wheelchair-fencing/classification>

Rules:

<https://wheelchairfencing.iwasf.com/about/rules-and-documents/>

Videos

Fencing description:

https://www.youtube.com/watch?v=wGETrQ9ZU5M&feature=emb_logo

Paralympic fencing:

https://www.youtube.com/watch?v=q3kGCAfulcl&feature=emb_logo

Adaptive fencing at expo:

<https://www.youtube.com/watch?v=5mrDI7TVCqY>

Local Resources

PDX Fencing (Beaverton, OR):

<https://pdx-fencing.com/about-pdx-fencing/>

Northwest Fencing Center (Beaverton, OR):

<https://nwfencing.org/>

Oregon Fencing Alliance (Portland, OR):

<https://www.oregonfencing.org/contact>



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Fishing



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Description

Recreational activity that can also be competitive with a variety of fishing techniques depending on the type of fish.

Adaptations

Adaptations can be made for a variety of physical, cognitive, neurological, and visual impairments.

- Electronic fishing reel for automatic reel and retrieval of fish
- Sip and puff fishing reel
- Arm braces, body braces, rod holders for increased control
- Fishing tackle aids (i.e. magnetic tip threaders and special bobbers for visually impaired)
- Accessible boat (ie pontoon) or lift into boat
- Land fishing via a pier to accommodate safety for maneuvering a wheelchair (8 feet wide)

Companies selling adaptive equipment:

<https://www.fishingabilities.info/>
<https://accesstr.com/equip-for-outdoor-activities/fishing/>

Adaptive fishing equipment article:

https://www.tetrahook.com/disabled-fishing-equipment/#2_Electric_Fishing_Reels

Equipment

- Life jacket
- Fishing license per state guidelines
- Boat (accessible if needed)

- Seat/ waders for bank fishing
- Fishing rod, reel, and tackle
- Assistant to tie knots

Competitions

Primarily recreational, but tournaments do exist

- America Bass Tour:
<https://pva.org/adaptive-sports/bass-tour-get-hooked/>
- WA fishing contest calendar:
<https://wdfw.wa.gov/fishing/contests/calendar>

Videos

One-hand fishing using a chest harness:

<https://rexfly.com/adaptive-one-arm-fishing>

Quad Fishing device/home adaptation videos:

<https://www.youtube.com/watch?v=fzusUvo3cBg>

<https://www.youtube.com/watch?v=JNRRSMd7nZg>

Local Resources

Washington Department of Fish and Wildlife

Accessibility page: <https://wdfw.wa.gov/accessibility>

Oregon disabled anglers access map:

<https://myodfw.com/articles/disabled-angler-access-map>

Veteran Programs:

- Soul River Inc: <https://www.soulriverinc.org/>
- Take a Soldier Fishing:
<https://www.takeasoldierfishing.org/>
- Project Healing Waters Fly Fishing:
<https://projecthealingwaters.org/programs/locations/northwest/#1463589419896-6c4003d1-d85de6c0-577282ba-05ff>
- Adaptive Excursions:
<https://www.adaptiveexcursions.com/thetour>
- Oregon Paralyzed Veterans of America:
 Deep Sea Fishing
<https://oregonpva.org/programs/sports/>
- The Fallen Outdoors Washington:
<https://thefallenoutdoors.com/washington/>
- Veteran Outdoors:
<http://veteran-outdoors.com/>
- Free combination license:
<https://myodfw.com/articles/hunters-and-anglers-disabilities>

Goalball



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Description

Team sport for individuals with visual impairments. There are 3 players on each team and the objective of the game is to throw a ball past the opponents and into their net to score points. Players stretch and dive with their body to defend their goal. Each player must wear eye shields to even the playing field.

Adaptations

Although the sport is for individuals who are legally blind, anyone who wishes to participate can do so equally because all athletes wear eye shields to block any vision that someone might have.

Physical impairment:

- Recreationally, individuals can use any mobility device to participate in the sport. Contact a local organization for specifics.

Equipment

Opaque eye shades:

- Blackout Ski goggles
- Eye patches

Protection pads: knee, hip and elbow

Goalball:

- 2.8 pound hollow ball with bells inside

Goals

Equipment link: <https://goalfixsports.com/>

Competitions

For individuals to compete at a highly competitive level they must be legally blind. The ability to throw the ball at high speeds and accuracy will increase their ability to compete competitively. There are local, regional, national, and international competitions.

Classification:

<https://www.paralympic.org/goalball/classification>

Videos

About Paralympic Goalball:

<https://youtu.be/0bZ51jzmbAQ>

Athletes perspective:

<https://youtu.be/du5doesdulw>

Goalball explained:

<https://youtu.be/1Gr7f-sYseA>

Ability360 Goalball invitation:

<https://youtu.be/tsgbfCqDkfs>

Local Resources

Oregon and Washington Associations:

- NW Association for Blind Athletes: <https://nwaba.org/blog/goalball-history-rules-and-court/>
- ASNW: Rose City Thorns Team <https://www.adaptivesportsnw.org/sports/goalball/>
- Washington State School of the Blind <https://www.wssb.wa.gov/event/goalball-tournament/>
- Contact person for questions and programs. Jen Armbruster: jarm2@pdx.edu or 503-725-2927

Golf



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Description

Using various size golf clubs, athletes attempt to use the fewest strokes as possible to get the golf ball into the hole.

Adaptations

Adaptations can be made for a variety of physical, cognitive, and visual impairments.

- Clubs
 - Left and right handed clubs; can be custom made
 - Power assisted, no swing clubs are available: <https://www.ezeegolf.com/>
- Adaptive golf carts
 - Solo rider, off-road terrain walker/wheelchair <http://solorider.com/>
- Stabilizer gloves / gripping devices
 - For decreased hand strength <https://www.gripmate.com/>
- Pick up putters / teeing devices
 - Pick up and place tees / balls and repair divots without bending over <https://www.zerobendgolf.com/>
- Prosthetic
 - Designed to hold onto golf club <https://www.trsprosthetics.com/shop-category/golf/>
- Adaptive golf equipment link: <https://www.moveunitedsport.org/sports/adaptive-equipment/golf-equipment/>

Equipment

- Golf clubs in golf bag
- Golf balls

- Tees
- Golf glove
- Preferred mobility device

Competition

Classification/Rules:

<https://www.usga.org/content/usga/home-page/rules/rules-2019/rules-of-golf/rules-and-interpretations.html#!ruletype=mr§ion=rule&rulenum=1>

US Disabled Open:

<http://www.usdga.net/tournaments/>

Videos

Wounded Warriors:

<https://youtu.be/yYysyKP1zro>

Adaptive Golfer:

<https://youtu.be/GI4MX3vBbzE>

<https://youtu.be/blZpQSGXqVQ>

One arm swing:

<https://youtu.be/LnAqQBJ-lro>

Para golfer wheelchair:

<https://youtu.be/KfZVJMDu3l0>

Local Resources

Seattle WA PGA chapter:

<https://www.pgareach.org/services/military>

Oregon Adaptive Sport:

<https://oregonadaptivesports.org/sport/golf/>

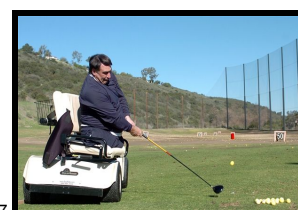
Accessible Golf Courses Oregon:

<https://www.oregonlive.com/sports/2019/06/20-accessible-golf-courses-you-should-play-in-oregon.html> / <https://ogagolfcourse.com>

- Special Veteran programs

Veteran Programs:

- National Veterans Wheelchair Games: 9-hole scramble
- National Veterans Golden Age Games
- National Disabled Veterans TEE tournament



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Hiking



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Description

Recreational day activity to explore trails and nature.

