



Adapted
Coaching
Techniques to
Integrate
Vision
Impairment into
Sport and
Education



RT VITALS

Make ***bounds***,
not boundaries!

Inclusive coaching and teaching workshops

Explore, adapt, and shape your coaching style to meet athletes' unique needs. Go beyond "do's and don'ts" with hands-on, innovative learning that emphasises creativity in working with athletes with disabilities.

Blind sports practice

Experience adapted sports like blind football and sound tennis - coaching and playing blindfolded. Build problem-solving, tactile communication, and creative coaching skills.

Team building & communication

Fun, blindfolded challenges encourage teamwork and teach alternative communication methods without visual cues.

Inspiring presentations

Personal stories, videos, and insights from disability sports show the life changing impact of sports within this community, highlighting confidence, independence, and integration.

Continuous learning

Being an expert isn't always about having all the answers. Encouraging creativity and imagination, these workshops push students to rethink what's possible for every athlete.

Real world application

Learn to simplify complex skills for VI athletes, focusing on confidence and independence - not just performance. Use the experience of coaching disability sport to enhance your coaching skill across the whole ability spectrum.



Why book a workshop with RT VITALS?

Educators as leaders

You're shaping inclusive coaches of tomorrow. Teaching sports to individuals with disabilities promotes confidence and full integration into society, ensuring *all* athletes are seen for their potential.

Why these workshops matter

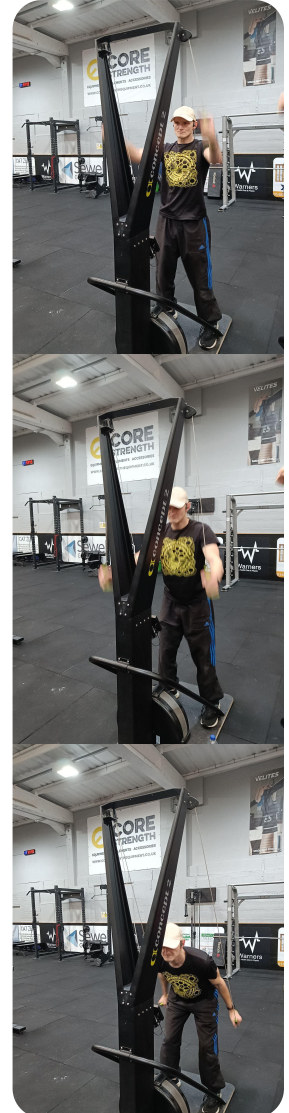
Your students may aspire for a career in mainstream coaching, but it is likely that they will encounter students with additional needs within this setting. Equip them for mainstream or disability sports coaching - strengthening adaptable and reflective coaching skills. Illuminate the many fulfilling and rewarding career possibilities within disability sport that they may not have considered - from school gyms to the Paralympics.

RT VITALS empowers visually impaired (VI) individuals to lead confident, active, and independent lives by breaking down barriers and fostering inclusion.

We achieve this through:

Sports and fitness techniques to improve balance, coordination, and posture for VI individuals of all ages and abilities.

Sight loss awareness training for healthcare, education, and sports professionals, fostering understanding and creating inclusive environments.



Contact us

Roy's story...

RT VITALS was founded by Roy, a blind athlete, consultant, and musician, whose life is a testament to the power of inclusion. Born totally blind into a family where both parents and siblings also have vision impairments, Roy was raised in an environment that focused on abilities rather than limitations. His parents' unwavering encouragement enabled him and his siblings to thrive in mainstream education, excel in fulfilling careers, and proudly represent England and Great Britain in sports. Roy's passion for disability awareness grew from listening to the struggles of

other VI individuals who lacked the inclusive experiences he enjoyed. Shocked by the barriers and misunderstandings they faced, especially in sports and education, Roy has committed himself to fostering inclusion and accessibility, and promoting a much more 'Can do' attitude amongst communities and organisations.



Roy Turnham

RTVITALS Founder, Paralympic Athlete and sight loss awareness consultant

Contact us:

Please contact us to book a session, or to have an informal chat about this training:

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Visit our website to find out more:

[rtvitals.com](https://www.rtvitals.com)

Enrich your students' education with practical tools, creativity, and the inclusive mindset needed for success in coaching and physical education. Together, we can help them explore their potential, break down barriers, and transform lives.

Find us on social media:

