

I'M POSSIBLE BUDDY RUN 2021





ABOUT I'MPOSSIBLE BUDDY RUN

Experience the Paralympic values by conducting a buddy run modeled after the guided run, an athletics event for athletes with visual impairment at the Paralympic Games.

Students pair up and take turns to be blindfolded - one sighted student guides a partner who is blindfolded to complete the run (any distance) while holding towels or a rope. They can switch over after that.

SO.. WHAT IS THE PARALYMPICS?

The Paralympic Games is a major international multi-sport event for athletes with a range of disabilities, including but not limited to: impaired muscle power, impaired range of movement, visual, and intellectual impairment. There are Winter and Summer Paralympic Games, and they are often held almost immediately after the respective Olympic Games.

After being postponed due to Covid-19 in 2020, the Paralympic Games is rescheduled to be held on 24th August 2021 - 5th September 2021 in Tokyo. This year's Paralympics will feature 23 sports in total!



WATCH THIS!

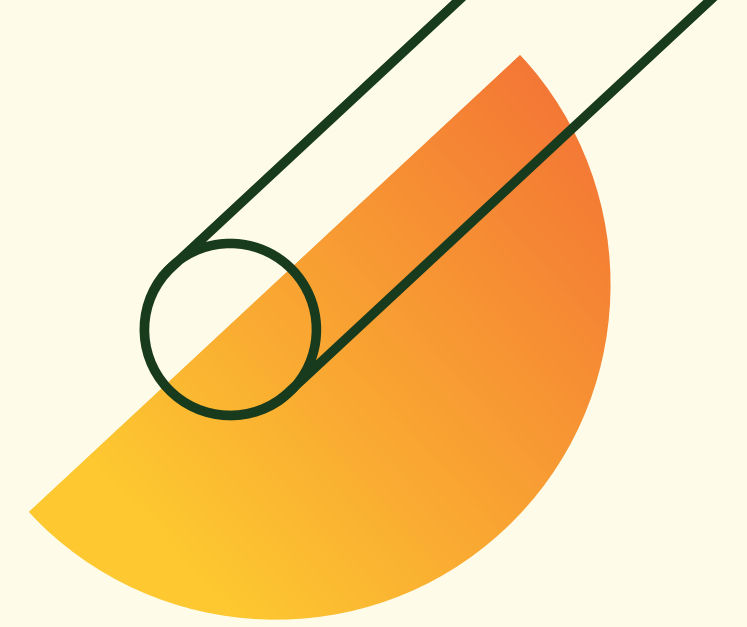
ATHLETICS WOMEN'S 200M (FINAL) LONDON 2012 PARALYMPICS

A screenshot of a YouTube video player. The video shows a track and field event. A runner in a blue and white uniform is in the foreground, starting the race. Other runners are visible in the background. The video player interface includes a progress bar at 0:07 / 4:54, a play button, a volume icon, and a settings icon. Below the video, the title "Athletics - Women's 200m - T11 Final - London 2012 Paralympic Games" is displayed, along with "332,403 views • 4 Sept 2012". A table of results is overlaid on the video:

ATHLETICS		WOMEN'S 200M - T11	
BRA	TEREZINHA GUILHERMINA	2012 WR	24.67
BRA	TEREZINHA GUILHERMINA	2012 PR	24.89

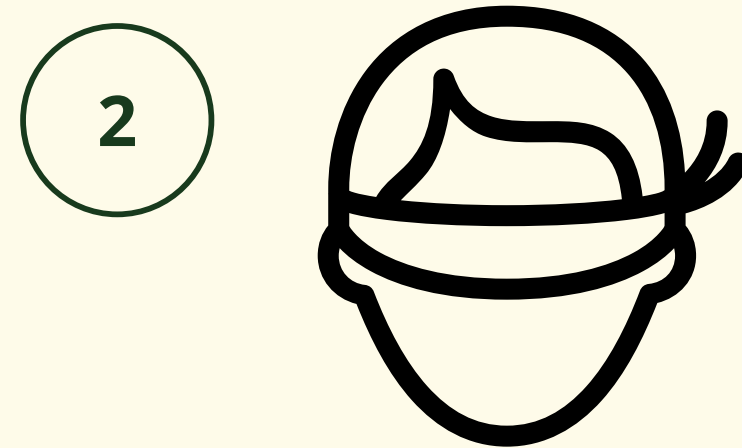
<https://www.youtube.com/watch?v=sxBMUIS6LF4>

A GUIDE TO THE BUDDY RUN



1
Set up the venue!

Find a suitable and spacious place to conduct the Buddy Run! Make sure to put distance markers as a guide, and be as creative as you can with the markers!