Adaptations

Adaptations can be made for a variety of physical, cognitive, and visual impairments.

Mountain/ all-terrain wheelchairs

- GRIT and Renegade wheelchairs (long drive arms for increased torque and power) <https://www.gogrit.us/>
- URSA mountain chair (gears, disc brakes, front wheel beam)
- Bowhead Corp (electric mountain cycle): <https://bowheadcorp.com/>

All-terrain walkers and crutches

<https://www.elderlux.com/mobility/walkers-and-rollators/outdoor-and-all-terrain-rollators/>

Prosthetics

<https://sunshinepando.com/sunshine-adaptive-hikes/>

Offroad chair/ accessories resource lists:

<https://www.moveunitedsport.org/sports/adaptive-equipment/hiking-equipment/>
<https://craighospital.org/programs/therapeutic-recreation/all-terrain-wheelchairs>

Needs for an accessible trail:

- Hard surface, wide enough trail for a wheelchair, understand elevation gain with fitness level

Equipment

Hiking equipment varies depending on ability level

- Mobility device (if applicable)
 - All-terrain power chair
 - All-terrain manual chair
- Backpack
- Appropriate shoes
- Hiking poles (if applicable)
- Gloves
- Food and water depending on the length of hike

Competition

Hiking is recreational, but athlete could explore trail orienteering for recreation and for competition:

<http://www.pnwo.org/>

Videos

Adaptive hiking organization promo:

<https://www.youtube.com/watch?v=58MF2pdVXDw>

Wheelchair hiking:

<https://www.youtube.com/watch?v=OgNwleFebGY>

GRIT Freedom Chair:

<https://www.youtube.com/watch?v=scZjiYqICT4>

Local Resources

WA interactive ADA map (with accessible trails): <https://wdfw.wa.gov/accessibility/map>

WA accessible trails:

https://www.accessiblenature.info/?page_id=165

OR accessible trails:

https://www.accessiblenature.info/?page_id=236

Adventures Without Limits:

<https://awlooutdoors.org/about-awl>

Outdoors for All:

<https://outdoorsforall.org/about-us/who-we-are/>

NW Nav Races: <http://navraces.com/>

Columbia River Orienteering Club:

<http://www.croc.org>

Hunting



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Description

Recreational activity with a variety of techniques depending on what is being hunted

Adaptations

Adaptations can be made for a variety of physical, cognitive, neurological, and visual impairments.

- Hunting partner (retrieving the game)
- Gun rest:
<http://www.bipodshootingsticks.com/>
- Mounts and trigger activators:
<http://beadaptive.com/>
- All terrain wheelchairs:
<https://www.allterrainmedical.com/x8-4x4-extreme-all-terrain-electric-power-wheelchair-new/>
- NiteSite Viper: enlarges scope onto a screen for companion hunter to assist (for visually impaired):
<http://www.ashleelundvall.com/blog/post/2015-12-24-adaptive-hunting-equipment>

Equipment

- Gun/ Rifle/ Bow (can be adapted for automatic triggers, etc)
- Hunting license
- Preferred mobility device
- Adaptive equipment resource list
 - <https://buckmasters.com/resources/disabled-hunters/Adaptive-equipment>

- <https://www.moveunitedsport.org/sports/adaptive-equipment/hunting-equipment/>

Competitions

Primarily recreation but tournaments do exist

- NW Sportsman Club Disabled Shoot:
<http://www.northwestsportsmansclub.com/index.pl?||ac=nwsportsman&||cm=2c&||cv=1&||pp=5&||rp=1&||rv=documentspecific&||si=5WK6Q8TS1FAUO90HOZ2N&||srt=t&||srtin=a&||tr=RBSRXT3G4U&||udid=0&go=243>

Videos

Hunting adaptive wheelchair:

<https://www.youtube.com/watch?v=nXGu1WxOVbs>

Robotic gun wheelchair:

https://www.youtube.com/watch?v=GsjC-gVV_8U

Rail mounted video:

<http://digitalcrosshairs.com/blog/adaptive-hunting-shooting-equipment/>

Local Resources

WA Special Use permit:

<https://wdfw.wa.gov/accessibility/wdfw-special-use-permit-program>

WA Road Entry Access Permit:

<https://wdfw.wa.gov/publications/02148>

WA Hunting viewing blinds:

<https://wdfw.wa.gov/accessibility/hunting-and-wildlife-viewing-blinds>

WA Big Game Permits (including information for disabled veterans/ visual impairments):

<https://wdfw.wa.gov/licenses/hunting/big-game>

OR Free combined license:

<https://myodfw.com/articles/hunters-and-anglers-disabilities>

Four Aces Ranch: Ashwood, OR

<https://www.fouracesranch.net/>

Safety Considerations

- Hunting should be done with others.
- Ensure that the individual understands hunter/gun safety regulations.

Padding



20

Description

Using a kayak, canoe, paddle board, raft, or boat to propel down a river or lake with oars/paddles.

Adaptations

Adaptations can be made for a variety of physical, cognitive, and visual impairments.

<https://www.teamriverrunner.org/wp-content/uploads/2014/09/EditedAdaptiveVersion.docx-1.pdf>

<https://www.moveunitedsport.org/sports/adaptive-equipment/water-sports-equipment/>

- Back of hand or wrist grip paddle:
 - <https://www.americancanoe.org/store/ViewProduct.aspx?id=1601931>
 - <https://www.americancanoe.org/store/ViewProduct.aspx?id=1601973>
- Paddle Pivot (one arm control and removes paddle weight):
 - <https://www.angleoar.com/>
 - Lightweight paddles available
- Universal seat (adjustable back pads depending on level of support needed)
 - Foam wedges, straps, buoys (DIY) can be placed for stability
- Transfer systems:
 - <http://www.ezdockmc.com/contentpage2.cfm?page=kayak-canoe-lift>
- Outriggers (can be added for stability):
 - <https://www.kayakhelp.com/best-kayak-stabilizers-outriggers/>
- Types of kayaks (solo or tandem):
 - Open decked, sea, white water, inflatable

- Bellyyak (prone position):

<https://www.bellyyak.com/>

- Portable access path (for ease of wheelchair): <https://acesstraxsd.com/>
- Kayak cart:
 - <https://www.theadventurejunkies.com/best-kayak-cart/>

Equipment

- Life jacket
- Paddle(s)
- Kayak / boat (with transportation device)
- Safety (understand how to upright a turned over kayak)

Competitions

Paracanoe classification:

<https://www.paralympic.org/canoe/classification>

Videos

Paracanoe:

https://www.youtube.com/watch?time_continue=3&v=DKNqpr3NUb8&feature=emb_logo

Accessible transfer system:

https://www.youtube.com/watch?time_continue=2&v=FBuSjX0vOac&feature=emb_logo

Adaptive paddles:

https://www.youtube.com/watch?v=gWowozYNRKs&feature=emb_logo

Local Resources

Team River Runner (kayaking):

<https://www.teamriverrunner.org/>

- Portland and Bend OR, Seattle and Spokane WA chapters

Adaptive Sports NW: Portland

<https://www.adaptivesportsnw.org/sports/kayaking/>

Oregon Adaptive Sports: Bend

<https://oregonadaptivesports.org/sport/kayaking-and-paddleboarding/>

Adventures Without limits: OR

<https://awlooutdoors.org/>

Paddle for Life (Dragon Boating):

<https://paddleforlife.org/>

Veteran Programs:

- National Veterans Summer Sports Clinic

Powerlifting



21

Description

Athletes compete in the bench press discipline where they are required to lower the bar to their chest, hold it motionless on their chest then press it away from their chest and lock out their arms.

