

Faculty of Health Sciences and Physical Education

Kazimierz wielki University in Bydgoszcz

"Sports for the Blind" workshops

Bydgoszcz, 26-27/04/2024

Visegrad Grant No. 22320184

„Empowerment of inclusive healthy lifestyle of person with disabilities through physical activity”

The "Sports for the Blind" workshops were held under the Honorary Patronage of:

- Minister of Foreign Affairs Radosław Sikorski

<https://www.gov.pl/web/dyplomacja/radoslaw-sikorski>,

- Kujawsko-Pomorskie Voivode Michał Sztybel

<https://www.gov.pl/web/uw-kujawsko-pomorski>

- The Mayor of Bydgoszcz, Rafał Bruski

<https://bip.um.bydgoszcz.pl>

and

- Media Patron of the Polish Television branch in Bydgoszcz

<https://bydgoszcz.tvp.pl/>

The implementation of the Visegrad Grant was supported organizationally and in terms of products by:

- Polish Tennis Association <https://www.pzt.pl/>
- Kujawsko-Pomorski Tennis Association <http://www.kpzt.bydgoszcz.pl>,
- Kuyavian-Pomeranian Football Association <https://kpzpn.pl/>,
- Department of Medical Technology "Tech-Med" <https://www.techmed.com.pl/>,
- JAGO Jan Gogolewski Confectionery Factory <https://jago.bydgoszcz.pl/>,
- L-PAAK Sports Wholesaler <https://l-paak.pl/>,
- Bydgoskie Plywood Plant "SKLEJKA-MULTI" S.A. <https://www.sklejka.pl/>

Young people with disabilities and their guardians from the Czech Republic came to Bydgoszcz, at the invitation of the Faculty of Health Sciences and Physical Education of the Kazimierz Wielki University (<https://kulturafizyczna.ukw.edu.pl//unita/wydzial-nauk-o-zdrowie/>). , Slovakia and Hungary - twenty people in total.

The representatives of the Bydgoszcz community of young people with disabilities were students from the Kujawsko-Pomorskie Special Educational Center No. 1 for Children and Youth with Visually Impaired and Blind children. L. Braille.

On April 26, 2024, from 8:00 a.m. to 11:00 a.m., workshops on tennis for blind and visually impaired people were held on the "Zawisza" Bydgoszcz tennis courts. The difference between blind tennis and regular tennis is the different number of bounces of the ball from the ground. Players who are completely blind and have limited vision can wait for three dribbles, while tennis players who can see a little better can wait for two bounces of the ball. Blind tennis balls rattle during bounce, allowing the player to locate the ball's position. Traditional tennis rackets are used in sports competitions.

Blind tennis workshops were prepared by students of the Kuyavian-Pomeranian Voivodeship Special Educational Center No. 1 for Children and Youth with Visually Impaired and Blind children. L. Braille and by the Polish Tennis Association and the Kuyavian-Pomeranian Tennis Association. The workshops were led by Bernadeta Krupecka-Benramdane and her students: Anna Sulimowska, Maria Komasińska, Kamil Byczyński, Oliwia Lorent. The sports competition was observed by: Anna Niewiadomska, Plenipotentiary of the Kuyavian-Pomeranian Voivodeship for the Development of Civil Society and Cooperation with Non-Governmental Organizations, Agnieszka Dzedzic and Aneta Budzałek from the Polish Tennis Association, and Renata Sokołowska, president of the Kuyavian-Pomeranian Tennis Association.

Then, from 11:30 a.m. to 1:30 p.m., at the Education Center for Physical Culture and Sports of the Kazimierz Wielki University, sports competitions were held in which students competed:

- Kujawsko-Pomorskie Special Educational Center No. 1 for Children and Youth with Visually Impaired and Blind children. L. Braille (<https://www.braille.bydgoszcz.pl/>),
- Kujawsko-Pomorskie Special Educational Center No. 2 for Hard of Hearing and Deaf Children and Youth (<https://www.oswnr2.bydgoszcz.pl/>),
- Special Educational and Educational Center No. 3 (<http://www.sosw3.bydgoszcz.pl/>),
- School Complex No. 7 in Bydgoszcz, Primary School No. 48 with Departments for the Hard of Hearing, XVII Secondary School for the Hard of Hearing in Bydgoszcz (<https://zsnr7.net/>),
- Complex of Special Schools No. 30 in Bydgoszcz (<https://zs30.edu.bydgoszcz.pl/>),
- Complex of Special Schools No. 31 in Bydgoszcz (<https://zs31.edu.bydgoszcz.pl/>),
- First-cycle Vocational School No. 6 Special in Bydgoszcz (<https://bs06.edu.bydgoszcz.pl/>),
- "Visus Supremus" Association in Bydgoszcz (<http://www.supremus.bydgoszcz.pl/>).

