

On a mission



Human Development
Institute

Developing the premier adaptive sports
program in South-Central Kentucky



Adaptive Sport South Central Kentucky

Adaptive Sport set out with a lofty goal: to provide leisure and sport opportunities for people with physical and intellectual disabilities while also educating able-bodied individuals in their community on the abilities inherent in all people. The team and their partners were able to create sustainable programs in competitive wheelchair basketball for youth and adults, wheelchair tennis, goalball, adaptive water sports, an inclusive archery program, and sled-hockey demonstrations at their local ice rink.



Special Olympics

Bowling Green Special Olympics offers year-round competitive sport opportunities for children and adults with intellectual disabilities. Athletes must be eight (8) years of age and have a Special Olympics medical condition to participate. The Bowling Green Parks & Recreation Special Populations program is always looking for volunteers to get involved!

Bowling Green Parks & Recreation

BGPR's Special Populations program began with involvement in the Special Olympics in the 1980s. They still work with Special Olympics athletes year-round but have expanded their Adaptive Sport program to reach all populations.

Special Populations

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Assistive technology on the archery range

Archery as a sport has exploded in popularity in the United States over the past couple of decades. Athletes with physical and intellectual disabilities and those with chronic conditions who have been dissuaded from other sports can join in right alongside the able-bodied participants. Archery is a fantastic introductory sport because most limitations can be adapted with regular, easily available equipment that wasn't designed just for people with disabilities. This can include gear like lightweight bows, mechanical releases and triggers, slings, and scopes.

A common piece of archery kit is the finger tab, a leather or fabric grip that helps prevent blisters and protect the archer's fingers like Photo 1, below. Archers who can't hold the bow string reliably or who shoot one-handed can use a mouth tab, like the simple one in Photo 2 made from a few inches of paracord, to draw and hold the string and then release it with their mouths.



Photo 1: Leather finger tab



Photo 2: Mouth tab made from paracord



Photo 3: A bow grip wrapped in grip tape



Photo 4: Be Adaptive Compound Bow Mount

Modern bows have grips that can be swapped out, modified, or padded to make them easier to hold. In Photo 3, above, the grip has been wrapped with Bomar Archery's Grip Tape to help athletes hold on tightly. It grips the shooter's hand to make sure that the bow stays in place while drawing and firing. Equipment manufacturers have also developed products specifically for archers with disabilities such as the CB100 Compound Bow Mount by Be Adaptive (Photo 4). The stand can be fitted for left or right-handed users and pivots up, down, left, and right for aiming. The design includes a metal plate which slides under the wheelchair user's cushion while the attached arm can support the entire weight of the compound bow.

Accessing an outdoor archery course can seem like an overwhelming obstacle for someone with a mobility challenge. Fortunately, there are a number of options for offroad adventuring.



The Trek walker by Veloped has large air-filled tires, a gear basket, and a seat.



This Eagle 736 golf cart features a swivel seat that can stand the rider for maximum flexibility.



Freedom Trax turns a manual wheelchair in to an offroad-ready device for trails, sand, gravel, and other terrain.

Learn more about programs in Bowling Green

www.specialolympics.org/programs/united-states/kentucky
www.bgky.org/bgpr/special-populations

Products featured above are intended as examples and are not endorsements or recommendations. Development of this resource supported by US Administration for Community Living grant 90PRRC0001.



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