Adaptations

- Weight can be scaled down to allow individuals to increase their strength
- The bench can be wider/longer to provide additional support
- Straps for safety to hold down the individuals lower body
- The height of the bench and rack can be adjusted for arm length
- Chalk can be used to increase grip
- Wrist wraps and belts can also be used for additional wrist and back support.

Equipment

Bench:

- Is both wider and longer than a standard powerlifting bench to account for the individual's entire body including their legs.

Rack

Barbell:

- Womens and mens weights

*One would likely have access to this equipment at a gym

Competitions

Local, regional, national, international, and veteran only competitions.

Classification: Individuals are not only divided by classification based on disability but also gender and weight.

<https://www.paralympic.org/powerlifting/classification>

Videos

Para Powerlifting Explained:

<https://youtu.be/Byjl61mbFFQ>

<https://youtu.be/-aZlhCqTvOA>

Female Athletes:

<https://youtu.be/79howSgipVc>

<https://youtu.be/eLqlyRKzCt4>

Male Athletes:

<https://youtu.be/swgtUujwbJo>

Local Resources

Oregon accessible training gyms:

<https://www.heroesmovementusa.org/partners>

- Portland State University gym
- Elements Fitness Lab: Portland OR
- Relentless Athletic Performance: Grants Pass OR
- Underground strength: Salem OR
- Specialty Athletic Training: Bend and Portland OR, and Vancouver WA
<https://www.specialtyathletictraining.com/>
- Providence Fitness Center: Lake Oswego OR
- OHSU: March Wellness

Adaptive and Inclusive certification/training:

- <https://www.adaptivetrainingacademy.com/>
- <https://www.adapttraining.com/>

Veteran Programs:

- National Veterans Wheelchair Games
- The Warrior Games
- Valor Games
- Invictus Games

Power Soccer



22

Description

Power soccer is played on a basketball court with 4 players on each team. Players use a power wheelchair to navigate the court with a special front foot guard that is used to dribble, pass, and kick an oversize soccer ball. This is the only power wheelchair organized sport.

Adaptations

Chair Control device:

- Standard joystick
- Compact joystick
- MicroPilot joystick: very small and sensitive
- Sip and puff control
- Switches (head arrays, foot control)

Safety Straps:

- Depending on the individual's function, straps may be appropriate to keep extremities in safe positions.

Support padding:

- Trunk
- Thigh
- Head rests
- Seat back: hard and soft options

Remote Kill Switch

Roll Cage

Equipment

Power wheelchair:

- People can use their everyday chair
- Strike Force Power Chair: Specialized power soccer chair. Many programs

around the nation have access to these chairs for athletes to use. These chairs can be custom made to meet the individuals needs.

<https://powersoccershop.com/strikeforcepowerwheelchairandsoccerguard.aspx>

- The chair puts everyone on the court at an even playing field.

Foot Guard

- Can be made with a variety of materials (PVC piping and metal are the most common).
- Most programs will have them for people to put on their chairs or have the means to make them one.

Seat Belt/Harness

- At least one of these is required for all athletes for safety purposes.

Competitions

Currently, Power Soccer is not recognized as a paralympic sport, however, efforts continue to be made. The highest level of competition is Team USA which competes in an international Power Soccer World Cup.

Videos

Athletes: <https://youtu.be/Gsmk-Jqul00>

<https://youtu.be/Q5A12baiB9s>

National Power Soccer:

<https://youtu.be/WY6lefEAeqg>

NVWG: <https://youtu.be/9eEe4puA21o>

Local Resources

Power Soccer Local Teams:

- Powersoccer PDX: Portland OR
<https://powersoccerpdx.com/>
- Seattle Adaptive Sport: Seattle WA
<http://www.seattleadaptivesports.org/power-soccer.html>

Veterans Program:

- National Veterans Wheelchair Games

Rock Climbing



23

Description

Climbing up an indoor climbing wall or outside on a natural rock wall. Climbers can use harnesses and ropes to be attached to the wall or use no ropes (called bouldering). Outdoor ice climbing is another option with specialized equipment and adaptations available.

Adaptations

Adaptations can be made for a variety of physical and visual impairments

- Amputations: wear no prosthesis, everyday prosthesis, or specialized climbing foot or knee
<http://www.mountainoandp.com/adkfoot/>
- Specialized grips:
 - Prosthetic crampons and ice tool attachments
 - ActiveHands
<https://www.activehands.com/>
- Harnesses:
<https://mistymountain.com/product-category/adventure/adaptive-gear/>
 - Chest harness to stay upright
 - Seated harness with bigger loops to prevent pressure sores
- Ascending device / pulley system to offset weight
<https://www.nolimitstahoe.com/gear/>

Equipment

Adaptive climbing manual (for purchase):

<https://www.paradoxsports.org/product/manual/>

- Harness / belay device

- Ropes
- Chalk and chalk bag
- Carabiners / quickdraws (outdoor)
- Climbing shoes
- Climbing helmet
- Crash pad for bouldering
- Crampons and ice axes for ice climbing

Competitions

Classification:

<https://www.ifsc-climbing.org/index.php/paraclimbing/classification>

Paraclimbing membership:

http://www.usaclimbing.org/Members/Membership_Overview.htm

Videos

Climbing with a lower limb prosthetic:

https://www.youtube.com/watch?v=-VkN_PCePKg

Grip adapted pulling up:

<https://www.youtube.com/watch?v=hZsvZ1qBXI4>

Outside blind climbers:

<https://www.outsideonline.com/2127071/these-blind-climbers-are-changing-perception-whats-possible>

Adaptive ice climbing:

<https://vimeo.com/85770146>

Local Resources

PDX Adaptive Climbing (at Planet Granite):

<https://www.facebook.com/pdxclimbing/>

Oregon Adaptive Sports (Bend, OR):

<https://oregonadaptivesports.org/sport/rock-climbing/>

University of Oregon Adaptive Climbing (Eugene, OR):

<https://rec.uoregon.edu/adaptive-climbing-program>

Outdoors for All (Seattle, WA):

<https://outdoorsforall.org/programs/recreation-programs/>

Washington Alpine Club:

<https://washingtionalpineclub.org/classes/adaptive-climbing-series>

Veteran Programs:

Veteran expeditions (Colorado):

<https://www.vetexpeditions.com/tag/rock-climbing/>

Adaptive Adventures:

<https://adaptiveadventures.org/rock-climbing/>

Rowing



24

Description

Using oars, athletes row a crew shell down a river or lake in 1, 2, 4, or 8 person boats. A smaller athlete sits in the front of the boat to steer and coach for the larger boats.

Adaptations

Adaptations can be made for a variety of physical, neurological, and visual impairments.

