



Fitness Test: Running – Adaptations Manual

Equipment Used in This Video and Its Purpose:

- Tether
 - Connect guide and runner together in least restrictive way
 - Allows for kinesthetic communication in addition to verbal communication
 - Maximum 12 in. – tether becomes shorter as runner becomes more skilled
 - Allows for full arm swing while running
 - Good for any distances
- Guidewire
 - Best for shorter distances – maximum 200 yds.
 - Runner can run independently while following guidewire
 - Tether is attached to guidewire with carabineer
 - Runner can move freely along guidewire
 - Best for novice runners
 - Foam bumpers at each end let runner know when they reach the end
 - Must be taut in order to work
- High Contrast Vest
 - Used with runners who have a some useable vision
 - Vests allow runners to track their guides while running
 - The guide runner wears the “GUIDE” vest and the runner wears the “BLIND” vest
 - Even if the runner has some useable vision, a “BLIND” vest is still acceptable to wear



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- Bell
 - Used by the guide to provide an auditory cue for the runner
 - Be sure that all magnetic pieces are not sticking to the bell so it can ring at its loudest potential
 - Guide will wear or carry the bell and run a little bit in front of the runner
- Bell Wristlet
 - Worn by the guide to provide an auditory cue for the runner
 - Created with pipe cleaners and bells, but can be created with whatever resources are available
- Sound Source
 - Used as an audible target for runner
 - Guide carries the sound source and runs a bit in front of the runner

Video Script and Commentary:

- Video opens with Lillian (athlete) and Kirsten (teacher) standing side by side outside on a running track.
 - “I am Kirsten, and I am a teacher.”
 - “And I am Lillian and I am an athlete. “
- Slide of NWABA logo.
- Slide introducing video reads ‘Running Adaptations’ while voiceover reads the slide.
- Lillian and Kirsten are standing side-by-side outside on the track. Kirsten is holding two yellow guide tethers.
 - “In this video, we will be discussing and demonstrating the different adaptations for running with an athlete with a



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visual impairment. The first one we are going to be showing is running with a guide tether.”

- Kirsten holds up one tether in each hand. Her right hand is holding the tip of a longer tether and her left hand is holding the tip of a shorter tether. Each tether has one stopper knot at each end.
 - “I have two guide tethers in my hands. The one in my right is a bit longer. A guide tether should be a maximum of 12 inches long. This one is 12 inches long.”
- Kirsten holds ends of the tether in her right hand with both hands to show the stopper knot while still holding the tip of the shorter tether in her left hand.
 - “On each end it has a larger stopper knot for the athlete and the guide to grasp.”
- Kirsten lets go of the tether from her right hand with her left hand. She holds the tips of the tether from her left hand in both hands now to show the stopper knots while still holding the tip of the longer tether in her right hand.
 - “The one in my left hand is a bit shorter. It’s about eight inches long, again with a stopper knot on each end.”
- Kirsten holds the tips of both tethers with both hands.
 - “And as an athlete and a guide pair become more proficient, they can reduce the length of the tether.”
- Slide reads ‘Alternative adaptations’ while voiceover reads the slide.
- Lillian and Kirsten are standing side-by-side outside on the track. Kirsten is holding two florescent orange high contrast vests, one that says, “GUIDE” and one that says, “BLIND,” and a bell in her



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right hand. A bell wristlet is in her left hand. She shakes the bells to make noise when she introduces them.

