



# Scouts in Action Week Disability Awareness

22<sup>nd</sup>-28<sup>th</sup> August 2011



## Joey Program 1 – Part 2

### Base 2 Obstacle Course

**Equipment:** Blind folds such as scarves for half the members of the Mob.  
Obstacles, chairs, table to crawl under, blanket to crawl under etc.  
Sighted guide technique resource sheet.

**Activity:** Lay out an obstacle course. Your hall may have stairs so incorporate those into the activity.  
Divide the group into pairs.  
One of the Joey Scouts will blind folded and the other then leads the Joey Scout around the obstacle course using some of the sighted guide techniques and providing verbal instructions to allow each obstacle to be negotiated safely.

### Leader Information

#### Guiding a Person who is Blind or Vision Impaired.

(information from Vision Australia <http://www.visionaustralia.org.au>)

#### What is sighted guide?

Sometimes people who are blind or vision impaired find it useful to be guided by a person with sight. One way to do this safely and efficiently is to use sighted guide techniques. Not all people with little or no sight will use these methods, so it is important to ask what (if any) specific assistance they require.

#### Getting started

Ask the person if they need assistance. If they do need assistance, touch the back of their hand with the back of yours.



They can then hold your arm just above the elbow.



#### Walking

When you start walking, make sure the person is half a step behind you and slightly to the side. Walk at a pace that is comfortable for both of you. Look ahead for obstacles at foot level, head height and to the side.





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## Narrow spaces

Tell the person you are guiding that a narrow space is ahead. Move your guiding arm towards the centre of your back to indicate that they need to walk behind you. The person should step in behind you while still holding your arm. When you have passed through the narrow space bring your arm back to its usual position by your side.



## Changing sides

If you need to change sides with the person you are guiding it is important they do not lose contact with you. This is easiest to achieve if you remain stationary.

Allow the person to hold your guiding arm with both of their hands. They can then move one hand to reach your other arm without losing contact.



## Doorways

When passing through a doorway, ensure the person who is blind or vision impaired is on the hinged side of the door. As you get close to the door, explain which way it opens.

Open the door and walk through, allowing the person you are guiding to close it behind you using their free hand.



## Steps and staircases

Stop at the first step and tell the person you are guiding whether the steps go up or down. Change sides if necessary to ensure the person you are guiding can use the handrail.

Start walking when the person is ready, remaining one step ahead of them. Stop when you reach the end of the stairs and tell the person you are at the top or bottom.



## Seating

Explain which way the chair is facing and where it is placed in relation to the rest of the room. Then walk up and place your guiding arm on the chair and explain which part of the chair you are touching. The person you are guiding can then move their hand down your arm to locate the chair to seat themselves.





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### Getting into a car

Tell the person you are guiding which way the car is facing and which door they will be getting into. Place your guiding arm onto the door handle and ask the person to move their hand down your arm.

Allow them to open the door and seat themselves. If the car is unfamiliar to them, place your arm inside on the roof so they can follow it and avoid bumping their head. Once seated, allow the person to close the car door.



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### Describe surroundings

When describing the person's surroundings, try to be specific. Rather than saying, 'there is a spare seat to your right', it might be more helpful to say 'the seat next to you, on your right, is

### Base 3 Catch

**Equipment:** Balls with bells inside  
Blindfolds

**Activity** Place the Joey Scouts in a circle and get them to throw the ball to each other calling out the name of the catcher. Do this a couple of times so the Joey Scouts learn where everyone is.  
Put blindfolds on half the participants and continue throwing the ball around as before.  
Swap blindfolds to the other Joey Scouts and continue.

Try blindfolding the whole group and continue throwing and catching the ball.



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## Base 4 Finger Spelling

**Equipment:** Sign language alphabet  
List of words to sign



**Activity:** Finger spell the following words:

boy	run	foot	girl	cat
dog	zap	ear	sun	fun
pot	eat	hand	Joey	Scout
Cubs	Group	Mob		

Leader to discuss why finger spelling is used and also other ways hearing impaired people communicate. E.g. – Auslan.



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<b>Activity</b>	<b>Phrases</b>	<b>7 minutes</b>
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**Equipment:** Phrases  
"I like McDonalds"  
"I have a pet goldfish"  
"Joey Scouts is fun"  
"My dog ate my sock"

The Joey Scouts can make up their own as well.

**Activity:** Have a Joey Scouts pick out a phrase and they have to mime the phrase to the other Joey Scouts who have to guess what the Joey Scout is saying.

Leaders to discuss briefly.

<b>Game</b>	<b>Goggle Soccer</b>	<b>7 minutes</b>
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**Equipment:** Soccer ball or similar.  
Bubble wrap – enough to cover the eyes of all Joey Scouts.  
Goals (could be chairs or similar marking the goals).

**Activity:** Normal indoor soccer rules apply except Joey Scouts play with a sign impairment and try playing as normal.

**Safety:** Ensure the safety of the Joey Scouts as they move around the game area and ensure there are no obstacles that they could trip over etc.

<b>Discussion</b>	<b>Disability Awareness</b>	<b>6 minutes</b>
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Joey Scout Leader to 'debrief' Joey Mob. Highlight the main themes for the program.

The Joey Scout Leader could ask the Joey Scouts to share their thoughts on some of the activities provided in the program.

- Highlight that there are some people in our community with disabilities.
- People can overcome their disability in many ways.
  - o Might take longer to complete a task
  - o Might have special equipment to help
- Everyone must strive to do their best



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## Closing PARADE

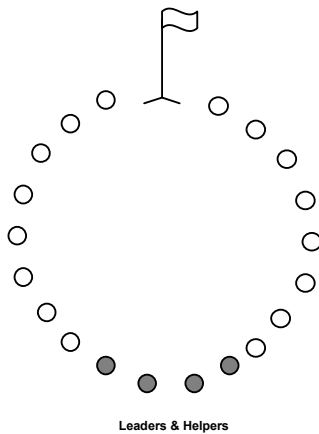
### Closing Parade

**Leader:**

***"Joey Scouts on Parade"***

**Joey Scouts:**

Form a circle  
(Leaders and Helpers join the circle)



**Leader:**

***"Joey Scouts - Alert"***

**Leader or a 7 year old Joey Scout:**

Lowers the flag

**Leader:**

***"Joey Scouts - Salute"***

**Leader:**

***"Prepare for Prayer"***

**Prayer**

(or optional song)

**Leader:**

***"Joey Scouts dismiss"***



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