

Partially Sighted appendix

Sight classification

B2 is defined as better than B1 to a visual acuity of 2/60 and/or a field of vision of less than 5 degrees.

B3 is defined as better than B2 up to a visual acuity of 6 /60 and/or field of vision of less than 20 degrees.

B2 and B3 are more of a problem for fully sighted people to understand. Most people have had their sight tested at one time or another. Imagine looking at an optician's chart. This has letters displayed in lines. The top line has one letter, the second line two, the third line three and so on. If you can only read the top letter at a distance of two metres then you have a visual acuity of 2/60. If you can read it at six metres then you have a visual acuity of 6/60.

Next, imagine you are standing in the middle of a clock face and looking towards 12 o'clock. If you can only see what exists between half a minute to 12 and half a minute past 12 then you have a field vision of six degrees. If you can see just more than one and a half minutes to 12 and one and a half minutes past 12 then you have a field vision of 20 degrees.

Inevitably there is a problem for those who are on the borderline of the categories and even more so for those above the international B3 standard. The general view of BBS is that wherever possible individuals with a visual impairment should integrate into mainstream competition.

Safety and impairment specific considerations

When coaching visually impaired players it is useful to remember the following basic safety considerations:

- Allow players time to orientate themselves in a venue and pinpoint any potential dangers such as slippery areas, doorways and obstacles.
- Be aware of changes in the environment that could cause an injury, such as open doors, cupboards, windows, discarded kit or even someone walking into an open space unannounced.
- Do not leave equipment lying on the floor (always leave equipment in the same place each session so players know where it is). Some specific medical conditions need extra considerations.
- Players with a detached retina could be at risk of further detachment if they experience blows to the head. Generally speaking, therefore, these players should avoid heading the ball and gain medical advice regarding safe activities.
- Players suffering glaucoma should gain medical advice regarding activities which require exertion.

When working with partially sighted players, you will have to consider the following:

- Communication (for example, do not use demonstrations from a distance).
- Different levels of spatial awareness (visually impaired players can have difficulty adjusting from an indoor to an outdoor environment).
- Allow time for the players to orientate their surroundings, including changing and toilet facilities.

Effective communication

Partially sighted players can usually be coached in a similar way to their sighted peers, but consideration should be given to the following:

- Determine what can be seen at the outset (do not assume).
- Ensure verbal instructions are concise and accurate. If the player does not understand instructions they may not be able to copy sighted players.
- Be aware of the influence of environmental factors that can influence how you communicate.

For example:

- The amount of available light.
- Changes in light (cloud cover).
- Type of light (sun, fluorescent lights, floodlights, etc).
- Positioning of player and/or coach in relation to light source.
- Level of background noise (echo or reverberation, ventilation fans, etc).
- Establish how these can affect the player during coaching sessions and competition.

Rule adaptations

- Same rules as 'Futsal'.
- In competition playing areas should be free of other markings.

Competition structure

- There are a number of teams in England who compete in a national league structure (teams compete in monthly tournaments).
- There are various one-day competitions.
- European and World Championships are held in a two-year cycle.