

Zorbing in Impaired Children: An Innovative New Alternative For Better Self-Consciousness, Body Coordination and Motor Function?

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Editor Note

In a science fiction author of the years in 1930 a description was made of a transparent sphere that envelops the researcher who could walk through the jungle so sheltered. This ball was made of rubber material in this old novel. Another ball was present in 1986's film "Apocalypse Snow".

Zorbing was presented in the late night show of David Letterman in a show in 2010. David Letterman experimented with the zorbing ball in the studio in outside CBS Studios in New York City in 53th street [1]. Back in 1994, Dwane van der Sluis and Andrew Akers developed the idea for a kind of sphere in Auckland, New Zealand, and named their invention "Orb."

With two other investors, they founded ZORB Limited and began commercializing the new idea. Their company model was to develop operations worldwide through a franchise system of Zorbs. Andrew Akers and his brother David Akers have made a team with Chris Roberts to develop the "OGO" and the Fish Pipe.

Sphereing is also defined as orb-ing or zorbing, and zorbing ball activities were included in Oxford dictionary in 2001, where it was defined as "a sport in which a participant is secured in an inner capsule inside a large transparent ball, which is then rolled over the ball ground or hill".

Zorbing (Globe-Riding, Sphereing, Orb-ing) is the description or sport of rolling in a ZORB ball generally produced of transparent plastic material. Zorbing is generally performed on a slope, but can

also be performed on a flat surface to allow better control of the zorbing person. In the absence of hills, some operators have built inflatable wooden or metal ramps to change direction. There are two types of balls materials, preloaded and non-belted. Non-belted balls are made up for three passengers, while belted balls are designed for one to two passengers. Double-belted balls have different pitch requirements and may only be used in certain locations. The longer runs are approximately 800 meters

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in distance. The first site in Zorbing was established by Akers brothers in New Zealand [1]. Hamster balls, single-layer hard plastic balls for small rodents, have been produced and sold since 1980 [2]. An article on the zorb described a similar device first introduced in 1973 [3]. In the early 1980s, a sports club built a huge ball with 23 meters diameter with a gimbal supporting two chairs inside. Human balls have been described in the press since 1990. Treating disabled children with zorbing ball training to achieve better body coordination, self-confidence, and improvement of motor skills and balance is an interesting idea for possible studies with disabled children in the future.

Zorbing ball The Zorbing ball is made of two parts, with one ball in the other and a layer of air in between. This acts as a shock absorber for the driver and absorbs shocks while driving. Orbs are lightweight and made of flexible plastic, as opposed to rigid plastic, such as a hamster ball. Many orbs have straps to keep the rider in place, while others allow the rider the freedom to run the orb or be thrown around freely by the rolling motion. A typical ball has a diameter of about 3 meters, an inner ball size of about 2 meters and an air cushion of 50-60 centimeters around the riders. The plastic is about 0.8 millimeters (0.03 in) thick. The inner and outer spheres are

connected by numerous (often hundreds of) small nylon cords. Orbs have one or two tunnel-like entrances. Body Zorbs are suitable for many children aged 6 years right up to adults. The general idea is to get inside a Zorn ball in an inflated area.

Risk A school teacher died and a student was seriously injured while zorbing in the Czechian Republic. One man died of a broken neck in 2013 and another was injured when a Zorbing ball crushes down the mountain, crushes into stones and finally came to a finish position on a lake in Dombay, Karachay-Chergen Republic, around 1000 m away from the starting point. The accident was documented by photo and was uploaded into the internet space. The accident had made international headlines in different newspapers, the country authorities wanted stricter safety rules in zorbing sport events.

In general, zorbing in children is a funny and innovative sport to improve motor ability and balance control in series situations like zorbing in fast velocity down the mountain. Zorbing can be helpful in treatment of impaired children to get better hull stability, better coordination and most of all better self-consciousness. Further research with impaired children in this innovative new field of motor and coordination training is necessary.

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