

SPEED BOUNCE adaptations for all ability groups

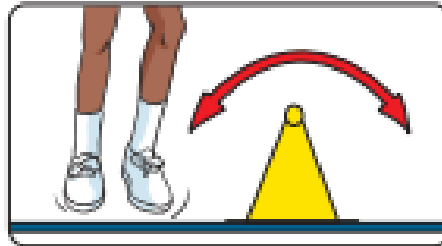
Description

The speed bounce event is a test of speed, rhythm and co-ordination it can be modified in a number of ways to suit most abilities. The standard speed bounce mat can be adapted to suit the needs of varying ability levels. There are two adapted stages of speed bounce that, together with the standard wedge, form a progression that enables participants to learn the technique and find their own level of ability.

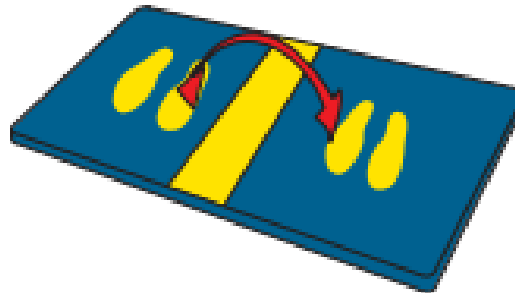
Line Speed Bounce	Stage 1
Sleeping Policeman Speed Bounce	Stage 2
Speed Bounce (standard wedge)	Stage 3

Equipment

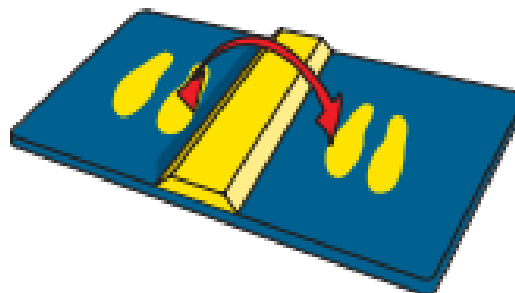
- Stopwatch
- Speed Bounce Mat
- Foam Sleeping Policeman
- Marker Tape



CONTRASTING COLOURED LINE Stage 1

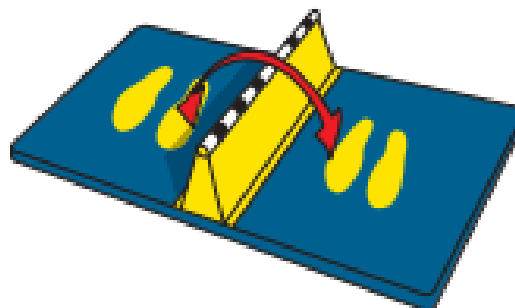


FOAM SLEEPING POLICEMAN Stage 2



SOFT FOAM WEDGE Stage 3

Black and White line can be introduced to top of wedge.



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BLIND OR VISUAL IMPAIRMENT

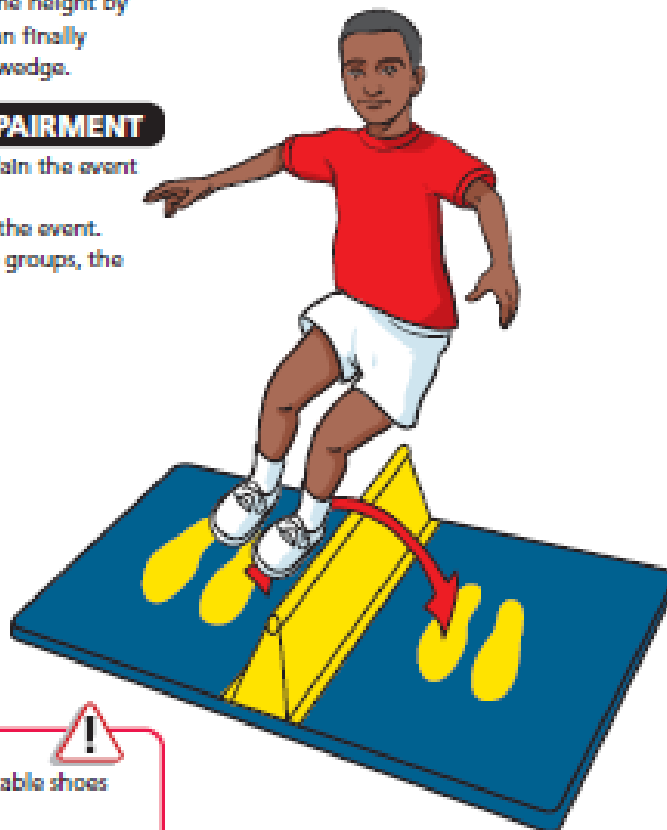
- Use high visibility tape to mark the centre of the mat or top of the wedge.
- Black/white banded tape is ideal.
- The footmarks are a useful reference to indicate where the participant should land.
- Participants may need verbal assistance detailing technique and performance or possibly physical assistance with directional orientation.

