

**OBSTACLE COURSE**  
**PICK YOUR DISABILITY**

**INSTRUCTIONS:** While in a circle, number off, with the delegates getting their numbers firsts and the staff calling their numbers at the end. When everyone has a number, read the list below to see what disability experience you will be assigned for the entire OBSTACLE COURSE.

1. DEAF (use earplugs)
2. BLIND (use eye mask)
3. WHEELCHAIR USER/PARALYZED LEGS (use wheelchair)
4. RIGHT ARM PARALYZED (do not move right arm)
5. LEFT ARM PARALYZED (DO NOT MOVE LEFT ARM)
6. DEAF (use earplugs)
7. BLIND (use eye mask)
8. SEVERE AUTO-IMMUNE DEFICIENCY (no visible disability)
9. RIGHT ARM PARALYZED (do not move right arm)
10. LEFT ARM PARALYZED (do not move left arm)
11. LEFT LEG PARTIALLY PARALYZED (move left leg slower and slightly drag foot)
12. RIGHT LEG PARTIALLY PARALYZED (move right leg slower and slightly drag foot)

IF THERE ARE MORE THAN TWELVE IN YOUR GROUP, THE REMAINING INDIVIDUALS WILL ASSUME THE DISABILITY OF RIGHT ARM PARALYSIS (do not move right arm).