

Sight Loss Awareness & Guide Running



A Workshop for Leaders, Coaches and Volunteers wanting to attract and support more visually impaired people to running.



Includes information on

- ◆ Types of visual impairment and common eye conditions
- ◆ Classification and competition
- ◆ Appropriate behaviour and terminology
- ◆ Making sessions VI friendly
- ◆ Guide running top tips and safety
- ◆ Guide running practical sessions
- ◆ Further support and resources



Details of the next local course taking place are:

Date & Time: Wednesday 20th May, 6.30-9pm

Venue: Inspire Suffolk, Lindbergh Rd, Ipswich, Suffolk, IP3 9QX

Cost: FREE

Contact Tania Spurling, Club and Coach Support Officer, to book your place:

tspurling@englandathletics.org / 07701099763



Make your running sessions VI friendly and learn more about guide running!