

### **Some Advice for Coaching Deaf – Hard of Hearing Archers**

Always ask the Deaf and Hard of Hearing archer for their advice too on what suits them. The advice below is just a guideline.

	<b>Pre course arrangements</b>
Managing Bookings – Booking forms	<ul style="list-style-type: none"><li>• You will need to decide what information on the booking form you need about the archer on their Deafness – Are they Deaf or Hard of Hearing as this can give some indication whether they have a profound hearing loss and may use sign language or whether they have a milder hearing loss and wear a hearing aid. However, it is important to give the opportunity for the person to declare if they wish to do.</li><li>• You may decide if there are any Additional needs/support needs apart from Deaf – Hard of Hearing you need to know about and give the opportunity on the form for them to tell you</li></ul>
Contact Deaf – Hard of hearing archer to discuss what might be required at the session	<ul style="list-style-type: none"><li>• Check the communication needs of the Deaf or Hard of Hearing Archer How do they like to communicate? Lip reading - British sign language - Writing things down</li><li>• What is the best way to get the Deaf – Hard of Hearing Archer’s attention if they are not looking at you? By a touch on the arm or by coming in front of them or by waving</li><li>• Discuss - safety issues requirements beforehand? i.e. What are you going do in a FAST situation or the whistle commands? Red flag – touch on the shoulder / arm. Do you need another emergency signal such as an agreed visual gesture?</li></ul>
Prepare leaflet or board	<ul style="list-style-type: none"><li>• Have a leaflet or a board with coach's names and / or photos</li><li>• Have a Board with the range rules written down so the Deaf – Hard of Hearing archer has something to read and refer to.</li></ul>
Reminders	<ul style="list-style-type: none"><li>• It is a good idea to send out some final information before the course or session. This will give the Deaf – hard of hearing archer an opportunity to discuss any last-minute requirements</li></ul>

	<b>On the day of the course or coaching session</b>
Communication	<ul style="list-style-type: none"> <li>• Do have a written outline of the session - does not need to be detailed but an outline on a board of what is being taught that day when people to arrive really helps. e.g. 'Today we are learning about Barebow style' and how to score'</li> <li>• Have your Welcome speech and house rules written down to give to the Deaf – Hard of Hearing archer</li> <li>• Name badges or a list of names written up who will be there.</li> <li>• Have you prepared what is needed to communicate with the archer. Which gestures, are you going to incorporate in your demonstrations if any?</li> <li>• Explain things at the waiting line before shooting. So, the Deaf – Hard of Hearing archers can have an opportunity to lip-read you. It is impossible to lip-read and watch a demo. Visual demonstrations are often more useful than verbal explanation for Deaf archers but don't demonstrate and explain at the same time!</li> <li>• Have you sorted out an agreed way of getting attention before speaking – tap on shoulder? Wave?</li> <li>• Make sure you use visual aids like demos, photos, pictures, videos or dry wipe-off boards</li> <li>• Explain it is Ok to ask you to repeat yourself and vice a versa</li> <li>• Some Deaf – hard of hearing archers prefer to stand at the beginning of the shooting line 'number 1 lane' so they can see everyone in the room and have no-one behind them - rather in the middle of the range with people all around them.</li> <li>• Position the Field Captain so the Deaf – Hard or Hearing archer can always see them. If the Field captain is using a handheld whistle hold it up when using it so the Deaf – Hard of hearing archer can see it being used or if the whistle is a blow one the field captain to raise his -her arm at the same time.</li> </ul>
Have Deaf / Hard of Hearing friendly bag	<p>You may like to consider having a Deaf friendly bag which could have the following:</p> <ul style="list-style-type: none"> <li>• Red ball / bean bag to use for FAST (throw the red / ball bean in front of the Deaf archer where they can see it to alert them FAST has been shouted) (It is essential this must be discussed with archer beforehand as it may not suit all Deaf – Hard of Hearing archer)</li> <li>• Red flag to use for FAST (field captain to have the red flag which he or she can wave at the same time as the whistle during FAST)</li> <li>• Loud whistle for FAST (You may find changing the type of whistle you use enables the Deaf – Hard of hearing archer to hear it so try out different brand - types of whistles)</li> </ul>

	<ul style="list-style-type: none"> <li>• Score cards if the Deaf Archer can not or wishes not to speak their score you can use score card with the numbers written down and Deaf – Hard of hearing archer points to the numbers for their scores or use the natural gesture fingers on their hands</li> <li>• Rubber mat sometimes the Deaf or hard of hearing archer may prefer to stand on a rubber mat on the shooting line to dampen down the vibrations felt from indoors floor (especially wooden) As the vibration from the noise of an archery session can be distracting and make it very difficult for the Deaf – hard of hearing archer to hear and concentrate.</li> <li>• Have a BSL sign leaflet if the Deaf Archer use British sign language with a few signs or learn a few signs otherwise use lots of natural gestures really helps</li> <li>• Mobile phones or Dry wipe board and pens can be used for writing things down when explaining something.</li> </ul>
Support Coaches / volunteers / field Captain	<ul style="list-style-type: none"> <li>• Are the other volunteers aware that Deaf- Hard of Hearing archers are attending? Do they know the protocol for supporting a Deaf- Hard of Hearing archer especially during FAST – or using the Whistle?</li> </ul>
Feedback session	<ul style="list-style-type: none"> <li>• Repeat other archers' contributions at the feedback session so the Deaf – Hard of Hearing archers do not miss out OR</li> <li>• Write down the questions and answers for the Deaf – Hard of hearing archer to read</li> </ul>
Display a poster with deaf – awareness tips	<ul style="list-style-type: none"> <li>• Download and display a poster with deaf-awareness tips so everyone can be informed</li> </ul>