

# SPORT MODIFICATIONS

Deaf and hard of hearing athletes participate in all sports, with very little if any modifications. The following simple modifications can easily be incorporated into an integrated setting.

## STARTING LIGHTS

In sports such as swimming, lights will be used to start the race. The lights can be found on the side of the pool directly under the swimmer which is connected to the starters' gun.

When the gun is fired, the lights go on to indicate the start of the race. This system can be used for other sports to substitute for the traditional starters gun/siren.

Another alternative if lights are not available would be to simply raise/drop arm to start a race.



## USING VISUAL SIGNS TO GAIN ATTENTION

Referees can use visual signals to gain the attention of an athlete during competition using flags or basic gesturing such as waving.

## TAPPING ON SHOULDER TO GAIN ATTENTION

A deaf or hard of hearing captain might need attention from the referee when requesting an explanation about a rule during the play. It is more likely the captain will touch the referee on his/her shoulder for attention. It is an acceptable thing for deaf people to tap people for attention.



## VISUAL AIDS FOR SCORING

Visual aids for scoring should be used at all times such as electronic scoreboards or whiteboards/blackboards.

## TAKE A FEW SECONDS TO EXPLAIN

A deaf athlete playing sport with hearing players will usually stop if everyone else around them has stopped, such as when a referee has stopped play. A few extra seconds should be taken, where practical, to explain the referee's decisions to the deaf athlete.





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## BASIC AUSLAN

There will be deaf/hard of hearing athletes who prefer to use Auslan. Learning basic Auslan to communicate on the field will allow these athletes to fully participate in their chosen sport and to be able to communicate with the coaching team and team-mates.

For Auslan classes, get in touch with your state Deaf society.



## ACTIVE DEAF KIDS

DSA ran the Active Deaf Kids program from 2011 to 2016. The Program was delivered to over 1300 children from 80 schools per year. The ADK is now part of the Australian Sports Commission Sporting Schools Program;

DSA has developed the Active Deaf Sports Club program which aims to accredit clubs, associations as being deaf-friendly;

DSA has the Active Deaf High-Performance Program in place, which is a pathway from participation to national and international competition – supported by a number of key National Sports Organisations.

To learn more, visit

<http://deafsports.org.au/active-deaf-sports/active-deaf-kids/>



## ATHLETE ELIGIBILITY

Deaf Sports Australia has an Athlete Eligibility Policy, where all deaf and hard of hearing athletes are provided with a classification to determine their eligibility for various sporting pathways made available to athletes who are deaf or hard of hearing.

To learn more, visit

<http://deafsports.org.au/pathways/athlete-eligibility/>



## ABOUT DEAF SPORTS AUSTRALIA

Deaf Sports Australia (DSA) was established in 1954 as the peak body for deaf sports in Australia. DSA assists Australians who are deaf and hard of hearing to participate in sport at all levels and compete at designated national and international events including Australian Deaf Games, Asia Pacific Deaf Games, and the Deaflympic Games through partnerships with governments, businesses, sporting bodies and the community.



## CONTACT US FOR MORE INFORMATION

You can contact Deaf Sports Australia in order to obtain details regarding the specific rules and modifications available for the particular sport in which you are involved.

We can be contacted at [info@deafsports.org.au](mailto:info@deafsports.org.au)



[www.deafsports.org.au](http://www.deafsports.org.au)