- Guide to Adaptive Rowing:
<https://usrowing.org/documents/2016/6/1/2015-guide-to-adaptive-rowing.pdf?id=60>
- Adaptive equipment:
<https://www.moveunitedsport.org/sports/adaptive-equipment/water-sports-equipment/>
<https://www.dezeen.com/2012/08/31/paralympic-design-adaptive-rowing-equipment/>
- *Boathouse*: elevators, hoists for pools, handrails, and accessible showers
- *Training*: Concept2 SkiErg, hand cycle, fixed and tractor seats erg adapters, FES chairs
<https://www.concept2.com/adaptive-rowing/adapting-indoor-rower>
- *Voice assisted rowing apps*: BoatCoach, Erg Chatter, Erg Buddy, ErgData
<https://www.concept2.com/indoor-rowers/adaptive-rowing/rowing-visually-impaired>
- *Seats*: fixed, custom for prosthetics, foot adaptations, straps for trunk, seat backs
- *Grip*: tactile aids, feather lock devices
- *Boats*: outriggers/pontoons for stability
<https://wintechracing.com/adaptive-boats/>

- *Transfers*: self transfer station, hoist lift, transfer box
- Consider *type of disability* with safety:
 - safety on water with traffic pattern
 - balance in boat, water / friction on seats, monitor overheating
 - padding / straps for rigid limbs
 - PTSD triggers, epilepsy

Equipment

- Boat house / water way
- Ergometers for training
- Crew shells (various sizes)
- Oars / oar lock
- Seats / foot plates

Competitions

There are adaptive events at USRowing masters nationals and club nationals

Classification information for FISA events (i.e. Paralympics):

https://usrowing.org/sports/2016/5/27/1172_132107060771262655.aspx?id=15

Videos

Paralympic rowing:

https://www.youtube.com/watch?v=olzKCnl_IuU

Veteran rowing:

https://www.youtube.com/watch?v=f60zIYcfl_4g&feature=emb_logo

Adaptive erging competition:

https://www.youtube.com/watch?v=AK_IGjr9AeM

Local Resources

Seize the Oar (Seattle, WA):

<http://www.seizetheoar.com/what-we-do>

- Article about it:
<https://excy.com/2019/03/07/is-inclusive-adaptive-training-important-healthyeah/>

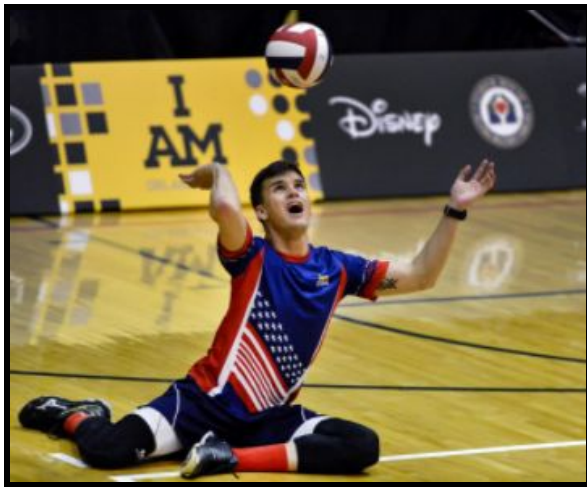
Rogue Rowing (Ashland, OR):

<https://www.roguerowing.org/adaptive-rowing/>

Veterans Program:

- National Veterans Summer Sports Clinic
- Valor Games
- Invictus games: Indoor rowing

Sitting Volleyball



25

Description

Sitting Volleyball is played similar to standing volleyball, however individuals sit on the floor using a smaller court and the net is shorter (about 3 ft). Everyone is required to sit, which makes this sport accessible to a variety of individuals with physical disabilities as well as able-bodied peers.

Adaptations

Prosthetics:

- In general it is encouraged that individuals not wear lower limb prosthetics when playing as it can limit one's speed and movement.
- Upper limb prosthetics can be worn to pass the volleyball.

Padding:

- Padded shorts to prevent pressure sores and or to increase comfort can be worn while playing.
- Knee pads

Equipment

- Net with proper height
- Volleyball court
- Volleyball

Competitions

Sitting volleyball (paravolley) is an organized paralympic team sport. There are also local and national competitions.

Classification:

<https://www.paralympic.org/sitting-volleyball/classification>

Rules:

<http://www.worldparavolley.org/wp-content/uploads/2017/06/2017-2020-SITTING-Volleyball-Rules-with-Diagrams.pdf>

Videos

Team USA athlete experience:

https://youtu.be/-aRE2Bq_RrY

Paralympic sitting volleyball:

<https://youtu.be/uXLSzwJoT4M>

Team USA vs BRA:

<https://youtu.be/0tzhcLEDhEY>

Local Resources

ASNW: Portland OR

<https://www.adaptivesportsw.org/sports/sitting-volleyball/>

Veteran Programs:

- Invictus Games: <https://invictusgamesfoundation.org/>
- The Warrior Games: <https://militarybenefits.info/warrior-games/>



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Skiing/Snowboarding Alpine



27

Description

An athlete using an adaptive ski or snowboard to navigate down a mountain.

Adaptations

Adaptations can be made for a variety of physical, neurological, and, blind/deaf (requires an instructor) impairment.

Skiing:

Adaptive Sit-Skis: used for athletes who cannot stand and uses a chair for mobility.

<https://adaptiveskiing.net/adaptive-skiing-equipment>

- *Bi-ski*: bucket seat with two ski's underneath. Can be used independently or with a ski guide helping to navigate the ski behind them with handles and tethers.
- *Mono-ski*: similar to bi-ski but with only one ski underneath, requires more stability from the skier. Appropriate for skiers with trunk stability and upper body strength. Typically used independently by the skier.
- *Outriggers*: short ski pole with handle and cuff for the forearm. At the end of the pole is a small ski to assist the individual in turning the sit ski.

Standing options:

- *Snow Slider*: mounted frame that clicks into separate skis, appropriate for individuals with severe balance challenges but has the ability/strength to stand/walk.

- *Three/four track*: options for individuals with amputations. Stand using a single or both ski's with outriggers.

Snowboarding:

- Less adaptable than skiing; more appropriate for adaptive athletes with a higher level of functioning.
- Most adaptive snowboarding is done using standard equipment but taught with specific instructions for adaptive athletes.

Equipment

- Skis or snowboard
- Poles (if skiing)
- Boots (ski or snowboarding specific)
- Winter clothing: snow gloves, jacket, pants
- Helmet / goggles

Competitions

Local, regional, national, international, and veteran only competitions.

Paralympic classification:

<https://www.paralympic.org/alpine-skiing/classification>

Videos

Winter Sports Clinic: <https://youtu.be/8eyjFh8BIM4>

Adaptive Athlete: <https://youtu.be/qNTUYZQe4ug>

Sit Ski: <https://youtu.be/ldl07JO2Rzo>

Local Resources

Oregon Adaptive Sports: Bend

<https://oregonadaptivesports.org/sport/ski-or-snowboard-lessons/>

Adaptive Lessons on local mountains:

<https://nwskiers.org/adaptive-skiing>

- Mt. Hood
- Mt. Bachelor
- Snoqualmie
- Stevens Pass

Veteran Program:

- Troops Triumph: Oregon
<http://www.troopstriumph.org/>
- National Veterans Winter Sports Clinic

Sledge/Para ice Hockey



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Description

Para ice hockey is a fast paced and full-contact team sport. The sport is played on the same rink with most of the same rules as able-bodied hockey. The equipment used, however, is different (see equipment section).