2
Choose your partner

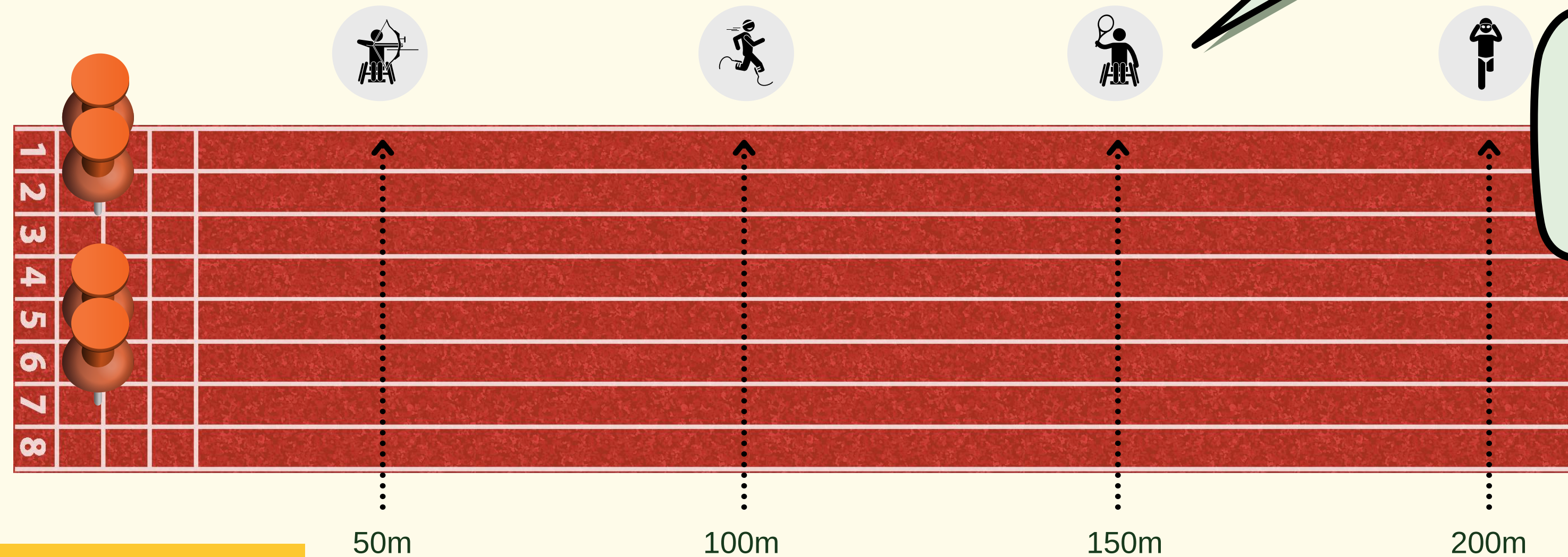
This activity will be done in pairs; with one being blindfolded and the other will be the sighted guide by holding towels or a rope.



3
Calculate the total km clocked and submit to SDSC!

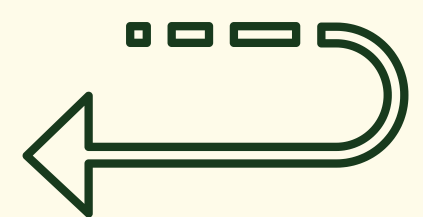
Your distances will be added to the national tally. Our goal is to clock a total distance of 10,625km to commemorate Singapore's Paralympians' journey from Singapore to Tokyo, and back.

EXAMPLE OF A 200M TRACK



Be as creative as you can with the distance markers!

Exchange roles between the blindfolded and sighted, and make a u-turn to the starting point

