

Ernie Els #GameON Autism™ Golf Clinic: “How to Guide”



Why Autism & Golf?



- » Golf is a form of exercise... Yes! Golf is exercise.
- » Exercise has been proven to be an effective intervention.



- Improves motor function
- Increases participation
- Improves social skills



A Golf Course Environment

- » A preferred environment- Why?
- » Outdoor environment
 - Peaceful
 - Natural
 - Quiet
 - Sensory



A Golfing Environment

- » Success in golf is personal and different for every golfer
- » The inclusionary nature of the game-the handicap system
- » Golf versus other sports



Traits of ASD + Golf

- » Repetition is woven into the fabric of golf
 - The concept of the game
 - Perfect practice makes perfect (block and intermittent)
- » Golf can be a socially appropriate, functional outlet



Ernie Els #GameON Autism™ Golf Clinic

» **Autism is not game over,
it's game on!**



Ernie Els #GameON Autism™ Golf Clinic

- » A 1 hour introduction to golf
- » 5 station rotation, including a warm up
- » Specialized golf instruction



Ernie Els #GameON AutismTM Golf Clinic

- » Began in 2013
- » Hosted clinics nationally and internationally
- » In conjunction with the Ernie Els Golf Challenge, PGA Tour events, and exhibition events that promote autism awareness

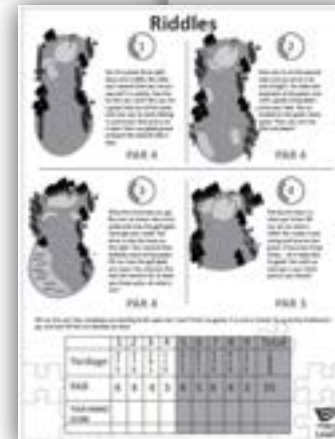


Ernie Els #GameON Autism™ Golf Clinic

» The clinic begins well before the day of the event

★ The Clinic Activity Book

Priming: building
background
knowledge



The Social Story

#GameON Autism Golf Clinic

social story



We will be participating in a #GAMEON Autism Golf Clinic



When we arrive, we will probably stop at the bathroom first and get a drink of water.



Next, we will walk over to the golf course to begin the golf clinic.



Before we touch any golf clubs we will stop and learn about the rules and schedule for our day.



After our welcome we will learn some golf skills at 5 different stations. The golf coach will help us learn how to stretch, hold a club, aim at a target and hit the golf ball. different distances.



We will take turns using different types of golf equipment.

The Social Story

#GameON Autism Golf Clinic	Social Story		



It is important to be very careful with the golf club. It will be on the ground unless it is your turn to swing.



During the golf clinic, we will have a healthy snack and drink. If I feel tired or I am too hot, I can ask for a break and go to the HEALTHY SNACK station.



We will end the day by taking a picture of the group.



It will be fun to learn new things about golf. I will probably be happy and I might want to come back another day to play golf again.

Clinic Flow

1. Introduction
2. Social storyboard
3. Rules
4. Warm-up
5. Small groups
6. Station rotation
7. Wrap up



Equipment

- A variety of equipment to fit each student's abilities and needs



Typical - 2 ball styles

SNAG

Logical Golf

Equipment

Supplies

WARM UP	PUTTING	CHIPPING	PITCHING	FULL SWING
<ul style="list-style-type: none"> Materials necessary for Levels 1, 2, 3 to complete their exercises (3-5) 	<ul style="list-style-type: none"> pool noodles flagging tape tees cones Rollerama color blocks rope chain 	<ul style="list-style-type: none"> Rollerama SNAG targets color blocks cones flagging tape tees rope 	<ul style="list-style-type: none"> SNAG targets cones flagging tape rope tees shafts 	<ul style="list-style-type: none"> baskets tees flagging tape cones

Equipment

PUTTING	CHIPPING	PITCHING	FULL SWING
<ul style="list-style-type: none"> SNAG roller traditional putter SNAG balls tennis balls golf balls Logical Golf putter 	<ul style="list-style-type: none"> SNAG launcher traditional wedge/ high lofted iron SNAG balls tennis balls golf balls 	<ul style="list-style-type: none"> SNAG launcher traditional wedge/ high lofted iron SNAG balls tennis balls golf balls 	<ul style="list-style-type: none"> SNAG launcher traditional golf clubs SNAG balls tennis balls golf balls

Visual Supports

WARM UP	PUTTING	CHIPPING	PITCHING	FULL SWING
<ul style="list-style-type: none"> station sign with task analysis commenting board club down sign please wait sign flagging tape 	<ul style="list-style-type: none"> station sign with task analysis commenting board please wait sign club down sign flagging tape 	<ul style="list-style-type: none"> station sign with task analysis commenting board please wait sign club down sign flagging tape 	<ul style="list-style-type: none"> station sign with task analysis commenting board please wait sign club down sign flagging tape 	<ul style="list-style-type: none"> station sign with task analysis commenting board please wait sign club down sign flagging tape

» Stretching in a Circle

- A fun icebreaker
- A quick and easy way to assess

» Static and Active stretching



Visual Supports

» What is a visual support?