Adaptations

Accessible ice rinks:

- Allow athletes to skate in their sled off the rink and into the bench area.
- The bench area must be flush with the rink and have plexiglass for the athletes to see through to watch their team play

Sledge and Sticks:

- Can be adapted to meet a variety of needs including athlete size.

Handles for back of Sled:

- Handles can be placed on the back of the sledge for someone else to propel the athlete. Great for beginners.

Sledge Hockey Chariot and handle:

- Can be attached to the sledge to move the sled on surfaces other than ice.

<https://www.creatingability.com/sled-hockey/>

Equipment

Sledge

- Customizable in a variety of ways to meet individual needs; length, bucket size, etc.

- <https://mobilitysports.com/shop/Sleds-c1500940>

Sledge Hockey Sticks

- Short in length with both sides serving different purposes. One side is used to hit the puck and the other side has small metal ice spikes to be used to propel the sledge.

Safety Equipment:

- Hockey Helmet with full face mask
- Pads: Shoulder and elbow
- Gloves
- Guards: shin and neck

<https://mobilitysports.com/>

Competitions

Sledge Hockey is a growing paralympic sport in the US that athletes can complete at a local (depending on resources) and national level.

Classification requirements:

<https://www.paralympic.org/ice-hockey/classification>

Videos

About ice hockey:

<https://youtu.be/RP38GZ6GaNE>

Gold Medal Game, 2019:

<https://youtu.be/r7Kov0AkHK8>

Athlete experience:

<https://youtu.be/c39qATSbcrQ>

Veteran experience:

<https://vimeo.com/190158738>

Local Resources

WA: Seattle Adaptive Sports

<http://www.seattleadaptivesports.org/sled-hockey.html>

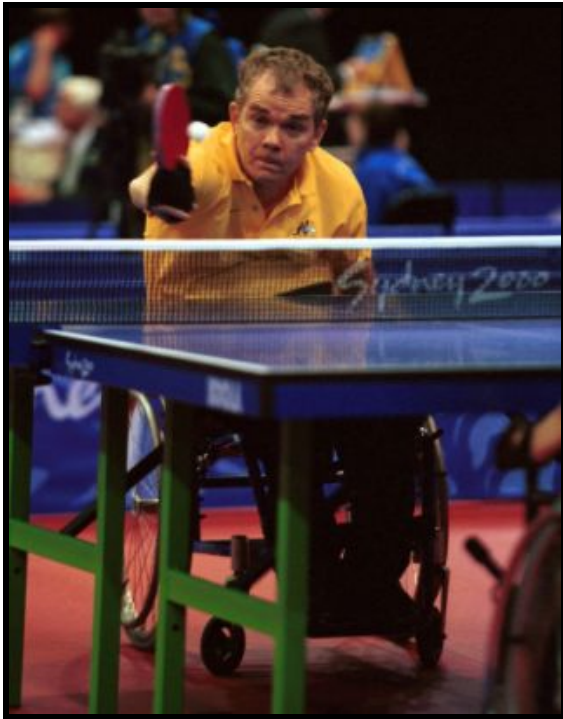
Oregon Sled Hockey: Winterhawks team

- <https://winterhawks.com/sledhockey/>
- https://www.facebook.com/Oregon-Sled-Hockey-112694442121584/?ref=page_internal

Veteran Programs:

- Operation Comfort
- <https://www.usawarriorshockey.org/>
- Invictus Games
- National Veterans Winter Sports Clinic

Table Tennis



29

Description

Adaptive table tennis is played with many of the same rules and regulations as the able-bodied version of the sport. Athletes can play individually or in teams of two. An athlete scores a point by the individual hitting the ball on the other player's side without them being able to hit the ball back. Players use a wooden paddle to hit the ball.

Adaptations

Holding the paddle:

- Athletes can hold the paddle with one hand in a way that is comfortable to them
- Athletes without upper limbs can hold the paddle with their mouth
- Athletes can use a strap or brace to increase grip for holding onto the paddle

Navigating:

- Athletes can sit in a wheelchair to navigate the space to hit the ball

- Athletes can stand and navigate by moving around the space

Equipment

- Table tennis ball
- Table tennis paddle
- Table tennis table and net

Competitions

Table tennis is one of the most popular paralympic sports. Athletes can compete in 11 different classifications. 1-5 are for sitting athletes, 6-10 are for standing athletes, and 11 is for athletes with intellectual disabilities.

Classification:

<https://www.paralympic.org/news/para-table-tennis-classification-breakdown>

Rulebook:

https://www.adaptivesportsusa.org/wp-content/uploads/2017/04/2017_EN_HBK_CHPT_2.pdf

Videos

About table tennis: <https://youtu.be/syPkjGXyS-Q>

Athletes: <https://youtu.be/Uf718cn-pjs>

Variety of classifications:

<https://youtu.be/BjuhGad1gQc>

Veterans: https://youtu.be/q_Q0W4hlgll

Local Resources

There are minimal Oregon and Washington adaptive table tennis programs, however, there are places that are accessible for individuals with disabilities to engage in table tennis.

Additionally, there are able-bodied clubs who may have resources for adaptive table tennis.

- Search table tennis places
- Ping Pong places

Veteran programs:

- National Veterans Wheelchair Games
- National Veterans Golden Age Games

Wheelchair Basketball



30

Description

Based off the able-bodied basketball team sport with most of the same rules/guidelines, except athletes play in wheelchairs

Adaptations

- Wheelchair positioning for additional trunk support
- Straps for safety and stability
- Smaller basketball
- Lowering the basket

Equipment

Wheelchair:

- Individuals everyday manual chair
- Specialized sport chair:
<https://www.sportaid.com/basketball-wheelchairs/>

Straps (if applicable)

Competitions

Wheelchair basketball is a recognized paralympic team sport that can be played at a national and international level. Many cities around the nation also have local community teams that are both competitive and recreational. Athletes are classified on a point

system from 1 to 4.5. The team points must be the sum of 14 points or less.

Sport Classification:

<https://www.paralympic.org/wheelchair-basketball/classification>

Videos

About wheelchair basketball:

<https://youtu.be/0RWvXzYKoHM>

2019 Parapan American games:

<https://youtu.be/xtoDD7JBY0g>

Athletes: <https://youtu.be/CWH-9-OBGww>

Local Resources

ASNW: Portland, OR

<https://www.adaptivesportsnw.org/sports/wheelchair-basketball/>

- The Portland Wheel Blazers Team
- The Junior Wheel Blazers Team
- The Prep junior team
- Portland Cascades Team

Seattle Adaptive Sports:

<http://www.seattleadaptivesports.org/basketball.html>

Spokane WA: Parasport

<https://www.parasportspokane.org/basketball.html>

Veteran Programs:

- National Veteran Wheelchair Games
- National Veterans Golden Age Games
- The Warrior Games
- Invictus Games



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Wheelchair Racing



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Description

Individuals race on a track or road in a custom wheelchair racing chair by using their arms to propel at a designated distance. Distance can range from sprints to long distance.

Adaptations

Much of the equipment for wheelchair racing is custom to meet the individuals unique needs. Positioning and an appropriately fitting chair is important for being successful with this activity.