LEARNING DISABILITY

- A stepping action may be used to teach participants the basics of crossing the wedge as a progression to the double footed landing technique.
- Begin using the mat with the wedge removed gradually increase the height by adding the sleeping policeman finally progressing to the full 20cm wedge.

DEAF OR HEARING IMPAIRMENT

- Clearly demonstrate and explain the event before starting.
- Use a flag to start and finish the event.
- If necessary, for all the above groups, the test time can be reduced.



Safety

- Participants should wear suitable shoes that are fastened securely.
- A judge should place a foot on the corner of the mat to stop it slipping.
- Place the mat in a clear space away from obstacles.

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WHEELCHAIR USERS

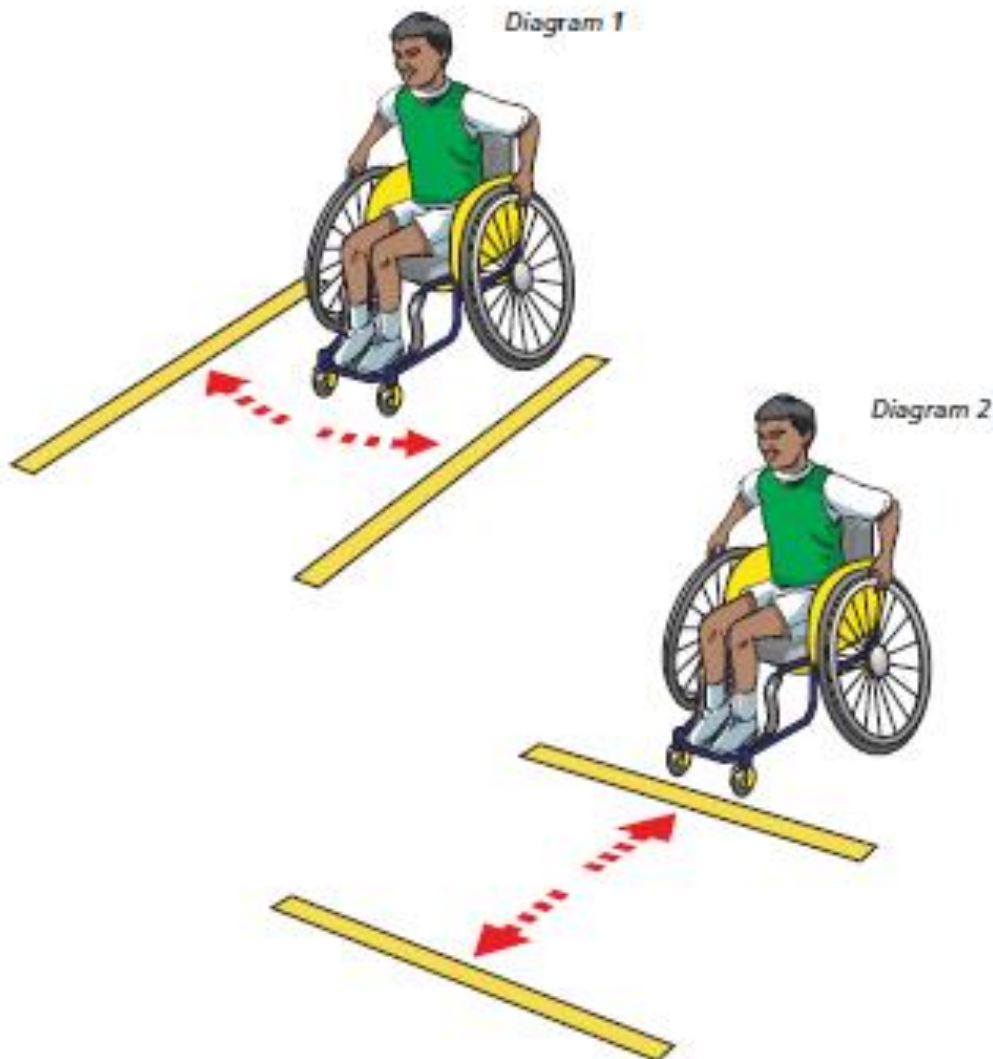
Equipment

- Stopwatch
- Foam Sleeping Policeman or Tape
- Velcro

Procedure

- Two parallel lines 2.5m apart are placed on the floor. The athlete should then move and touch the two lines with both the front wheels of the chair.

- This activity can be performed either side-to-side (see Diagram 1) or front-to-back. (See Diagram 2)
- The distance between the lines can be altered for each participant's ability.
- Ensure that legs are supported and cannot leave the footplates if the movement is quick.



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CEREBRAL PALSY

AMPUTEE

- For participants who cannot physically manage to complete the standard Speed Bounce
- Two parallel lines 2.5m apart are placed on the floor and participant's can step from side to side, placing both feet, or one foot, onto each line.
- The distance between the lines should correspond with the athlete's ability and can be altered as the athletes improve.
- Stabilising frames or physical assistance may be used.

