

Running Strategies for Individuals with Visual Impairments

Guide Running

- Runner holds the elbow of the guide runner OR runner runs with guide runner using a tether (runner's preference)
- Guide runner should be faster than the runner who is Visually Impaired.
- It is helpful if both the runner and guide runner are similar in height.
- Communication is key, the guide must encourage the runner.



Tether Running

- The tether will have two knots, one on each end so that both runners put the rope in between their fingers to maintain contact.
- The length of the tether is approximately 1-2 feet, depending on individual preference and width of running space.
- The tether should have minimal elasticity. "Smiley Face" dip.



Circular Running

- Using a stake and a rope, this allows the runner to run in a small area.
- The runner pulls the rope tight and runs in a circle around the stake.
- The inner leg automatically supports more weight, so the runner should change direction mid-way through their run.
- The length of the rope simply depends on the size of the running space.



Guidewire Running

- Anything that would serve as an anchor point for the wire to be tied will work (hurdles, poles). The guide wire can be 30-100 feet long,
- The guidewire should be tight at all times and should be checked before each use.
- The guidewire should be at elbow height of the runner.
- Use a carabiner with looped rope clipped onto the wire, this allows the runner to move their arm back and forth using correct form (instead of holding the rope directly).
- A tactile indicator as well as an auditory sound source should signal the end of the wire for the runner to be aware of.



Running to a Sound Source

- Music connected to a speaker at the finish line.
- Someone clapping or have a sound source such as keys or a bell so the runner can follow the sound.
- The guide can be behind, beside or in front of the runner giving verbal instruction/cues.



Treadmill Running

- Allows for physical guidance from the coach.
- Tactile modeling can be used to allow the runner to feel their coach going through the running technique and experience the rhythm.
- For safety, handrails are recommended to inform the athlete when they are drifting to the left or right.
- Runners can keep track of their distance/time.



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