29-year-old who has never practiced sport and doesn't want to run	You have a learning disability and an associated physical disability which makes you walk really slowly.
50-year-old, very willing to practice sport. You have great difficulty in following simple instructions.	Physically capable player with a light learning disability. You live with your parents and don't leave your house at weekends.
Physically able with great difficulty in understanding simple instructions. You are afraid of contact.	No physical issues. Very changeable with a chance of aggressive and violent reactions.
Carer in very bad shape and with no knowledge of the game. Little interest in doing sport. You don't work at weekends.	Parent of a player with disability, in bad shape, limited knowledge of the game but really willing to learn how to play with your daughter.
You have Down's syndrome. You get tired very quickly and you have always been told that you cannot practice contact sports.	Former rugby player. In poor physical condition and totally ignorant of unified rugby. As a player you were really competitive on the pitch.
Player with great disability and lots of understanding problems and limited movements. However you are very eager to pick the ball and run.	Young woman who has never played rugby. You don't know how to hold the ball or the rules.

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INSTRUCTIONS

IT'S YOUR FIRST DAY AT A TRAINING SESSION OF A UNIFIED RUGBY TEAM.

TAKE A STEP FORWARD IF YOU CAN FOLLOW THE INSTRUCTION GIVEN, OTHERWISE STAY WHERE YOU ARE.

1. YOU CAN GO TO ALL THE TRAINING SESSIONS
2. YOU CAN PERFORM A SPINNING RUGBY PASS.
3. YOU CAN UNDERSTAND THE COACHES' INSTRUCTIONS FIRST TIME ROUND
4. YOU UNDERSTAND THE RULES OF THE GAME
5. YOU LIKE RUNNING
6. YOU CAN PERFORM A SAFE RUGBY TACKLE
7. YOU CAN BE TACKLED BY ANY PLAYER ON THE PITCH
8. YOU UNDERSTAND JOKES AND PUNS BY YOUR TEAMMATES
9. YOU CAN SOCIALISE WITH YOUR TEAMMATES AFTER TRAINING SESSIONS
10.