



Sports Passport

Name:

I like to be called:

My interests are:

How I would like you to communicate with me:

For example, do you like things written down? Or maybe you prefer spoken conversations to be short and to the point. Maybe you like pictures, demonstrations or use Lámh or Makaton? Or maybe you like extra time when asked a question?

If you need to know more information, please call the following person:

Name:

Phone number:

Relationship to player:

How I communicate:

For Example: Verbally, Visual aids, Communication boards

Why I want to play rugby:

(If you have a communication passport/folder please bring it along. We can try to incorporate it into the rugby session)

How I communicate that I am in pain:

For example, some people become upset, quiet, or withdrawn, others can tell someone or describe their pain when they get hurt.

Things that cause me distress:

How I process sensory experiences:

For example, do you have sensory preferences, or do you dislike certain sensory experiences?

Think about all the senses (Taste; Hearing; Vision; Touch; Smell; Proprioception - body awareness, knowing where your body is; Vestibular - sense of balance, detecting body speed, movement, and direction; and Interoception – detecting how you feel inside e.g. pain, temperature, needing the toilet)

Ways to help me avoid distress:

Things I appreciate when I am distressed:

For example: Provide me with space and time to calm down, Talk quietly and give me simple instructions

Other things you should know about me:

Things that I enjoy:



Irish Rugby Football Union

10 12 Lansdowne Road, Dublin 4

www.irishrugby.ie