



Team River Runner OuttaSight Program

Guide Leaders Endorsement

Day 1 - The Lightless Lunch

Course Location / Venue

This lesson can be delivered in any general use area where food is permitted.

Class Ratio

1 Instructor to every 4-6 Guide Leader students (1:5) / 2:10 with an additional instructor or qualified assistant.

Time Required: 1 hour

Arrival Logistics

- Students will be paired-up, one sighted and one under blindfold.
 - Lunch materials such as cold cuts, bread, salad, condiments, etc. should be set out in the preparation area beforehand
 - Students will make and eat their own lunches while blindfolded
- Guides will don blindfolds once their partner has prepared their meal so they can experience preparing and eating while blind.

Things to Think About

The goal of this exercise is to use a common experience like eating a common meal to illustrate some of the daily practical challenges that those who are blind or have significant visual impairments must cope with during an event.

- Choose less-messy foods for the students (cold cuts, PB&J, and similar); avoid foods like pasta, soups, and stews since they are notoriously difficult to work with without vision.
- The students should use their new guiding skills to help other students to the preparation and eating area.
- DON'T CHEAT! The goal of this exercise is to learn, not to make fun or embarrass one another.