- *Gloves:* There are both hard and soft gloves. Softer gloves can be appropriate for individuals with minimal finger/hand dexterity and hard gloves for those with sufficient strengths/ROM in hand function.
- *Compensator:* On wheelchair racing chairs, the compensator allows the athlete to make turns efficiently by hitting it, which turns the front wheel without having to steer it.

Equipment

Wheelchair racing chair

- Ideally chairs will be custom made to fit the individual

Racing gloves

- Both hard and soft glove options
- <https://howirollsports.com/shop/ingenium-the-chief-wheelchair-racing-gloves/>

Helmet

<https://www.moveunitedsport.org/sports/adaptive-equipment/track-and-field-equipment/>

Competitions

Classification:

- T32-34 Coordination impairments
- T51-54 Limb deficiency, leg length difference, impaired muscle power or impaired range of movement

<https://www.teamusa.org/US-Paralympics/Sports/Track-and-Field/Classification>

Videos

Why I race: https://youtu.be/E_x1PdkjzPM

Racing chair basics:

<https://youtu.be/1XKeGe0JevI>

<https://youtu.be/pvPTBBZExDI>

Racing Strokes: https://youtu.be/TgtJO_YRVng

U.S. Para track and field:

<https://youtu.be/m2dlBtx98Kk>

Local Resources

World Wheelchair Sport (Program): Eugene, OR

http://www.worldwheelchairsports.com/World_Wheelchair_Sports/World_Wheelchair_Sports_-_Eugene,_Oregon_-_Track_Town_USA.html

Alpenrose Velodrome (track): Portland, OR

<https://velodrome.obra.org/information/>

Seattle Adaptive Sports (Program): Seattle, WA

<http://www.seattleadaptivesports.org/track-and-field.html>

Parasport (Program): Spokane, WA

<https://www.parasportspokane.org/track--field.html>

Veteran Programs:

- The Warrior Games
- Invictus Games



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Wheelchair Rugby



Description

Fast pace team contact sport played on a regulation basketball court with 5 players on each side. Athletes work together to get the ball across the opponents goal line by passing and dribbling the ball. There are both offensive and defensive positions. Also known as quad rugby.

Adaptations

Wheelchair rugby chairs positions can be adjusted to provide varied trunk support.

- The seat position can be adjusted lower to the ground and at an angle to provide additional support

Gloves:

- Hard, soft, or sticky gloves can be used to protect individuals hands and support for propelling the chair more effectively

Equipment

Wheelchair Rugby Chairs:

- Offensive chair
- Defensive chair
- <http://www.wheelchairrugbyready.com/?module=1§ion=3&subsection=41>

Gloves

Straps

Competitions

Athletes are classified on a point system between 0.5 to 3.5. At all play times the team as a whole must be 8 points or less to keep the completion fair. Athletes can participate in local and national competitions.

Classification Resource:

https://www.iwrf.com/resources/iwrf_docs/IWRF_Compensation_Classification_UPDATE_June2020.pdf
<https://www.paralympic.org/wheelchair-rugby/classification>

Videos

Murderball: 2005 Film

[https://en.wikipedia.org/wiki/Murderball_\(film\)](https://en.wikipedia.org/wiki/Murderball_(film))

Paralympic competition:

<https://youtu.be/OUjAKOLQLvA>

About Wheelchair Rugby:

<https://youtu.be/kh28BHCZ3fl>

Why Rugby: <https://youtu.be/02GcnRtO6GE>

Local Resources

Adaptive Sports Northwest:

<https://www.adaptivesportsnw.org/sports/wheelchair-rugby/>

- Portland Pounders Team

Seattle WA:

- Wheelchair rugby association:
- Seattle Slam Team:
<https://seattleslam.org/#home>

Spokane WA:

- St. Luke: <https://www.st-lukes.org/TSL/>

Veteran Programs:

- National Veterans Wheelchair Games
- Invictus Games



Wheelchair Tennis



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Description

Using a racquet, athletes hit a tennis ball over a net back and forth to the competition, staying within the court lines. There are singles and doubles events for men and women.

Adaptations

- Wheelchair tennis manual: http://assets.usta.com/assets/576/15/Manual_for_Teaching_Adaptive_Tennis.pdf
- Grip:
 - Tape hand to racquet
 - Grasping gloves
 - Prosthetics
- Sport wheelchairs (lighter than everyday chair): <https://www.sportaid.com/tennis-wheelchairs/>
- Racquets: can be made shorter, smaller, and lighter to make it easier to grip
 - Player should learn how to grip racquet and push wheelchair at the same time
- Straps: around legs or trunk for stability
- Ball with sound (for visual impairment)

Equipment

- Tennis Racquet
- Tennis Ball
- Tennis Court with lines and net
- Wheelchair

Competitions

Rules are the same as stand up tennis, except the wheelchair player is allowed two bounces of the ball.

Classification:

<https://www.paralympic.org/wheelchair-tennis/classification>

Tournaments:

<https://www.usta.com/en/home/play/adult-tennis/programs/national/wheelchair-tennis-tournaments.html>

Videos

Paralympic tennis:

https://www.youtube.com/watch?v=Nui4B6Zpb8k&feature=emb_logo

<https://www.youtube.com/watch?v=BR-KyhY99M4>

Blind tennis:

https://www.youtube.com/watch?v=M5Ge7_SZDEg

Types of tennis wheelchairs:

https://www.youtube.com/watch?time_continue=30&v=jg7Eei7HTDQ&feature=emb_logo

Local Resources

NW Wheelchair Tennis Association (Keizer, OR): <https://www.nwwheelchairtennis.org/nwta/>
 Robinswood Tennis Center- drop in wheelchair tennis programs (Bellevue, WA): <https://bellevuewa.gov/city-government/departments/parks/sports-and-athletics/robinswood-tennis-center>

Salem Tennis and Swim Club:

<http://www.salemtennisandswimclub.com/membership.html>

Seattle wheelchair tennis:

<http://www.seattleadaptivesports.org/tennis.html>

Veteran Program information:

<https://www.moveunitedsport.org/usta-training/>



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National Resources

The links and resources throughout this adaptive sports resource book were used to inform the content provided. Experts in the community were also consulted, to ensure content is accurate.

Veteran Focused Resources

- *Adaptive Sports NW* (Beaverton, OR- team sports with grants for veterans):
<https://www.adaptivesportsnw.org/about/military-programs/>
- *Catalyst Sports (rock climbing)*:
<http://www.catalystsports.org/veterans/>
- *Challenged Athletes Foundation* (military specific grants):
<https://www.challengedathletes.org/programs/operation-rebound/>
- *Disabled American Veterans*:
<https://www.dav.org/>
- *National Veterans Golden Age Games* (national multi-sport event for older veterans):
<https://www.blogs.va.gov/nvspse/national-veterans-golden-age-games/>
- *High Fives Foundation* (Military to the Mountain program):
<https://highfivesfoundation.org/militarytothemountain/>
- *High Performance Adaptive* (veteran partnerships for adaptive equipment):
<http://highperformanceadaptive.com/page/veterans>
- *Move United Warfighters* (provides adaptive sports to severely wounded warriors free of cost):
<https://www.moveunitedsport.org/sports/warfighter-sports/>
- *National Veterans Summer Sports Clinic*:
<https://www.sandiego.va.gov/services/nvssca.asp>
- *National Veterans Wheelchair Games*:
<https://wheelchairgames.org>
- *National Veterans Winter Sports Clinic*:
<https://www.wintersportsclinic.org/>
- *The Warrior Games*
<https://militarybenefits.info/warrior-games/>
- *Valor Games*
<https://www.blogs.va.gov/nvspse/valor-games/>
- *Invictus Games*:
<https://invictusgamesfoundation.org/foundation/>
- *Operation Comfort* (San Antonio, TX- sports and other activities for wounded veterans):
<https://operationcomfort.org/>
- *Operation Rise and Conquer* (adventure week for veterans in Crested Butte, CO)
<http://www.asa.net/ORC>
- *Paralyzed Veterans of America* (adaptive sports offerings):
<https://www.pva.org/adaptive-sports/>
- *Semper Fi and America's Fund* (integrative wellness programs and financial support for disabled veterans):
<https://semperfund.org/what-we-do/integrative-wellness/>
- *Team Red, White, and Blue* (community connections for social and physical activity):
<https://www.teamrwb.org/>
- *Triumph Foundation* (resource lists for veteran services in Southern CA and nationally):
<https://triumph-foundation.org/resource/veterans-services/#title>
- *VAST - Veterans Adaptive Sports and Training* (New Gloucester, ME):
<https://pinelandfarms.org/recreation/vast/>
- *Veteran Affairs Hospitals*:
<https://www.va.gov/find-locations/>
- *Wounded Warrior Project* (resources and events):
<https://www.woundedwarriorproject.org/>