The warm-up in the form of Zumba dance was led by Emilia Okońska together with students from the Special School Complex No. 30. The competition in several sports competitions was led by: Łukasz Pabianek, Tomasz Kowalik, and Małgorzata Pezala. About 80 students and 20 volunteers took part in the interschool competition.

A short report from this competition can be found on the TVP Bydgoszcz website: <https://bydgoszcz.tvp.pl/77234546/sportowa-rywalizacja-niepelnosprawnych>

and on the website of Radio Pomorza and Kujawy:

<https://www.radiopik.pl/2,119274,niewidomi-tez-strzeja-do-tarczy-warsztaty-spor&s=11&si=11&sp=11>

From 3 p.m. to 5 p.m., young people from the Visegrad countries, with the consent of Jerzy Kanclerz - President of the "Polonia" Bydgoszcz sports speedway club, visited the "Polonia" speedway stadium and then, in the Main Library of the Kazimierz Wielki University in Bydgoszcz, an exhibition devoted to Polish sport .

At the same time, the grant organizers from:

- Czech Republic - prof. Hana Válková and Vojtěch Kocůrek (<https://emilopen.cz/en>),
- Hungarian Dr. Tamás Kertész (Széchenyi István University of Győr, Faculty of Health and Sport Sciences - Department of Sport Science - <https://admissions.sze.hu/faculties-institutes>),
- Slovakia - prof. Miroslava Sližik (Matej Bel University, Banská Bystrica Slovakia, Department of Physical Education and Sport - <https://www.ff.umb.sk/en/departments/department-of-physical-education-and-sports/>)

Poland – dr Adam Szulc, dr Bartłomiej Niespodziński - Faculty of Health Sciences and Physical Education, Kazimierz wielki University in Bydgoszcz,

participated in a meeting with people associated with the Bydgoszcz community of people with disabilities. Meeting: "How can you support the sports activities of people with disabilities in Bydgoszcz and the Kuyavian-Pomeranian Voivodeship?" concerned successes and problems in organizing sports and physical activity for people with disabilities at every stage of education and at all ages.

The meeting was attended by:

- Paweł Bednarski, Plenipotentiary of the Kuyavian-Pomeranian Voivodeship for People with Disabilities (<https://bip.bydgoszcz.uw.gov.pl/22/pelnomocnicy-wojewody.html>),
- Anna Niewiadomska, Plenipotentiary of the Kuyavian-Pomeranian Voivodeship for the Development of Civil Society and Cooperation with Non-Governmental Organizations,
- Monika Tabisz - Head of the Sports Department, Bydgoszcz City Hall (<https://bip.um.bydgoszcz.pl/artukul/677/106>),
- Radosław Cichański, Plenipotentiary of the Mayor of Bydgoszcz for Persons with Disabilities (<https://www.bydgoszcz.pl/miasto/osoby-niepelnospprawne/pelnomocnik-ppowiedza-miasta-bydgoszczy-ds-osob-z-niepelnospprawnosciami/>).
- Waldemar Adamczak – President of the Association of Sports and Rehabilitation of Disabled People "Start Bydgoszcz" (<https://startbydgoszcz.pl/>);
- Łukasz Skąpski – President of the Blind Sports Club "Łuczniczka" Bydgoszcz (<http://www.xn--uczniczka-pub.org.pl/index.php/contact>),
- Kazimierz Fiut - sports journalist and educator of the Kuyavian-Pomeranian Special Educational Center No. 1 for Children and Youth with Visually Impaired and Blind People,
- Beata Gałgańska - Kujawsko-Pomorski Special Educational Center No. 1 for Children and Youth with Visually Impaired and Blind children. L. Braille;
- Maciej Żelski represented Ryszard Bielecki, director of the Kuyavian-Pomeranian Special Educational Center No. 2 for Hard of Hearing and Deaf Children and Youth,
- Alicja Kruzel - Special Educational Center No. 3 (replaced by Mr. Krzysztof Nowaczyk),

