



ATHLETE PASSPORT

Name _____

I like to be called _____

My interests are: _____



I prefer to communicate

- Verbally
- Visual Aids
- Communication Boards
- Voice Output
- Communications Aids

I have sensory reactions to:

Under sensitive Over sensitive

- Light
- Noise
- Touch
- Smell
- Taste
- Body Awareness
- Movement
- Internal Organs



Factors that affect my ability to do certain tasks in sport:

- Busy / Noisy places are stressful
- Being with others is tiring
- Bright or flickering lights upset me
- I cannot read body language
- I dont understand metaphors or figures of speech
- I get anxious with people I dont know
- I need time to plan what I am doing
- Changes of plans make me anxious
- I cannot easily switch between tasks
- I get confused with too much information
- I find it difficult to work under time constraints
- It's hard for me to be brief

Areas that may be difficult for me include:

- Balance, coordination, sense of direction
- Concentration, following complicated instruction, multi-tasking, short term memory
- Social conversation, speed of responding



When I get upset, I may:

- Get very agitated, loud and upset (Behaviour)
- Become passive, pre-verbal and may appear to go to sleep (shutdown)
- Get verbally or physically aggressive towards others and / or myself
- Make noises
- Become unable to speak coherently
- Seem extremely bad tempered
- Other _____



How to help, if I get upset:

- Provide me with space and time to calm down
- Talk quietly and give me simple instructions
- Other _____



