

## CWSF 2018 - Ottawa, Ontario



### Riley Oldford

#### Slip or Grip: Walking on Water with Crutches

**Challenge:** Health

**Category:** Junior

**Region:** Yellowknife

**City:** Yellowknife, NT

**School:** William McDonald School

**Abstract:** My project is about determining the best crutch tips for me to use while walking indoors on wet surfaces. I have fallen many times in the past using crutches, and was wondering which crutch tips were the safest to use overall. I researched different crutch tips and then designed an experiment to test the crutch tips in both controlled and uncontrolled public settings.

#### Biography

I am a Grade 7 student attending William McDonald School in Yellowknife, Northwest Territories. I have chronic lung disease, cerebral palsy and a connective tissue disorder. I use a combination of a wheelchair for sports, a walker for most everyday activities along with forearm crutches for small spaces and rough outside terrain. The tips on my crutches often slip on inside surfaces if there is water, sand or grease on the floors. I was curious if there were crutch tips which would work better and allow me to use my crutches more safely. This is the reason I did my project on 'Slip or Grip: Which Crutch Tips Are Best for Wet Indoor Surfaces?' I would like to extend my project by trying additional tips and testing on different surfaces. I recommend when you choose a topic for a project, it helps to have a strong personal connection and a practical application for life. In the future, I am interested in learning how technology can help support mobility and movement.