

# Participation in Sports



Playing sport is a great way to make friends and stay fit and there are many opportunities for deaf and hard of hearing people to play sports.

## How to get your child involved

There are a range of options available to support deaf and hard of hearing children participating in sport.

### Deaf Awareness Training:

It may be helpful to have someone provide the coach/ teacher/ club with Deaf Awareness Training (DAT) so they can understand how to best communicate and include your child.

### Communication Tips:

Some helpful communication tips you could let the coach/ teacher/ club/ umpire know are:

**Eye Contact:** When speaking with a deaf or hard of hearing person it is best to make sure you have his or her attention and gain eye contact before speaking. You may need to move to make sure that the deaf or hard of hearing child can see you and is close enough to hear you.

**Confirm Information:** Check to make sure the child has understood what is being said. If they look confused or don't understand try rephrasing what you have said or demonstrate your message.

**Show or Demonstrate:** Some people who are deaf or hard of hearing may learn best from you showing or demonstrating your message rather than just verbalising it.

**Visual Cues:** It is helpful to use visual cues when blowing the whistle. Keep in mind that in some sports there may be a lot of noise or the player may be a fair distance away and cannot hear.

**Communication method:** let the coach/ teacher/ club/ umpire know the best communication methods for your child.

**Interpreters:** If your child uses Auslan you could have interpreters to help participate in the sport.

**Technology:** With the advancements in Technology you child may use a vibrating watch or other visual technology to help with playing sport.

If you have a NDIS plan you may be able to have some of the options funded by NDIS.

## Clubs

Below is a list of some deaf sports teams.

For more information on how to find or contact local teams contact **Deaf Sports Australia**

**Deaf Sports Recreation Victoria:** vic@deafsports.org.au

**Deaf Sports and Recreation Queensland:** dsrq@dsrq.org.au

**National deaf sport committees:** <http://deafsports.org.au/sports/national-deaf-sports-committees/Sport>

### Basketball

Deaf Basketball Australia has a male team (Goannas) and female team (Ringtails).

They are based in Victoria, NSW and Queensland.

For more information see their website or email: [Contact@deaf.basketball.net.au](mailto:Contact@deaf.basketball.net.au)

[www.deafbasketballaustralia.org.au](http://www.deafbasketballaustralia.org.au)

### Netball

Netball Deaf Netball Australia

[netball@deafsports.org.au](mailto:netball@deafsports.org.au)

Deaf Netball Queensland

[dnqld@hotmail.com](mailto:dnqld@hotmail.com)

### Tennis

Ace Tennis Club Victoria

[dcarecreation@deafchildrenaustralia.org.au](mailto:dcarecreation@deafchildrenaustralia.org.au)

Deaf Tennis Australia – Victoria

[vic@deaftennisaustralia.org](mailto:vic@deaftennisaustralia.org)

[www.deaftennisaustralia.org](http://www.deaftennisaustralia.org)

### Cricket

Deaf Cricket Australia

[info@deafcricket.com.au](mailto:info@deafcricket.com.au)

### Soccer

Deaf Football Australia have clubs in Victoria and NSW

[publications@deaffootballaustralia.com.au](mailto:publications@deaffootballaustralia.com.au)

[www.deaffootballaustralia.com.au](http://www.deaffootballaustralia.com.au)

### Football

Deaf Australia Football

[Dafdirector3@gmail.com](mailto:Dafdirector3@gmail.com)

Auslan Auskick <https://deafchildrenaustralia.org.au/auslan-activities/>

### Swimming

Auslan Interpreted Swimming lessons (Casey, Victoria)

<https://deafchildrenaustralia.org.au/auslan-activities/>

### Volleyball (Indoor and beach)

Deaf Volleyball Australia Facebook Page

## **Australian Deaf Games (every 4 years)**

At a national level deaf and hard of hearing people can take part in the Australian Deaf Games which are held every 4 years and managed by Deaf Sports Australia. All athletes, most officials and the majority of visitors are deaf or hard of hearing.

<http://www.austdeafgames.org.au/about-the-games>

## **Deaf Olympics**

At an international level the Deaf Olympics are held every four years. They hold a summer and winter Olympics.  
<https://www.deaflympics.com/>

## **Stories of deaf and hard of hearing athletes**

Alex (Swimmer): <https://youtu.be/J76hlFrvpa4>

Malachi (Auslan Auskick): <https://www.facebook.com/DanielAndrewsMP/videos/1170468103017724/>  
<https://deafchildrenaustralia.org.au/auslan-auskick-2015-season-about-to-kick-off/>

## **Resources**

NDIS Sports Guide

[https://dsr.org.au/ndis-sports-guide/?fbclid=IwAR2wkrEhzwGxRbVaRAwJADN\\_zhkNXbdCeXYTK\\_tqA39bxE\\_\\_4NnjOYYSH0I](https://dsr.org.au/ndis-sports-guide/?fbclid=IwAR2wkrEhzwGxRbVaRAwJADN_zhkNXbdCeXYTK_tqA39bxE__4NnjOYYSH0I)

## **For further information about Deaf Children Australia.**

**[www.deafchildrenaustralia.org.au](http://www.deafchildrenaustralia.org.au)**

Helpline: 1800 645 916

[helpline@deafchildren.org.au](mailto:helpline@deafchildren.org.au)

[www.facebook.com/DeafChildrenAustralia](https://www.facebook.com/DeafChildrenAustralia)

Deaf Children Australia uses the term 'deaf' to refer to all degrees and types of hearing loss.

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