PNW Organizations

- *Adaptive Sports NW* (Beaverton, OR- team sports): <https://www.adaptivesportsnw.org/>
- *Adventures Without Limits* (Forest Grove, OR- outdoor adventures):
<https://awloudoors.org/>
- *City of Eugene, OR Inclusion Services*:
<https://www.eugene-or.gov/131/Inclusion-Services>
- *Impact For Life* (Oregon State University advocacy and training for young adults with

disabilities):

<https://health.oregonstate.edu/impact-for-life>

- *NorthWest Association for Blind Athletes*:
<https://nwaba.org/>
- *Oregon Adaptive Sports* (Bend, OR - outdoor experiences)
<https://oregonadaptivesports.org/sports/>
- *Oregon Spinal Cord Injury Connection* (SCI survivor empowerment group):
<https://oregonsci.org/>
- *Outdoors for All* (adapted outdoor recreation): <https://outdoorsforall.org/>
- *ParaSport Spokane* (training and competitive athletic opportunities):
<https://www.parasportspokane.org/>
- *Portland VA Medical Center-Vancouver*:
<https://www.portland.va.gov/locations/vancouver.asp>
- *Seattle Adaptive Sports* (sports and resources):
<http://www.seattleadaptivesports.org/resources.html>
- *Team Red, White, and Blue* (Oregon and Washington):
<https://www.teamrwb.org/chapter-locator/>
- *World Wheelchair Sports* (Eugene, OR):
http://www.worldwheelchairsports.com/World_Wheelchair_Sports/World_Wheelchair_Sports_-_Eugene,_Oregon_-_Track_Town_USA.html

Other Organizations to Highlight

- *Ability First Sports* (Chico, CA- summer camps and sports programs):
<https://www.abilityfirstsports.org/>
- *Able Thrive* (list of colleges with adaptive sports):
<https://ablethrive.com/activities/21-colleges-adapted-sports-programs>
- *Arc Angeles* (South American org):
<https://arcangeles.org/>
- *BORP Adaptive Sports and Recreation* (Berkeley, CA- sports and rec/ online fitness):
<https://www.borp.org/>
- *Challenged Athletes Foundation* (grants, sports programs, events):
<https://www.challengedathletes.org/adaptive-sport-organizations/>

- *Craig Hospital* (Denver, CO- rehabilitation hospital with adaptive rec outings):
<https://craighospital.org/programs/therapeutic-recreation/adaptive-sports-equipment-resources>
- *Crested Butte Adaptive Sports Center* (Crested Butte, CO- outdoor adventures):
<https://www.adaptivesports.org/>
- *Handicap Scuba Association*:
<https://www.hsascuba.com/>
- *High Fives Foundation* (Truckee, CA- education and grants for life altering injuries from outdoor sports, etc.):
<https://highfivesfoundation.org>
- *Kelly Brush Foundation* (grants to promote an active lifestyle after an SCI):
<https://kellybrushfoundation.org/>
- *Lakeshore Foundation* (Birmingham, AL- adaptive sport, recreation, advocacy, policy, and research.): <https://www.lakeshore.org/>
- *Move United* (national org that supports local adaptive sports chapters):
<https://www.moveunitedsport.org/sports/adaptive-sports/>
- *National Sport Center for Disability* (Denver, CO- adaptive lessons for sport and recreation): <https://nscd.org/>
- *Paralympics* (resources on classifications and events):
<https://www.paralympic.org/sports>
- *Reeves Foundation* (grants, resources, and working at advancing innovative SCI research):
<https://www.christopherreeve.org/>
- *Rehab Without Walls* (rehab services):
<https://www.rehabwithoutwalls.com/locations/test-oregon/>
- *Spaulding Rehab Adaptive Sports* (East Coast):
<https://spauldingrehab.org/conditions-services/adaptive-sports>
- *Sports Abilities* (disability guide by state):
<https://www.sportsabilities.com/calendars-by-state>
- *Triumph Foundation* (Los Angeles, CA- resources and adapted sports and rec):
<https://triumph-foundation.org/resource/wheelchair-sports-recreation/>

Sport Specific

Air rifle/pistol

- Beadaptive: <http://beadaptive.com>
- USA shooting: <https://www.usashooting.org>
- Disabled shooter discussion forum: <http://www.targettalk.org/viewforum.php?f=11&sid=b4acf1f4c0b39b9320bf65a9dcbb47e>
- NRA adaptive shooting/hunting resources: <https://adaptiveshooting.nra.org/resources/>

Archery

- US Archery: <https://www.usarchery.org/participate/adaptive-archery>
- Archery Events Nationwide: <https://www.usarchery.org/events/find-an-event>

Boccia

- USA Boccia: <https://usaboccia.org/>

Bowling

- World Bowling: <https://www.worldbowling.org/uncategorized/2019/06/world-bowling-becomes-an-official-recognised-international-paralympic-committee-sport/>
- American Wheelchair Bowling Association: <https://awba.org/>
- American Blind Bowling Association: <https://www.abba1951.com/>

Curling:

- Move United: <https://www.moveunitedsport.org/sport/curling/>
- USA Curling: <https://www.teamusa.org/usa-curling/2018-paralympic-team>
- World Curling Federation: <https://worldcurling.org/>

Cycling

- Team USA Military: <https://www.teamusa.org/US-Paralympics/Resources/Military>

- National Veterans Summer Sports Clinic: <https://www.blogs.va.gov/nvspse/national-veterans-summer-sports-clinic/>

Disc Golf:

- Professional Disc Golf Association: <https://www.pdga.com/course-directory/course/eagle-eye-disc-golf-course>
- Pineland Farms Disc Golf: <https://pinelandfarms.org/recreation/summer/disc-golf/>
- Blind Disc Golf Association: <https://www.facebook.com/BlindDiscGolf/>
- Eagle Eye Disc Golf course (designed for use by blind and visually impaired) <https://www.dgcoursereview.com/course.php?id=4745>

Equestrian:

- World Equestrian Games: <https://www.fei.org/history/paralympic-games>
- Move United: <https://www.moveunitedsport.org/sport/equestrian/>

E-Sports:

