

Track and Field Athletes with a Visual Impairment

- A shoe string with a loop on either end (one for the athlete and one for the guide) may be used as a tether between hands or wrists, they can be purchased commercially. A longer tether may also be used around the waist.
- If an athlete uses a guide, a tether no longer than 1' may be used if the tether is between the wrists or hands, 6' if around the waist (long enough to safely keep the runners from colliding).
- Athletes who require guide runners will need a lane for the athlete and one for the guide.
- When using a guide, the athlete must cross the finish line first.
- Communication and trust is key! For example, in the long jump, the guide must be stationary and use verbal cues and/or clapping to guide the athlete.

