



**sportable**

# ADAPTIVE SPORTS

– VOLUNTEER EQUIPMENT GUIDE 101 –



# EQUIPMENT 101

## WHEELCHAIR BASICS –



## SPORTS CHAIRS YOU MAY SEE!

### RUGBY



#### DEFENSIVE CHAIR

- Deep dump angle
- Wheel guards
- **Extended front bumper** set up to hook and hold other players
- Side seat panels



#### OFFENSIVE CHAIR

- Small to deep dump angle
- Wheel guards
- Low profile, **rounded front bumper** and **wings** to prevent other wheelchairs from hooking them
- Side seat panels

### BASKETBALL & LACROSSE



rigid frame



- Dump angle can vary
- High camber (angle of the wheels)
- **Frame around legs/feet** for protection
- Caster wheels for support
- Up to two anti-tipper wheels
- Straps for trunk and leg support
- Side seat panels

### RACKET SPORTS



- Dump angle can vary
- High camber (angle of the wheels)
- **Frame around legs/feet** for protection
- Caster wheels for support
- Up to two anti-tipper wheels
- Straps for trunk and leg support
- Side seat panels

## BIKE & TRIKE BASICS –

### BIKES & TRIKES YOU MAY SEE!

#### RECUMBENT BIKES & TRIKES



- Athletes use **lower** body in a reclined position to propel themselves forwards
- **Benefitted by:** individuals with decreased balance and coordination, individuals with pain in lower back, knees, and hips

#### HANDCYCLES



- Athletes use **upper** body while sitting in reclined to upright position to propel themselves using a hand crank
- **Benefitted by:** individuals with lower body paralysis, lower limb differences, or lower body muscle weakness

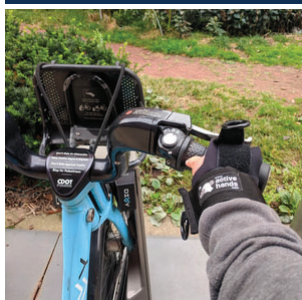
#### TANDEM BIKES



- Athletes' have a **pilot rider** to assist with **maintaining safety and control of bike**, while still participating in propelling forward
- **Benefitted by:** individuals with visual impairments, decreased muscle strength, balance, strength/endurance, mobility, or need assistance with brakes and controls

#### OFTEN PAIRED TOGETHER!!

#### ACCESORIES



**Gripping Aid** – help grip bike handle via flexible velcro



**Quad Grip** – help grip bike handle via (semi)rigid for pushing and pulling



**Various pedal straps and clip-in & clip-less cleats** – for stabilization of feet and legs



**Digital Shifters** – allows quads to shift safely