

# Deaf Awareness Tips in Sport and Physical Activity

Guidance

Deafness is a spectrum. Every deaf person is different, with different levels of deafness and different preferences, but the tips below are useful for communicating with all deaf children, young people and adults.

## 1. Find out how they communicate

Not all deaf people use British Sign Language (BSL). Every deaf person, whether they are a child, young person or adult will have a preferred way of communicating, so find out if they use speech, BSL or a mixture of both.



## 2. Speak clearly and naturally

Deaf people will try to lip-read, so they need you to say words as you normally would. Speaking slowly or too loudly makes lip-reading much more difficult.

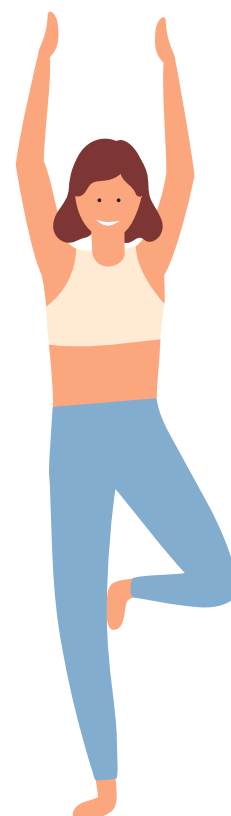


## 3. Watch your mouth

Covering your mouth with your hands can make lip-reading very difficult. It will also muffle any sound you're making.

## 4. Use visual cues, where possible

Point to what you're talking about, and don't be shy about using gestures to support your communication. For example, if you're telling a group of deaf people the exercises they are doing as part of the drill, you can demonstrate these to them first.



## 5. Never give up

If one method doesn't work, don't be scared to improvise. You can try texting on your phone, emailing, or good old fashioned pen and paper.