Laser Tag
This popular activity usually takes place at an indoor venue but can be done outdoors as well. This tag game is played by using laser guns with infrared beams. Laser tag vests or other types of specific clothing may be used and, if so, are available at the facility. This is a fun and exciting way to learn teamwork and good sportsmanship as well as healthy camaraderie!

Include Girls with Disabilities
Talk to girls with disabilities and their caregivers, and ask about needs and accommodations. Communicate with girls with disabilities and/or their caregivers to assess any needs and accommodations.

Learn about the resources and information that Disabled Sports USA provide to people with disabilities.