

HOW TO RUN A DISABILITY COMPETITION - WHEELCHAIR

TOP TIPS

Whether running a weekly session or a one off event we have provided some top tips to take into account when working with wheelchair players.

If you would like further tips and sessions plans please contact the Disability Competitions Team at disabilitycompetitions@lta.org.uk.

SPACE/ ENVIRONMENT	TASKS	EQUIPMENT/ RULES	PEOPLE/ COMMUNICATION	SAFETY
Are courts/ facilities wheelchair accessible? Can wheelchair players can get off court in an emergency.	Can integrate with non-disabled players (only difference is the bounces).	Specialised tennis wheelchairs, both manual and powered.	Recognise that wheelchair players have different abilities.	Get to know your individual or group to help assess their ability.
Is there enough room for everyone to move around?	Teach player to push and turn holding the racket.	Balls, rackets, courts and scoring is the same as non-disabled.	Don't be afraid to ask what players can and can't do.	Take into account any medical or behavioural considerations.
Consider the surface. Grass and carpet are difficult surfaces to push a wheelchair on.	Adapt the drills you do with non-disabled players and give clear demonstrations.	Use regular equipment such as cones, lines, targets, etc.	Try not to be patronising and speak down to a player.	
Work in zones to enable people of similar ability to be matched.	Consider chair movement and turns as part of game- play and tactics.	Can use a mitt and no racket if having problem holding racket and propelling chair at the same time.	Select team roles carefully to challenge but not frustrate.	
Consider safety in mixed groups of non- disabled players and wheelchair users.		Larger, lower compression balls and smaller rackets may help beginners.		

RUNNING THE EVENT

Wheelchair tennis is the exact same as non-disabled tennis except athletes use a sports wheelchair and are allowed up to **2 bounces** before they hit the ball. No additional equipment is needed! A couple things to take into consideration would be:

1) Divisions

Depending on your number of entries we would recommend dividing your players into:

- Men
- Women
- Junior

However this is not necessary and groups can be mixed.

2) Consider using a shorted scoring format as players may tire easily.

3) Make sure there is an area at the facility for players to put their sports wheelchairs.