

## **Outdoor Adventure Experiences of Youth with Visual Impairments: A Qualitative Study**

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Type of Contribution:

Age Range Elementary, Middle School, High School

Population Visual Impairment, Deafblindness

Physical Activity Visual Impairment, Deafblindness

Session Activity Poster Session

Outdoor adventure experiences have been shown to benefit individuals' cognitive, physical, and social-emotional well-being. These benefits extend to individuals with visual impairments. Previous research indicates that successful participation in outdoor adventure experiences can promote independence and motivation; increase environmental knowledge and perceived competence; and lead to feelings of personal empowerment for persons with visual impairments (Bandukda et al., 2019; Bell, 2019; Dorsch et al., 2016; Lieberman et al., 2021). Therefore, the purpose of this study was to explore camp athletes' experiences with such activities using a qualitative approach. This presentation describes the previous and current outdoor adventure experiences of youth with visual impairments; accommodations for and barriers to outdoor adventure experiences reported by athletes and their coaches; and how participation in outdoor adventure activities affects children with visual impairments. Suggestions for successful pre-teaching strategies and accommodations are also offered.