- Jarosław Szczepaniak - School Complex No. 7 in Bydgoszcz, Primary School No. 48 with Departments for the Hard of Hearing, XVII Secondary School for the Hard of Hearing,
- Ilona Zygałdo - Special School Complex No. 30,
- Łukasz Dąbrowski - Special School Complex No. 31,
- Justyna Pokorska-Kawa - First stage Vocational School No. 6 Special.

The meeting was led by Dr. Adam Szulc and Dr. Bartłomiej Niespodziński.

In the evening, the Visegrad grant participants took part in a cruise on the Brda River on the "Słonecznik" tourist ship. The cruise was funded by the Honorary Patron - the Mayor of Bydgoszcz, Rafał Bruski (<https://bydgoszczinformuje.pl/rejsy-po-brdzie-wisle-i-kanale-bydgoskim-2024-czem-gdzie-i-w-jakiej-cenie/>; <https://visitbydgoszcz.pl/pl/kontakt>).

On April 27, 2024, from 8:00 a.m. to 11:30 a.m., goalball, showdown and sports shooting workshops for the blind were held in the sports hall of the Kazimierz Wielki University at 30 Chodkiewicza Street. The workshops were conducted by: Radosław Cichański - representative of the Rector of UKW for people with disabilities (<https://niepelnosprawni.ukw.edu.pl/strona/niepelnosprawni>) and Łukasz Skąpski together with Łukasz Zdunkiewicz and Marek Janakowski from the Blind Sports Club "Łuczniczka" and Tomasz Kowalik from the Kujawsko-Pomorskie Special Educational Center No. 1 for Children and Youth with Visual Impairment and the Blind.

The level of difficulty of competing in the above-mentioned blind sports was very high because the participants were blindfolded and had to rely solely on auditory perception.

In goalball, players lie in front of their goal, measuring 9 x 1.3 m, and use their hearing to try to catch the ball thrown by the opponent or to cover its access to the goal with their bodies, remembering to protect their faces before hitting the ball. The ball has bells that help locate changes in the ball's position. Showdown - is an equivalent of table tennis, in which, on a table covered with fences, participants hit a buzzing ball using wooden, rectangular bats, trying to hit the opponent's goal, located in a similar way to the goals in manually controlled "table football". Sports shooting is based on positioning the rifle barrel at the target where the sound signal from the shooter's headphones is the loudest. All these sports competitions, after eliminating visual perception, are very difficult to perform.

Medical security provided by the company "Medycyna dla Sportu" <https://medycynadlasportu.pl/> was financed by the Kuyavian-Pomeranian Voivodeship Office in Bydgoszcz.

All activities related to the implementation of the "Sports for the Blind" workshops were supported by volunteers from the field of physical education recruited by Dr. Tomasz Kowalik, Dr. Hanna Żukowska, Dr. Dorota Łoboda, and Dr. Amit Batra.

The organizers of the Bydgoszcz workshops would like to express special thanks to the volunteers from the Accessibility Revolution Association: Dawid Krasieński, Wojciech Sarnacki, Vladyslav Denysiuk and Zakhar Bachkou for taking care of the participants of the Bydgoszcz workshops, as well as for translating the conversations from Polish into English and vice versa.

We would also like to thank Krzysztof Kranz, president of the "Jokers" Bydgoszcz sports club - a wheelchair rugby sports team, and the "We See Differently" Foundation for providing tennis balls to the blind for their cooperation.

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The "Sports for the Blind" workshops, under the Visegrad Grant No. 22320184, were prepared and conducted by:

Dr. Adam Szulc

Dr. Bartłomiej Niespodziński

More organizational and sports activities can be viewed on the website:

<https://sportnieslycych.ukw.edu.pl/unita/wlaczenie-srodowiska-sportowcow-nieslycych/dzialania>