Top Tips

Supporting young people who have amputations or limb impairments in PE and sport

These Top Tips were developed by the Youth Sport Trust, National Disability Sports Organisation LimbPower and in consultation with schools, young people, parents and Nottingham City Hospital Mobility Centre. These Top Tips are to support schools (and their wider community) to ensure their offer for PE, School Sport and Physical Activity is inspiring, accessible and meaningful for young people who have amputations or limb impairments.

For schools:

Gain an understanding

- Speak with the young person about the young person's needs and expectations.
- Understand what they can do, focus on this and build upon it.

Seek advice

- Use your local Mobility/Prosthetic Limb Centre to gain a further understanding to the adaptations that can be made for a young person with a prosthetic. Information can be found here: www.limbformation.com
- Utilise your Lead Inclusion School for support and guidance
- Find inspiration and further recommendations from TOP Sportsability. You can register for free by completing the registration form.

Adapt

- Adapt sport sessions so they are fully inclusive. Ensure that the young person is included with their peers, not asked to go to another class or sit by themselves. (The Sainsbury's Active Kids for All IPE Programme offers unique training https://www.inclusivepe.org.uk)
- Consider access to classrooms. Where possible arrange for classes to be on the ground floor, near to a lift or limit movement of classes to avoid stairs, if stairs are a problem to negotiate. Try to avoid the young person needing to find a different way to class than their peers.

Educate

- Host an assembly or class talk for year groups to promote inclusion. Ensure young people are aware of differences and provide examples of how they can support their peers. LimbPower can support you with access to talks and inclusive activity.
- Provide additional training for staff to ensure they are comfortable and knowledgeable on how to support a young person with a prosthetic (find the new Supporting young people who have amputations or limb impairments in PE and sport on TOP Sportsability)

For families:

- Be completely **open and honest**.
- **Inform the school** of your child`s impairment and what support may be needed, if you are unsure contact LimbPower.
- Make sure your child has a limb bag with them, with spare stump socks, wipes, plaster, spray etc. Contact LimbPower for more information on what to include in your child's limb bag.
- Ask your child's prosthetist and/or physiotherapists if they will speak with or meet with the school. This will help with your child's transition from the hospital into school or transition into a new school.