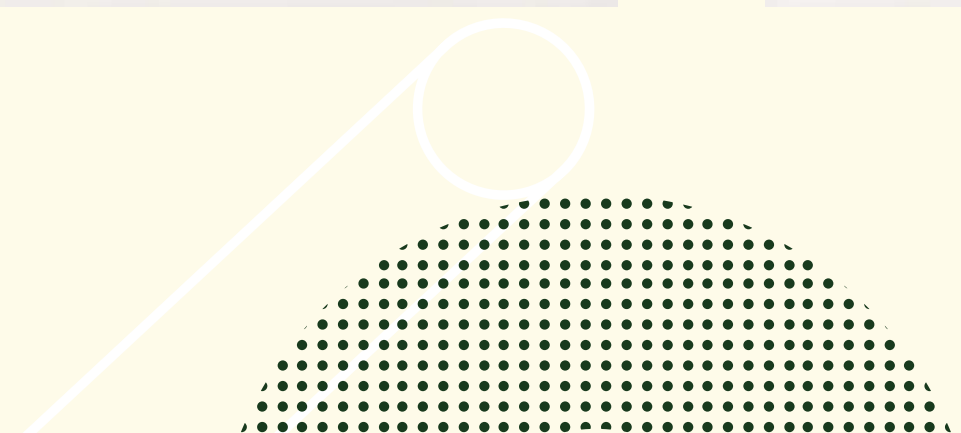




TIPS FOR CONDUCTING THE RUN

- Ensure you are conducting the run on a flat surface to avoid tripping over
- Ensure you and your partner are not standing too close to your friends from another pair to avoid collision
- Practice prior to the run by walking while closing your eyes
- Modify the space according to your preference

PAST BUDDY RUN EVENTS



MEET OUR ASPIRING PARALYMPIANS!



Yip Pin Xiu,
Swimming

Made history by winning Singapore's first Paralympic gold when she was 16.



Sophie Soon,
Swimming

Started swimming at age 15, and made her debut at the 2019 London World Para Swimming.



Danielle Moi,
Swimming

Earned gold medal in the s14 Women's 200m Freestyle event at the 2017 ASEAN Para Games.



Toh Wei Soong,
Swimming

Attained gold in the s7 50m and 100m Freestyle event at the 2017 ASEAN Para Games.

MEET OUR ASPIRING PARALYMPIANS!



Nur Syahidah Alim,
Archery

Made competitive debut at 2015 ASEAN Para Games. Currently ranked World No 1.



Laurentia Tan,
Equestrian

Singapore's first Paralympic medalist, currently ranked world no.4 in the FES Para Dressage Ranking.



Gemma Rose Foo,
Equestrian

Achieved top position for two out of three dressage events at the 2012 Mannheim Para-Equestrian Championships in Germany.



Maximillian Tan,
Equestrian

Competed in multiple international Para-Equestrian Dressage competitions. Represented Singapore for 2012 and 2016 Paralympics.

MEET OUR ASPIRING PARALYMPIANS!



Steve Tee,
Cycling

Numerous achievements at the Asian level, including gold at the 2019 Thailand Para Cycling Cup.



Muhammad Diroy
Noordin,
Athletics

Won a gold medal at his international debut at the 2016 China Open Athletics.

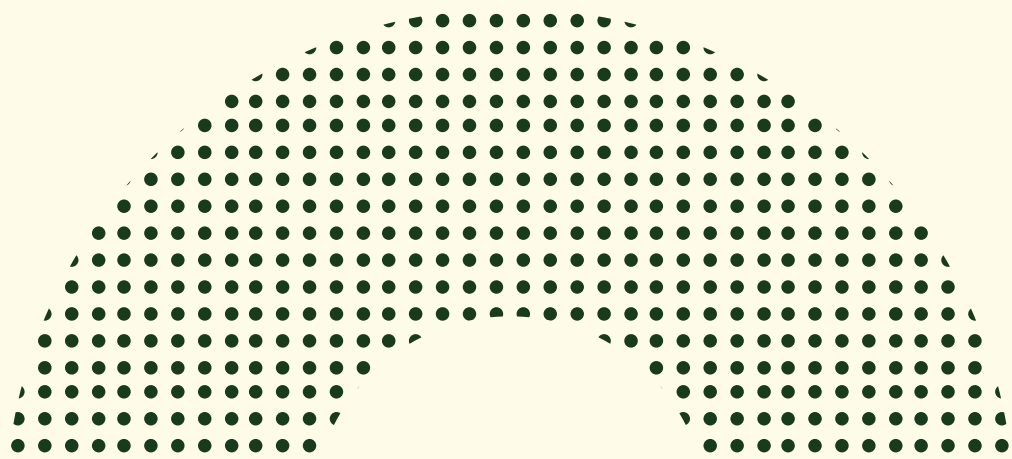


Suhairi Suhani,
Athletics

Attained silver in Long Jump T20 at the 2015 and 2017 ASEAN Para Games. Represented Singapore at the 2016 Rio Paralympics.



THANK YOU



FOR QUERIES

Please contact
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