

Topic	Explanation
Country, city	Austria, Vienna Croatia-Rijeka
Name	Running - Sprints
Aim	The aim is to learn natural applied and running movements. To improve physical condition.
Duration of the lessons	45-60 minutes training session
Expertise, experience of trainer	An expert is needed with a degree, who has gone through the program of getting the necessary competencies. Years of experience, additional education and exchange of experiences with trainers from around the world. Preferably for trainer to pass additional tests from special pedagogy, sociology, didactics, defectology, professional seminars and education for working with children with intellectual difficulties. It is preferable for trainers to pass additional tests from special pedagogy, sociology, didactics, defectology, professional seminars and education for working with children with intellectual difficulties.
Age group	From 10 years onwards
Rules	Through testing and controls on the part of physicians, the level of sporting ability is ascertained. The requirements of every child are individually chosen, in accordance with his/her abilities. Depending of child's ability, he/she will do easy or hard training, and also he/she will run or race in wheelchairs or racing wheelchairs.
Set of movements	Running / rolling the wheels when racing in wheelchairs or racing wheelchairs, running prosthesis
Equipment	Hardware: Racing wheelchairs Special clothing: Athletic apparel for athletics Any other material:
Required space	Athletic hall or athletic stadium, track and field school playground
Inclusive experience	An expert is needed with a degree, who has gone through the program of getting the necessary competencies. Years of experience, additional education and exchange of experiences with trainers from around the world. It is preferable for trainers to pass additional tests from special pedagogy, sociology, didactics, defectology, professional seminars and education for working with children with intellectual difficulties. It is preferable for trainers to pass additional tests from special pedagogy, sociology, didactics, defectology, professional seminars and education for working with children with intellectual difficulties.

Type of disability	Rules (game rules, duration)	Instructions	Set of movements	(Adapted) Equipment
Hearing impairment Complete loss	x 45-60 minutes training	Communication by sign language and x reading from the lips, coach needs to point face towards a player and to have an eye contact with him/her, optional professional communication assistant as support for player beginner, communication by blue and red flags, cards with tags of different movements and actions	x	A light signal of the referee or a flag or vibration signal, cards with tags of different movements and actions
Reduced hearing	x 45-60 minutes training	reading from the lips, coach needs to point face towards a player, blue and communication by red flags, cards with tags of different movements and actions	x	A light signal of the referee or a flag or vibration signal
Visual impairments Low vision	x 45-60 minutes training	Giving instructions verbally and by need tactile (touch)	x	fluorescent marks on the field (edges of the field), illuminated hall, outfit in bright colours, whistle for start and ending
Reduced vision	x 45-60 minutes training	Giving instructions verbally and, by need, tactile (touch)	x	fluorescent marks on the field (edges of the field), illuminated hall, outfit in bright colours, whistle for start and ending
No vision	x 45-60 minutes training	Giving instructions verbally and, by need tactile (touch) Player with no vision is getting guided instructions from an assistant. An assistant is connected with a player by leash to direct him/her.	x	whistle for start and ending, sports assistant/ a running assistant
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	x 45-60 minutes training the level of sporting ability is ascertained through testing A player with educed mobility (use of lower limbs and upper limbs) is starting from high-start	x	x	x
• Reduced mobility (use of lower limbs and no use of upper limbs)	x 45-60 minutes training	x	x	x
Reduced mobility (no use of lower limbs and no use of upper limbs)	x 45-60 minutes training	Player with reduced mobility (no use of lower limbs and no use of upper limbs)-is able to: 1) Run with running prosthesis for ambitious recreational athletes 2) race in electric wheelchairs or electric racing wheelchairs	If racing in electric wheelchairs or electric racing wheelchairs, a player does movements by head or amputated limb to use joystick to control wheelchairs.	electric wheelchairs or electric racing wheelchairs, running prosthesis
Wheelchair users (use of upper limbs)	x 45-60 minutes training	Player with reduced mobility(use of upper limbs) is able to: 1) Run with running prosthesis for ambitious recreational athletes 2) race in wheelchairs or racing wheelchairs	When racing in wheelchairs or racing wheelchairs, player does hands movements – rolling wheels.	x
Wheelchair users (no use of upper limbs)	x 45-60 minutes training	Player who is a wheelchair users (no use of upper limbs)-is able to: 1) Run with running prosthesis for ambitious recreational athletes 2) race in electric wheelchairs or electric racing wheelchairs	If racing in electric wheelchairs or electric racing wheelchairs, a player does movements by head or amputated limb to use joystick to control wheelchairs	electric wheelchairs or electric racing wheelchairs, running prosthesis
Communication impairment Speech impairments	x 45-60 minutes training	x	x	x

Learning impairment				
Mild	Extra explanation, only if needed, 45-60 minutes training - their capabilities	Returning to the exercise and giving additional explanation, only if needed	x	x
Moderate	Extra explanation, only if needed, 45-60 minutes training - their capabilities	returning to the exercise, if needed to teach the child a few moves as much as he/she can adopt	x	x
Severe	Extra explanation, only if needed, 45-60 minutes training - their capabilities	returning to the exercise, if needed to teach the child a few moves, as much as he/she can adopt	x	x

