

# INCLUSION TIPS: ADAPTION & MODIFYING

The effective teaching of skills and techniques are equally important for bowlers with a disability. People with a disability do not generally need to be treated differently to anyone else who participates in bowling. As a coach, leader or teacher you are in a great position to ensure that you take an inclusive approach. To do this you can use the TREE principle. The TREE principle can be used as a guide to modifying your activities and sessions so that you can be inclusive of not only people with a disability but people of all abilities.

## Teaching or Coaching Style:

- What can I modify about the way I am teaching / coaching?
- Think about how your methods can make the most of the abilities within the group.

## Rules and Regulations:

- What can I modify in the rules or regulations?
- Rules and regulations can be modified to ensure someone can participate.

## Equipment:

- What can I modify about the equipment used in the session ?
- Equipment can include things such as bumpers, guide rails, ramps, ball handles etc.
- Changing or including equipment in a session may allow a bowler to make the most of their abilities

T eaching style

R ules

E quipment

E nvironments



## Environment:

- What can I modify about the environment to ensure no one is left out?
- Think about where your bowlers are positioned on the lanes or how easy is it to move around the approach.

More information on the TREE principle can be found on the following web pages:

- Australian Sports Commission: [www.ausport.gov.au/disability](http://www.ausport.gov.au/disability)
- VicSport: [www.vicsport.asn.au](http://www.vicsport.asn.au)



## Applying the TREE principle:

Below are is a scenario a coach may experience and some examples of how to modify. There are many different ways to modify training sessions to ensure all bowlers of all abilities can participate and enjoy bowling.

### Scenario: Beau

Beau is a good bowler; he has poor vision and can only see things up to five metres away; He has trouble seeing the pins and lining the ball up. This can sometimes affect the other members of the group during the sessions as this slows down the group, so it can take longer for other participants to bowl. What can you do to ensure Beau's inclusion does not disrupt the session?

### Teaching Style:

- Use clear and audible instructions and ask Beau to confirm if he understands
- Make up large print cue cards or diagrams
- Ask permission to physically manipulate Beau's body to perform the relevant technique
- Appoint a training buddy

### Rules and Regulations:

- Allow Beau to have a spotter on the approach with him

### Equipment:

- Erect bright coloured distance markers on the side of the lanes to indicate distance to the pin
- Use a spotter to provide information to Beau to assist lining up the ball, advise what pins are standing

### Environment:

- Allow Beau to bowl on a lane that has the most suitable lighting and away from access hazards including stairs and other physical barriers.



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