- “There are a few other running adaptations, including having the guide runner wear either a bell wristlet or carry a bell or beeping sound source so that the runner has an audible target to follow as they’re running. If an athlete has some vision, you can have the guide wear a high contrast vest while they are running, and the guide and runner will run in close proximity and the runner will be able to follow the high contrast vest. These are all the different running adaptations that a guide and a runner with a visual impairment can use.”
- Slide reading ‘Using a guide wire’ while voiceover reads the slide.
- Kirsten and Lillian are standing side-by-side outside on the track next to a guide wire with a short red pool noodle on the wire. The guide wire is up to Kirsten’s elbow height. There is also a guide wire tether attached to the wire. The guide wire tether is created by tying a carabineer and running tether together then attaching the carabineer to the guide wire.
 - “Another running adaptation is using a guide wire. I have a guide wire on my right.”
- Kirsten puts her hand on the guide wire and moves it up and down to show that it is taut.
 - “It is strung between two stationary poles and is strung so that the wire is taut.”
- Kirsten and Lillian are standing side-by-side outside on the track next to a guide wire with a short red pool noodle on the wire. As



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Kirsten starts to describe the weight of guide wire, the video switches to show Lillian running along the guide wire on the track. She has the tether in her right hand and is running to the left of the guide wire. The carabiner slides smoothly along the guide wire.

- “A guide wire can be either a wire, a clothesline, a piece of parachute cord, or any other string or wire that can be strung taut and is heavy weight enough for the athlete to really run back and forth along, but not so heavy that the weight of the wire will hang down.”
- As Lillian approaches the end of the guide wire, the video shows the carabiner hitting the pool noodle and Lillian slowing down.
 - “We’ve put a pool noodle at each end of the guide wire to let the athlete know when they are approaching the stationary pole and when they should stop.”
- The video returns to Kirsten and it shows a close up of the guide wire and Kirsten holding the guide wire tether.
 - “There is a guide wire tether attached to the wire. It is attached using a carabiner.”
- Kirsten removes the guide wire tether from the guide wire to show how to assemble the tether.
 - “And on the end of the carabiner, there is a guide tether.”
- Kirsten holds the carabineer end in her right hand and the tip of the tether in her left hand.
 - “Again, it is less than 12 inches long.”
- Kirsten attaches the carabiner to the guide wire again. When she talks about the stopper knot on the end of the guide wire tether,



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she first holds it up with her right hand. The stopper knot is positioned in her right hand in between her ring and middle fingers with her palm facing the camera. The stopper knot is facing her palm and the tether is positioned between her fingers trailing back to the guide wire. All of Kirsten’s fingers, except for her thumb, are side by side without space in between them. She gives the guide wire tether a tug with her left hand to show that the stopper knot should be snug against the fingers. The second position to hold the guide wire tether that Kirsten shows is to wrap your fingers around the guide wire tether so that the stopper knot is snug against your pinky. She then displays running in place by pumping her arms with her elbows bent at a 90-degree angle to get the full rotation of running.

- “And the carabiner can be clipped to the guide wire. There is a stopper knot at the end of the guide wire tether, and the athlete can grip the tether in between their two fingers and the stopper knot will hold it there. Or, they can grip it in their fist, and run along the guide wire. The tether should be long enough for the athlete to be able to get a full rotation while they are running.”
- Slide reads ‘Finishing a race’ while voiceover reads the slide.
- Lillian and Kirsten are standing side-by-side outside.
 - “When a guide and a runner are in a race together, whether they’re using a guide tether or a sound source or a high contrast vest, it is essential that the runner finishes ahead of the guide.”



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- The video shows Lillian and Kirsten running side-by-side outside on the track using the tether. Kirsten is on Lillian’s left. Kirsten gives Lillian a countdown, and then Lillian runs ahead of her.
 - “Typically, they will do this by the guide letting the runner know that they are approaching the finish line, giving a countdown of three, two, one, finish, and then the runner will run ahead of the guide as the guide runs behind the runners so that the runner can finish ahead of the guide.
- Slide reads ‘For more, visit the Sports Adaptations page at www.nwaba.org. Thank you for watching!’ while voiceover reads the slide.
- Slide showing the logo for the 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 of NWABA logo.

Other Adaptations and Extending the Skill of Running

- Pacing
 - Work with athlete, using verbal cues, to describe different paces for different terrains, layouts, and distances
- Shortening Tether
 - As athlete becomes more skilled and runner and guide become more experienced together, they can shorten the tether