- picture symbols
- commenting board
- choice board
- boundaries
- token board
- signage
- story board
- step by step task charts



Visual Supports

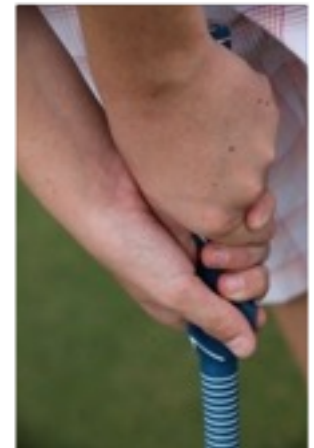
» Why use visual supports?

- Individuals with autism are visual learners
- Increase predictability while decreasing fear/anxiety
- Visual supports are lasting
- Increase independence
- Increase comprehension









The Grip

- » A proper grip?
- » Instruction process
 - ➔ Verbal
 - ➔ Model
 - ➔ Hand over hand (for some)*
 - ➔ Visual supports
 - ➔ Verbal cues



How we teach:

1. Verbally communicate clear and concise instruction

2. Use visual supports

3. Model the instruction

4. Student practices the motion

5. Instructor prompts as needed

6. Instructor provides positive, corrective feedback

7. Student learns and improves

Challenges you may see

- » Communication issues
- » Self stimulatory behaviors
- » Motor skill deficits
- » Lack of awareness for danger
- » Self-regulatory issues



Abilities you may see

- » Ability to retain concrete concepts
- » Intense focus and determination
- » Learning by watching
- » Strong rote memory
- » Attention to detail
- » Honesty and no judgement



