

Covid-19

Supporting your blind and partially sighted members

R N I B

See differently

As lockdown begins to ease, RNIB and partners have shared a few tips with the sports and leisure sector to support a positive experience for blind and partially sighted participants.

Be aware

Not all blind and partially sighted people “look blind” (wear dark glasses, use a cane or a guide dog), so be mindful that sight loss may not always be obvious.

Guiding

If someone usually requires “traditional” guiding, and there is no safe alternative, verbal guidance may need to be considered when participating in an activity. But be aware some may wish to attend with their own guide or carer in order to participate.

Social distancing

Members and participants with sight loss will find it difficult to maintain social distancing, so keep this in mind when you’re in the gym or sports facility.

Introduce yourself

If you think that someone needs help, introduce yourself as not everyone will see your uniform - a simple: “Hi I’m Steve, your Duty Manager, is there anything I can do to help today?” can go a long way. For more information refer to RNIB’s “Helping you to help your others” resource.

Hygiene

To keep everyone safe, please highlight to your blind and partially sighted members how and where they can sterilise their hands and equipment... don’t assume everyone knows where it is.

Changes to the environment

Make sure your members with sight loss are aware of changes within the facility, such as floor indicators, protective screens and temporary barriers. Ensure any temporary signage is at least size 14 font – hand-written notes are difficult for everyone to read. But, where you can, verbalise these changes to your members.

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