



Resources: Human Guide – Adaptations Manual

Video Script and Commentary:

- Video opens with a shot of Lillian (athlete) standing on viewer's left and Kirsten (teacher) standing on viewer's right. There is a track in the background. Piano music playing in the background.
 - "I am Kirsten and I am the teacher."
 - "And I am Lillian and I am the athlete"
- Slide of NWABA logo.
- Video transitions to two consecutive slides reading, 'Human guide' and 'Initiating human guide' while voiceover reads the slides.
- Video transitions to Lillian and Kirsten standing next to each other with the shot zoomed into their hands. Kirsten taps the back of her hand onto the back of Lillian's hand to initiate human guide. Lillian makes her hand into a C shape and grasps Kirsten's arm just above her elbow. The video shows Kirsten and Lillian demonstrating human guide in multiple outdoor environments. Lillian is holding her cane in her right hand while using human guide with her left. Voiceover describes what is happening in the video.
 - "To initiate human guide, the guide can gently touch the back of their hand to the traveler's arm. The traveler will then slide their hand up their guide's elbow grasping the back of their arm in the shape of a C."
- Video transitions to showing Lillian putting her left hand on Kirsten's right shoulder while voiceover describes this stance.



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- “Another grasp would be to have the traveler place their hand on the shoulder of their guide.”
- Video transitions to a front view of Lillian and Kirsten who are standing side-by-side, then to a close up of Lillian’s left hand grasping Kirsten’s right wrist.
 - “Modified, or child grasp; if the regular grasp is not comfortable due to height differences of the traveler and the guide, a modified, or child grasp, can be used. The traveler can grasp the guide by the wrist. “
- Video transitions back to front view of Lillian and Kirsten who are standing side by side, then to a close up of Kirsten raising her right forearm to make a 90-degree angle at her elbow then Lillian links her left arm at their elbows.
 - “If working with someone who had difficulty with mobility, rather than holding the guide’s arm above the elbow, the traveler may prefer to link their arm with their guide’s arm.”
- Video transitions to a slide that reads, ‘Approaching a chair’ and voiceover reads the slide. Then, the video transitions to front view of Kirsten and Lillian walking using the human guide technique with Lillian grasping Kirsten’s elbow. Kirsten guides her to a bench. The bench is in front of a brick wall and has short, metal armrest on each end. When Kirsten and Lillian are standing in front of the bench, Kirsten bends over to tap it, cueing Lillian where the bench is. The voiceover describes this action.
 - “When approaching a chair from the front or the side, the guide should state the type of chair.”
- Kirsten describes the bench to Lillian.



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- “Alright Lillian, we are approaching a bench that there is no back, but there are handles on either side. The bench is right in front of you.”
- Video of Lillian and Kirsten sitting down on the bench and talking while voiceover continues to tell how to describe a chair or bench.
 - “The guide can give reference points. Arms, no arms, stationary, with wheels or having a back or no back. Give as much information as possible.”
- Video transitions to two consecutive slides that read, ‘approaching a doorway’ and ‘approaching stairs’ as voiceover reads the slides. Voiceover then narrates what Kirsten and Lillian are doing while they are traveling. Kirsten and Lillian are continuing to communicate about their surroundings as they travel.
 - “When using these skills, guide and traveler, will work as a team, communicating as you go.”
- Video transitions to back view of Kirsten and Lillian approaching stairs to a building.
 - “Hi Lillian, it’s Kirsten.”
 - “Hey Kirsten!”
 - “How are you doing?”
 - “I’m doing well!”
- Video transitions to front view of Lillian, side view of Kirsten. They show how you would initiate being a human guide.
 - “Good, would you like a guide?”
 - “I would love one.”
 - “Cool, would you like me on your left or your right?”



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- “Left is great.”
- “Perfect, I am on your left.”
- Video transitions to back view of Lillian and Kirsten starting to travel along the sidewalk to the stairs. Kirsten has her arm at a 90-degree angle and Lillian is holding Kirsten’s arm right above her elbow. Voiceover describes what Kirsten will be communicating to Lillian as they approach the stairs.
 - “When approaching the stairs, the guide will inform the traveler whether the stairs go up or down.”
- Kirsten describes the environment as she and Lillian approach the stairs going up towards the building’s front door.
 - “We have steps going up to the front door. We are at the steps going up and there is a railing on your right.”
- Video changes to a side view of Kirsten and Lillian.
 - “The guide will walk one step ahead of the traveler and alert the traveler when there is one step left or if they are approaching a landing.”
- View changes to a back view of Lillian and Kirsten approaching the top of the stairs. Kirsten is communicating to Lillian the change in the environment, the stairs are ending, as they approach the last step. She also communicates the layout of the doors.
 - “Alright, we are at the last step going up.”
 - “Okay.”
- Slide reading ‘Approaching a doorway’ while voiceover reads the slide.
 - “And then we are going to go through the doors. The doors open on the right.”



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- The voiceover describes how to communicate door layout and travel through doors when using human guide.
 - “When approaching doors, the guide will tell the traveler which way the door opens. The traveler will hold the door open with their hand as the team walks through the door.”
- Video transitions to a slide that reads, ‘Navigating narrow passages’ as the voiceover reads the slide. The video transitions to a back view of Kirsten guiding Lillian alongside a building, approaching a narrow passageway.
 - “When moving through a narrow area or a doorway, the guide will move their arm and hand, so it is tucked behind their back.”
- The video then show a close up view of Kirsten’s hand behind her back and Lillian has slid her hand down towards Kirsten’s wrist. This allows Lillian to walk closely behind her guide; then, the video goes to a further out shot showing the pair navigating the narrow passageway.
 - “As they do this, the traveler will slide their hand to the guide’s wrist and stand directly behind the guide. Both will walk slowly through the narrow area.”
- Video transitions to a slide that reads, ‘Guiding a handler and their guide dog’ as the voiceover reads the slide. Then, the video transitions to a front view of Kirsten, Lillian and her guide dog. Voiceover describes how to interact with a guide dog user when initiating human guide.



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- “When interacting with a traveler who has a guide dog, it is important to ask the traveler how they would like to be guided.”
- Kirsten initiates human guide with Lillian, who has Spinoza her guide dog with her.
 - “Lillian, would you like a guide?”
 - “I would love a guide!”
 - “Ok, I am on your right.”
 - “Thank you! Spinoza, heel.”
- The team begin to walk forward with Kirsten leading and Lillian and Spinoza following. The video then transitions to a close up of Lillian and Kirsten doing human guide. Lillian is on Kirsten’s left and is holding onto Kirsten’s elbow in a C grasp with her right hand and she has Spinoza’s harness handle in her left hand.
 - “Most commonly, the travel will give their guide dog a command to follow the guide.”
- Video transitions to a slide that reads, ‘For more information, visit the Sports Adaptations page at www.nwaba.org. Thank you for watching!’ while voiceover reads the slide.
- Slide with logo for Washington State School for the Blind.
 - “Thank you to the Washington State School for the Blind for allowing us to use their campus in the making of these videos.”
- Slide with logo for Guide Dogs for the Blind.
 - “Thank you to Guide Dogs for the Blind who create partnerships between people, dogs, and communities.”
- Video slide changes to NWABA logo.