



**Turnstone**  
Creating possibilities.

# ADAPTIVE SPORTS & RECREATION: ELIGIBILITY CRITERIA

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A person can participate in Turnstone sports as long as they have a permanent physical disability that limits their participation in able-bodied sports. Please see below for specific eligibility criteria:

- Must be age 5 or older.
- Physical impairment due to orthopedic or neurological medical conditions.
- Requires modification to participate in leisure and sports activities due to physical disability.
- Able to benefit from participation in group activities.
- Able to follow directions, alert and oriented.
- Free of disruptive behavioral issues that would create a danger to self or others.
- Lives in non-institutional setting.
- Cognitively able to participate in the program at an appropriate developmental level.

Common diagnoses of children and adults who participate in the program include: Amputation, Spinal Cord Injury, Spina Bifida, Muscular Dystrophy, Multiple Sclerosis, Spinal Muscular Atrophy, Perthes Disease, Hip Dysplasia, Cerebral Palsy, Arthrogyrosis, Traumatic Brain Injury and Post Polio Syndrome.

Other notes:

- Many Turnstone athletes can walk; however, are limited when competing against athletes without disabilities.
- In most cases, no physical disability is too severe to prevent a person from participating in the program.
- Turnstone sports and recreation programs can be fast-paced, challenging, and competitive. The program provides an opportunity to exercise, make new friends, develop social and teamwork skills, increase confidence, and have fun!
- All Turnstone sports are co-ed.
- Turnstone also offers recreational opportunities for individuals who prefer a more leisure environment.

For more information on the Sports and Recreation program, please call 260-483-2100.