

Wheelchair Maintenance and Tool Bag Essentials

Rick Riessle

April 22, 7:00 p.m

Introduction:

- Welcome everyone to our seminar on wheelchair maintenance and tool bag essentials.
- Today, we'll delve into crucial aspects of wheelchair repairs and discuss what equipment coaches should have in their bags to ensure smooth operations and optimal performance.

I. Wheelchair Repairs:

1. Fixing Brakes:
 - Understanding brake mechanisms.
 - Step-by-step guide to fixing common brake issues.
 - Importance of regular brake maintenance for user safety.
2. Adjusting Laterals:
 - What are laterals and their significance in wheelchair comfort and stability?
 - Techniques for adjusting laterals to enhance user comfort and support.
 - Addressing common issues
 - wheels and their advantages.
 - Identifying and repairing punctures.
 - Maintaining optimal tire pressure for smooth mobility.
3. Lowering Push Handles:
 - Importance of properly adjusted push handles for efficient propulsion.
 - Methods for lowering push handles to accommodate user preferences.
 - Ensuring ergonomic alignment to prevent strain.

II. Equipment for Your Coaching Bag:

1. Essential Tools:
 - Spanners, screwdrivers, and Allen keys for basic adjustments.
 - Tire pump or CO2 inflator for pneumatic wheels.
 - Multi-tool for versatile repairs.
2. Spare Parts:
 - Brake pads and cables for quick replacements.
 - Extra nuts, bolts, and washers for securing loose components.
 - Replacement laterals for on-the-spot adjustments.
3. Maintenance Supplies:
 - Lubricants for smoother wheel and brake operation.
 - Cleaning wipes or spray for hygiene and wheelchair upkeep.
 - Tire repair kit for quick fixes on the go.

III. Interactive Session:

- Hands-on demonstration: Participants will practice common repairs and adjustments under expert guidance.
- Q&A Session: Addressing queries and sharing best practices among attendees.

Conclusion:

- Today, we've covered essential skills and equipment necessary for effective wheelchair maintenance.
- Remember, regular maintenance not only ensures user safety but also prolongs the lifespan of wheelchairs.
- Thank you for your participation, and let's continue promoting accessibility and inclusivity in sports and everyday life.

Adaptive Equipment Seminar
Rick Riessle
April 25 and 26, 2:00 p.m.

I. Before you Start

A. What's the athlete's function?

- Identifying the needs for adaptive equipment to compete in archery.
- Understanding specific challenges athletes face.
- Look for what the athlete can do rather than what they can not do.

B. How Can I Adapt the Equipment?

- Figure what piece of equipment needs to be adapted or made.
- Selecting the appropriate materials for adaptation.
- Prioritizing the least restrictive device for maximum performance.

C. Is it Legal?

- Understanding the legal implications of adapting equipment in archery.

II. Making the Shoulder Release Aid System

A. Measuring the Athlete

- Techniques for accurate measurements to ensure proper fit.

B. Making a Mold

- Step-by-step process of creating a mold tailored to the athlete's needs.

C. Shaping the kydex

- Techniques for shaping kydex to create the adaptive device.

D. Attaching Strapping

- Proper methods for securely attaching strapping to the release aid system.

III. Does it Work?

A. Trials

- Conducting trials to test the functionality of the adapted equipment.

B. Adjustments

- Ensuring comfort for the athlete during trials.
- Evaluating if the equipment functions as envisioned.

C. Again, is it Legal?

- Revisiting legal considerations post-trials.

IV. Other Equipment

A. Straps for Release Aid

- Exploring different types of straps and their suitability for the function of the athletes.

B. Bow Bandage

- Understanding the purpose and construction of bow bandages in archery.

Conclusion

- Recap of key points covered in the seminar.
- Encouragement for further exploration and innovation in adaptive equipment design.

Notes: