

## Come and try AFL Blind!

Over the past 12 months, AFL Victoria in partnership with VicHealth have been developing an adapted version of Australian Rules football for Victorian's with blindness and low vision.

Players involved in the testing days have described AFL Blind as:

- A great way to get active and play a sport that seemed impossible
- AFL BLIND is a great sport that gives blind and low vision of all abilities to connect, socialise, be part of a team, stay or get fit, in a fun and friendly but competitive environment.
- AFL blind for me brings back so many memories of playing football fully sighted. Although it's not exactly the same as AFL it is something every blind person should try.

For the first time, AFL Victoria are opening it up to everyone, by offering three come and try sessions for people with blindness or low vision. We are even opening these sessions up for people without a vision impairment to play with vision goggles or register to volunteer your help. We welcome male and female participants from 13 years of age and upwards. No sporting experience is required as skill sessions will be part of the day. With it all being FREE!

## **Dates**

- Saturday 22 September 10am-12pm
- Saturday 6 October 10am-12pm
- Saturday 20 October 10am-12pm

## Venue

- Tullamarine Action Indoor Sport, 2/10 Carrick Drive Tullamarine.
  - The 902 bus stops out the front of the venue.

The game has been adapted so everyone can compete and feel safe. Some of the adaptations include:

- The game is played indoors
- You will be able to hear the footy as it has a siren sound inside, bright yellow in colour
- Bluetooth speakers in between the goals to help identify the centre of the goals, also with flashing lights behind
- Adapted marking and scoring rules for B1 players to ensure all levels of vision can play with and against each other
- There is no tackling, a touch is equivalent to a tackle
- Many of the players who took part in the trial have not played football before, so come on down and give it a try. See what you can achieve.

You must register to attend by filling in this link - Click here to Register

To read more about AFL Blind visit our Facebook page, <u>Victorian Blind Football League</u>, or for a sneak peak <u>watch this clip on ABC</u>. We look forward to seeing you there!

For more information please contact Tim Nield on <a href="mailto:tim.nield@afl.com.au">tim.nield@afl.com.au</a> or 0418 489 019.