Set Ups: Creating a rich learning environment

» *“Structure alleviates stress”*

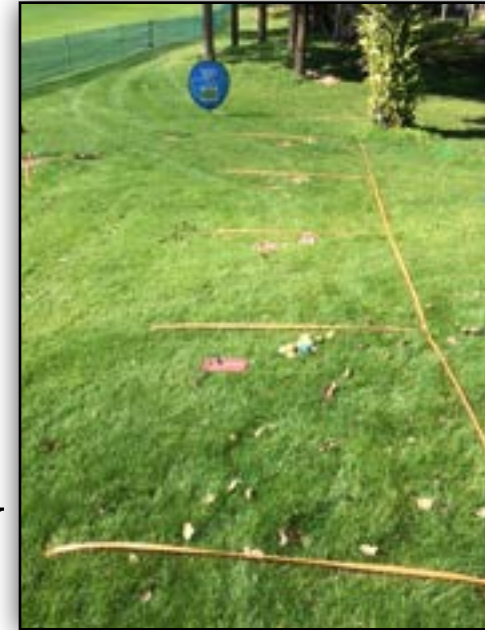


Set Ups: Creating a rich learning environment

» SAFETY, SAFETY, SAFETY

- Safety areas
- Hitting stalls
- Equipment placement

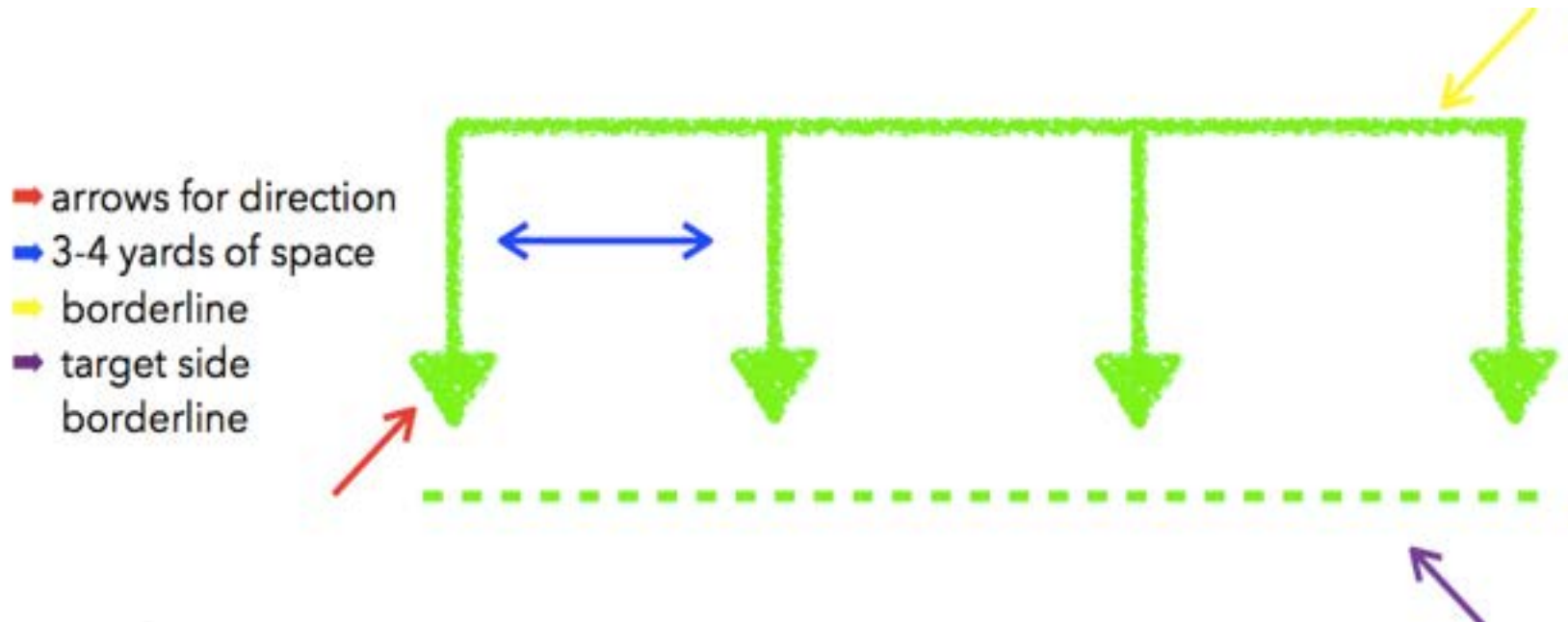
» Structure + Organization = Predictability



- ★ Decreased anxiety
- ★ Optimal performance

Set Ups: Safety areas, hitting stalls, and visual supports

- ✓ Consistently marked
- ✓ Clearly marked



Safety, Safety, Safety

» Important things to know about children with ASD

- Some do not have adequate self preservation skills
- Elopement
- Accidents
- Drownings



Safety & Golf








» So what does this mean for you?

- Heighten your awareness
 - Instructors must keep track of their head counts at all times
 - Welcome the help of parents and aides
- Create a safe environment through proper set ups
 - Avoid bodies of water
 - Avoid setting up in potentially dangerous areas
 - Rules, equipment placement, and organization
 - Create a rich learning environment to keep your participants engaged!

Clinic RULES

Ernie Els #ComeOnAutism™ Golf Program

RULES

-  Be a good sport
-  Keep your golf club safe
-  Listen to the coach
-  Stay with the group
-  Share the equipment
-  Take turns
-  Listen and respond to the whistle
-  Have FUN!!

Guidelines for Instructing individuals with ASD

» There are 9 guidelines to follow:

1. Be clear and concise
2. Hands on instruction is NOT for all
3. Use positive feedback
4. Provide time structures
5. Provide choices
6. Be patient
7. Provide options
8. Model
9. Utilize visual supports



Golf Stations

- » Signage
- » Visual Supports
- » Equipment
- » Set Up
- » Drills & Activities
- » Adaptations* →
- » Clean Up
- » Transitions



Infusing Social Communication Skills

» Encourage students to:

- Take turns and share
- Try many different activities and drills (keep it moving)
- Clean up
- Positive feedback

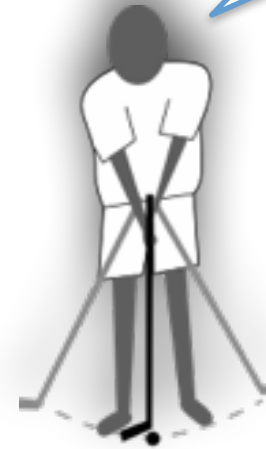


Putting

“Ankle to
Ankle”

» Instruction process

- Verbal
- Model
- Hand over hand (for some)*
- Visual supports
- Verbal cues
- Positive reinforcement



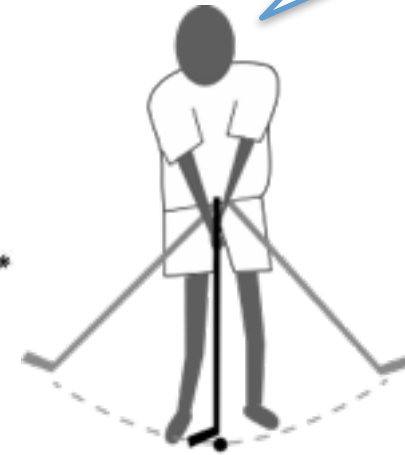
» Drills & Activities

- ➔ Rolling the ball
- ➔ Putt to rollerama or blocks
- ➔ Train tracks
- ➔ Bumper noodles



Chipping

“Knee to
Knee”



