



Adaptive Athlete Resources

These resources are designed for coaches and administrators who support para weightlifting in Canada; however, useful information is included that will be relevant to anyone that interacts, supports, and engages with adaptive athletes. These resources are intended to help individuals and organizations become more inclusive and develop understanding of the nuances of adaptive athletes.

General Resources:

- [Coaching Association of Canada: Coaching Athletes with a Disability](#)
- [NCCP: Coaching Athletes with a Disability Learning Module](#)
- [Story-Based Practical Resource For Coaches And Coach Educators In Disability Sport](#) and accompanying [Discussion Guide](#).
- [Sport for Life: Training Athletes with a Physical Disability](#)
- [Sport for Life: No Accidental Champions: LTD for Athletes with a Disability](#)
- [Sport for Life: Special Report – Canadian Sport for Life for Athletes with a Disability](#)
- [Canadian Disability Partnership Project: Disability and Exercise Training Resources for Health Care and Exercise Professionals](#)
- [Moving for Inclusion: Online Learning Tool](#)

Athletes who are deaf, deafened or hard of hearing:

- [Canadian Deaf Sport Association](#) – website
- [Coaches Resource Guide: Supporting Young Athletes who are Deaf and Hard of Hearing in Mainstream Setting](#)
- [Canadian Deaf Sports Association: Safe Sport for Deaf and Hard of Hearing Athletes](#)

Athletes with Visual Impairments:

- [Canadian Blind Sports](#) – website
- [Active Living Alliance: Teaching and Communication Techniques for Physical Activity Leaders](#)
- [Being a Sport Guide: Working with Participants who are Blind, Visually Impaired or Deafblind](#)

Athletes with Limb Deficiencies:

- [Amputee Coalition of Canada](#) – website
- [Active Living Alliance](#)



- [Tips for Trainers Working with Amputees](#)
- [The War Amps – Living with Amputation](#)

Athletes with Use of a Wheelchair

- [Coaching Manual for Wheelchair Users](#)
- [Inclusive Coaching Guidance for Wheelchair Athletes](#)