- Warfighter Engaged: <https://warfighterengaged.org/>
- Craig Hospital E-sports resources: <https://craighospital.org/services/assistive-technology/assistive-tech-gaming-resources>
 - Controllers/external devices
 - Game reviews, news, and organizations
 - Video
- Able Gamer Charity: <https://ablegamers.org/>
- <https://ablegamers.org/stigmabreaker/>

Fencing:

- Into the Frame (book): <https://www.amazon.co.uk/INTO-FRAME-JONATHAN-DAVID-COLLINS/dp/1718141122>
- USA Fencing: <https://www.usafencing.org/>

Fishing

- Fishing has no Boundaries:

<https://fhnbinco.org/>

Goalball:

- NW association for Blind Athletes:
<https://nwaba.org/blog/goalball-history-rules-and-court/>
- Paralympic Goalball:
<https://www.paralympic.org/goalball>
- Ability 360:
<https://ability360.org/goalball-tournament/>

Golf

- PGA: <https://pgaimpact.org/pg-a-hope/>
- U.S. Adaptive Golf Alliance:
<https://www.usaga.org>
- National Alliance for accessible golf:
<https://www.accessgolf.org>
 - Grants, resources, events
- Wounded Warriors:
 - Golf events each year
- National Disabled Veterans TEE Tournament:
<https://www.veteransteer.org>
- Adaptive Golfers:
<https://www.adaptivegolfers.org>
- International Golf Federation:
<https://www.igfgolf.org/about-igf/>
- US Disabled Golf Association:
<http://www.usdga.net/>

Hiking

- Bowhead Corp (adventure cycle):
<https://bowheadcorp.com/>
- Disabled Hikers:
<https://disabledhikers.com/resources/>
- Orienteering:
<https://pinelandfarms.org/recreation/team-building/orienteering/>

Hunting

- Buckmasters:
<https://buckmasters.com/resources/disabled-hunters/disabled-veteran-hunting>
- Able Outdoors:
<http://ableoutdoors.net/able-outdoors-hunting-programs-organizations/>

Paddling

- American Canoe Association- Adaptive paddling workshops:
https://www.americancanoe.org/page/Courses_Adaptive
- Creating Ability - Adaptive paddling gear:
<https://www.creatingability.com/>
- Adaptive Adventures Dragon Boating:
<https://adaptiveadventures.org/dragon-boat-racing/>
- Dragon Boating USA:
<http://www.dragonsports.org/>

Powerlifting

- Heroes Movement:
<https://www.heroesmovementusa.org/>
- Adaptive Training Academy:
<https://www.adaptivetrainingacademy.com/>

Power Soccer

- Federal Internationale De Powerchair Football: <https://fipfa.org/>
- Power Soccer Shop:
<https://powersoccershop.com/aboutpowersoccer.aspx>
- United States Power Soccer Association:
<https://www.powersoccerusa.org/>

Rock Climbing:

- USA climbing:
<http://www.usaclimbing.org/home.htm>
- International Federation of Sport Climbing:
<https://www.ifsc-climbing.org/>
- Paradox Mile Challenge:
<https://www.paradoxsports.org/paradoxmile/>
- Paradox Sports:
<https://www.paradoxsports.org/>
- Catalyst Sports:
<http://www.catalystsports.org/>
- Article about adaptive climbing:
<https://www.outdoorresearch.com/blog/article/what-adaptive-climbers-really-want-to-say-to-able-bodied-climbers>
- Move United:
<https://www.moveunitedsport.org/sport/rock-climbing/>

Rowing

- America Rows (diversity in rowing initiative): https://usrowing.org/sports/2016/5/20/882_132107060553307806.aspx
- US Rowing: https://usrowing.org/sports/2016/6/19/1158_132107067408904948.aspx
- Freedom Rows: https://usrowing.org/sports/2016/6/3/877_132107062232213598.aspx

Sitting Volleyball:

- Team USA: <https://www.teamusa.org/usa-volleyball/usa-teams/sitting-volleyball/about-sitting-volleyball>
- Move United: <https://www.moveunitedsport.org/sport/volleyball/>

Skiing/Snowboard

- Adaptive Adventures: <https://adaptiveadventures.org/alpine-skiing-and-snowboarding/>
- Two Top Mountain Adaptive: <https://www.twotopadaptive.org>
- Winter sports clinic for Veterans: <https://www.wintersportsclinic.org>
- Veterans Adaptive Sports Training: <https://pinelandfarms.org/recreation/vast/>

Sled Hockey:

- USA Hockey: About the sport, grants, programs, and video. <https://www.usahockey.com/sledhockey>
- Move United: About, equipment suppliers, program finder. <https://www.moveunitedsport.org/sport/sled-hockey/>

Table Tennis:

- Move United: <https://www.adaptivesportsusa.org/sports/table-tennis/>
- International Table Tennis Federation: <https://www.ittf.com/>

Wheelchair Basketball

- Over the line: <https://triumph-foundation.org/wsfvideos/>
- International Wheelchair Basketball Foundation: <https://iwbf.org/>
- National Wheelchair Basketball Association: <https://www.nwba.org/>

Wheelchair racing

- Paralympics Explain Wheelchair racing <https://www.paralympic.org/news/para-athletics-explained-wheelchair-racing>
- Kelly Brush Foundation: Grants <https://kellybrushfoundation.org/about-us/>
- Triumph-Foundation: Wheelchair Sports Festival <https://triumph-foundation.org/wsfvideos/>

Wheelchair rugby

- International Wheelchair Rugby Federation: <https://www.iwrf.com/>
- USA Wheelchair Rugby: <http://usawr.org/>
- Team USA: <https://www.teamusa.org/US-Paralympics/Sports/Wheelchair-Rugby>
- United States Quad Rugby Association: <https://www.usqra.org/>

Wheelchair Tennis:

- US Tennis Association: <https://www.usta.com/en/home/play/adult-tennis/programs.html#/Wheelchair>
- Move United: <https://www.moveunitedsport.org/sport/tennis/>
- Team USA: <https://www.teamusa.org/US-Paralympics/Sports/Wheelchair-Tennis>

Learning Materials:

Magazines, Documentaries, and Podcasts

- Amplitude Magazine:
<https://livingwithamplitude.com/>
- Challenge Magazine:
<https://www.moveunitedsport.org/about/news/challenge-magazine/>
- New Mobility Magazine:
<https://www.newmobility.com/>
- The Best of Men Documentary:
<https://www.imdb.com/title/tt2374835/>
- Crip Camp Documentary:
<https://www.netflix.com/title/81001496>
- On The Way to School Documentary:
<https://www.youtube.com/watch?v=dpaPs0WYwww>
https://tubitv.com/movies/526764/on_the_way_to_school?utm_source=google-feed&tracking=google-feed
- Roll with Me Documentary:
<https://www.netflix.com/title/81024500?source=35>
- The Rebound: A Wheelchair Basketball Story: <https://www.reboundthefilm.com/>
- Tin Soldiers Documentary:
https://www.amazon.com/Tin-Soldiers-Alan-Nichols/dp/B07DSJLM3P/ref=sr_1_1?dclid=1&keywords=tin+soldiers+2016+documentary&qid=1591478922&sr=8-1
- Zion Documentary:
<https://www.netflix.com/TITLE/80239831>
- Move United Challenged Extended Podcast:
<https://www.stitcher.com/podcast/challenge-extended>

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