» Instruction process

- Verbal
- Model
- Hand over hand (for some)*
- Visual supports
- Verbal cues
- Positive reinforcement

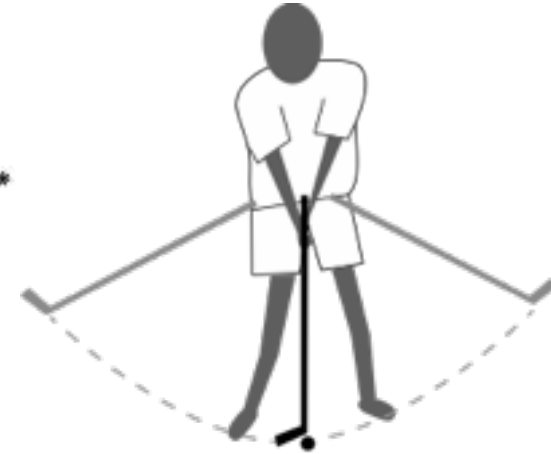
» Drills & Activities

- Tossing the ball
- Chip to rollerama or blocks
- Chip to targets



Pitching

“Hip to Hip”
or “L to L”



» Instruction process

- Verbal
- Model
- Hand over hand (for some)*
- Visual supports
- Verbal cues
- Positive reinforcement

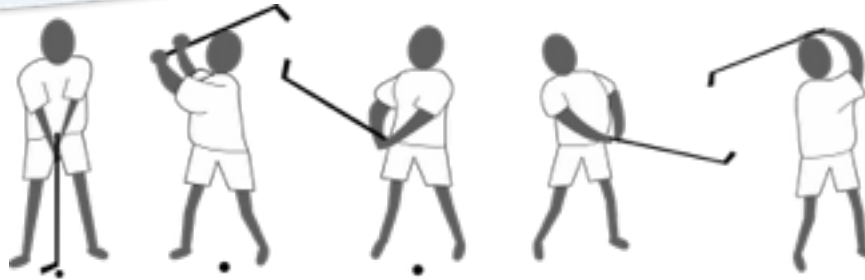
» Drills & Activities

- ★ A great bridge into full swing
- Tossing the ball
- Pitch to targets



Full Swing

“Big Circle” or
“Right shoulder,
Left shoulder”



» Instruction process

- ➔ Verbal
- ➔ Model
- ➔ Hand over hand (for some)*
- ➔ Visual supports
- ➔ Verbal cues
- ➔ Positive reinforcement

» Drills & Activities

- ➔ Tossing the ball
- ➔ Full Swings on the range
- ➔ Transition from near golf to traditional golf clubs



Break Area

- Allow students to take lots of breaks
- Issues with sensory regulation
- Healthy snacks, gluten free/dairy free



Running a Golf Clinic

» Day of:

- Equipment and proper station set-ups
- Student/Instructor ratio 4:1
- Welcome aides and parents



Running a Golf Clinic

» Logistics

- Find an autism partner- autism society, local autism organization, or an autism school
- Find a golf facility- willing to accommodate their space for a few hours
- Find golf instructors AND train them properly

Running a Golf Clinic

» Logistics Continued...

- Forms
- Prime the participants
- Prime the golf instructors
- Online survey



YOUTH CLINIC PLAYER REGISTRATION

Player Name: _____ Age: _____

Golf Skill Level: ☐ First day ☐ Beginner ☐ Intermediate ☐ Advanced

Player information: ☐ Non-verbal ☐ Player prefers not to be touched

Other things instructor should know: _____

If the player is under 18 please provide the following information for the parent/guardian:

Address: _____

Phone: _____ Email: _____

Release:
Please read the following release, kindly sign it, and return it to the Els for Autism staff.

By signing below I voluntarily assume all risks of loss, property damage, or personal injury, including death, that I may sustain or cause as a result of participating in the GameOn Autism Youth Golf Clinic Program, whether caused by my negligence or that of Els for Autism or its officers, agents or employees, and agree not to make any claim of any kind against Els for Autism its officers, agents or employees for any loss, property damage, or personal injury. I hereby bind other members of my family, my heirs and assigns to this Waiver of Liability and Hold Harmless Agreement.

Els for Autism may take photographs and/or videos of you or your child and other children, or teachers at the event to be used for educational, research, informational and fund raising purposes. I, the player or parent(s) or guardian(s) of the player (if under 18) named above hereby **GRANT** permission for the video tape or photographs which have been or will be taken at the Els for Autism event to be used in a manner that the Els for Autism deems appropriate, including but not limited to, research or educational purposes, fund raising events, community presentations, brochures, or website.

Signature of parent/guardian

Date

Signature of parent/guardian

Date

How you can get involved

- » Running a clinic
- » Creating vocational opportunities
- » Volunteer
- » Get involved with your local autism society
- » Awareness, recognition, understanding



Thank you!
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