



# How To Use Visual Supports

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# Visual Supports

A visual is a picture with the written word, held up or displayed.

## Who for

Visuals help younger athletes, athletes with disability, people who can't read easily or quickly, people with English as their second language, everyone who is in a rush, Age Managers to not have to repeat themselves, Centre Volunteers to more easily manage the group and more!

## How to use visuals

### Plan

Plan where the visuals will be displayed so they are easily accessed

### Prepare

Prepare the visuals;

Print out individual visuals + laminate or Store visuals on a device

### Display

Display with each age group on

- Age group folder
- Age group trolley
- Age group basket
- Visual board
- Lanyards
- A device eg iPad

Display a single instruction such as the next event or Display a visual schedule which is each instruction in order from beginning to end such as hurdles, run, long jump, distance run, discus.

### Show + Say

Hold up or point to the visual while saying the word. The visual needs to be visible for 10 20 secs or longer

### Wait

Wait for the athletes to understand the instruction

