

Topic	Explanation
Country, city	Croatia-Rijeka Austria-Vienna
Name	Running-hurdling
Aim	The aim is to skip the obstacle without falling down, as well as achieve endurance in runs. To improve physical condition.
Duration of the lessons	45 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. Players in wheelchairs will go under the obstacle instead of over it.
Set of movements	Running / rolling the wheels when racing in wheelchair or racing wheelchairs. Movements of lifting legs or movements of bending
Equipment	Hardware: Racing wheelchairs, running prosthesis Special clothing: Athletic apparel for athletics Any other material: As obstacle used can be skipping rope, set of skittles with rod, elastics
Required space	Athletic hallor 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. 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.

Type of disability	Rules (game rules, duration)	Instructions	Set of movements	(Adapted) Equipment
Hearing impairment Complete loss	45 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	45 minutes training	Reading from the lips, coach needs to point face towards a player, 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, audio device such as radio or beeping transmitter on the hurdle.
Visual impairments Low vision	45 minutes training	Giving instructions verbally and by need tactile (touch)	x	fluorescent marks on the field (edges of the field), fluorescent or brightly colored hurdle or blinking hurdle, illuminated hall, outfit in bright colours, whistle for start and ending.
Reduced vision	45 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	45 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	fluorescent marks on the field (edges of the field), fluorescent or brightly colored hurdle or blinking hurdle, audio device such as radio or beeping transmitter on the hurdle, illuminated hall, outfit in bright colours, whistle for start and ending, sports assistant/ a running assistant.
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	45 minutes training The level of sporting ability is ascertained through testing. A player with reduced mobility (use of lower limbs and upper limbs) is starting from high-start.	x	x	No adaptation needed
• Reduced mobility (use of lower limbs and no use of upper limbs) Reduced mobility (no use of lower limbs and no use of upper limbs)	45 minutes training	x	x	x
Reduced mobility (no use of lower limbs and no use of upper limbs)	45 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 3) Run on amputated limbs and bend under the obstacle Players with reduced mobility (no use of lower limbs and no use of upper limbs) in wheelchairs will go under the obstacle instead of over it.	If racing in electric wheelchairs or electric racing wheelchairs, a player does movements by head or amputated limb to use joystick to control wheelchairs. Players with reduced mobility (no use of lower limbs and no use of upper limbs) in wheelchairs while going under the obstacle, make head movements while bending.	Electric wheelchairs or electric racing wheelchairs, running prosthesis.

Wheelchair users (use of upper limbs)	45 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 3) Run on amputated limbs and bend under the obstacle	When racing in wheelchairs or racing wheelchairs, player does hands movements – rolling wheels. Players' wheelchair users (use of upper limbs) while going under the obstacle, make movements by head while bending.	Electric wheelchairs or electric racing wheelchairs, running prosthesis.
Wheelchair users (no use of upper limbs)	45 minutes training	Player who is a wheelchair user (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 3) Run on amputated limbs and bend under the obstacle	If racing in electric wheelchairs or electric racing wheelchairs, a player does movements by head or amputated limb to use joystick to control wheelchairs. Player who is a wheelchair user (no use of upper limbs) while going under the obstacle, make movements by head while bending	Electric wheelchairs or electric racing wheelchairs, running prosthesis.
Communication impairment Speech impairments	45 minutes training according to their capabilities	x	x	x
Learning impairment Mild	Extra explanation, only if needed, 45 minutes training according to their capabilities	Returning to the exercise and giving additional explanation, only if needed	x	x
Moderate	Extra explanation, only if needed, 45 minutes training	Returning to the exercise, if needed To teach the child a few moves as much as he can adopt	x	x
Severe	Extra explanation, only if needed, 45 minute training	Returning to the exercise, if needed To teach the child a few moves as much as he can adopt	x	x

