

You're in the Game

NSW Disability Sport and Physical Activity Framework



Communities
Sport & Recreation

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Introduction

The ***You're in the Game*** framework is intended to guide the approach and performance of all organisations in the provision of sport and physical activity to people with disabilities in NSW. It aims to give leadership and strategic direction to the industry in order to provide opportunities for people with a disability.

Background

Sport and physical activity opportunities for people with a disability have traditionally been and are currently provided by a number of different groups and organisations. The scope and adequacy of these services have never been comprehensively reviewed. Historically, there has been an absence of a clear and comprehensive strategy to guide sport and physical activity opportunities for people with a disability in New South Wales (NSW).

The purpose of the project was to review the existing structure and status of sport and physical activity opportunities for people with a disability in NSW. From this the ***You're in the Game*** framework has been developed to establish guidelines for improving the provision of sport and physical activity opportunities for people with a disability in NSW.

The framework offers guidelines to assist in setting the future direction for improved services and increased opportunities in sport and physical activity for people with a disability in NSW at all levels.

Information regarding sport and physical activity opportunities for people with a disability in NSW was gathered through consultation with key stakeholders during May and June 2006.

Participants consulted were asked to consider the:

- Current status of sport and physical activity provisions for people with a disability

- Ideal future – what would it look like, what people and resources are required to provide this ideal future?
- Potential barriers to the ideal future
- Solutions and strategies – what needs to be done in order to overcome the barriers and achieve the ideal future?

As a result of the consultation, it was evident that current sport and physical activity opportunities for people with a disability in NSW were very fragmented. A number of different organisations and groups were delivering services to relatively small groups of people with a disability and different providers were often unaware of the existence of, or opportunities offered, by other providers.

As a consequence there were often limited, if any, partnerships with other providers and there was difficulty providing activities for members because of limited resources.

The result is that some activities were offered by a number of providers, while other activities were not available at all. Many sporting organisations that were perhaps well placed to offer sport and physical activity opportunities provided limited or no opportunities – because they hadn't been asked, were not sure how to, didn't have the resources to or didn't see it as their responsibility to do so.

The ***You're in the Game*** framework has been based on key findings from the consultation process.

You're in the Game philosophy

Sport and recreation play a vital role in binding our communities together and provide a broad range of benefits for all members of the community. These benefits include developing self-esteem, maintaining health and fitness and improving the level of enjoyment people get as a result of their lifestyle.

Sport and physical activity are particularly important for people with a disability and can contribute to maintaining mobility, improving physical health and quality of life.

In recent years there has been a significant shift away from separate services or programs for people with a disability, with many now participating in mainstream activities within education, workplace and community life.

You're in the Game is a holistic approach to creating a culture of inclusion amongst sport and physical activity providers, so that everyone can participate and a strong network of sustainable and accessible organisations exist that provide quality services.



Vision

The **You're in the Game** framework is about:

- People with a disability having the opportunity to participate in sport and physical activity; and
- Sport and physical activity providers ensuring their services are inclusive and accessible for all people with a disability.

Priority Areas

As an outcome from the consultation process for the framework, the following four (4) priority areas were identified:

- Accessibility
- Capacity building
- Networks and partnerships
- Marketing, promotion and education.

More specifically, there were some significant opportunities identified that were linked to these priority areas. Key areas identified for future work by both Sport and Recreation and the sport and recreation industry are detailed below.

Accessibility

- Create facilities and venues that are physically, socially (attitudinally) and financially accessible
- Educate industry stakeholders on risk management procedures related to the participation of people with a disability in sport and physical activities
- Broaden the range of competition and skill development opportunities available
- Provide access to appropriate sporting equipment
- Create an environment where all people feel safe and welcome.



Capacity Building

- Foster a culture of inclusion across all organisations in sport
- Develop and implement policies that reflect inclusivity
- Educate staff and volunteers so that they can embrace diversity
- Assist people with a disability to undertake a range of roles such as coach, official, administrator and director
- Lead the development and communication of clearly designated pathways (vertical and horizontal) for people with a disability to progress in sport.

Networks and Partnerships

- Develop partnerships of mutual benefit and links in order to use available resources to maximum effect
- Communicate what is widely available
- Establish a network to leverage the use of existing resources
- Work with sporting organisations to assist them to become more inclusive.

Marketing, Promotion and Education

- Educate the community at large to respect and embrace all difference, whether due to disability or some other factor (age, cultural background, etc.)
- Promote the abilities and interests of people with a disability and the opportunities that exist in sport and physical activity
- Promote and highlight positive attitudes towards disability and encourage and support the development of inclusive practices
- Promote activities and materials relating to wellness, health, or sport and physical activity inclusive of everyone in the community.

Partners

Many different individuals and organisations are (and will be) involved in the delivery of services for people with a disability in NSW. These groups have been integral to the development of this framework and are vital in the development and provision of quality opportunities for people with a disability to participate in sport and physical activity. These groups are valued partners of and contributors to, the ***You're in the Game*** framework.

The ***You're in the Game*** framework has in itself been a partnership project. Sport and Recreation looks forward to the continued support and involvement from all the individuals and organisations who took part in the process.



Organisations

State Government

Communities NSW
NSW Department of Education and Training
NSW Department of Health
NSW Department of Ageing, Disability and Home Care

Local Government

Facility managers
Community services advisory committees
Sport councils

Industry Groups

State Sporting Organisations
Disability agencies
State Disability Sports Organisations
Community sport and physical activity providers
Regional Academies of Sport
NSW Institute of Sport

Peak Bodies

NSW Sports Federation
NSW Sports Federation's Association of Disability Sports
Disability Council of NSW
Human Rights and Equal Opportunity Commission

Educational Institutions

Schools – primary and secondary
Schools for Specific Purposes
Universities
TAFE

Individuals

Participants

People with a disability
Athletes
Carers or assistants
Family
Volunteers
Coaches
Officials
Instructors



Implementation

Strategic Framework and Implementation

The Australian Sports Commission's (ASC) vision for a National Plan for Disability Sport is to provide a framework and approach to address the future inclusion of people with a disability in sport at all levels, across Australia.

Our next step is to develop a comprehensive NSW plan which underpins the **You're in the Game** framework and complements the ASC's National Plan for Disability Sport.

The **You're in the Game** framework will be implemented over a 5-year period.

Priorities for Implementation

- Brochures developed for State Sporting Organisations, community disability providers/ organisations and clubs
- Sport and Recreation will work with the industry to assist the development of sustainable and inclusive access and equity practices and services
- Assist in the development of a state-wide network to provide ongoing support to enhance the provision of sport and physical activity for people with a disability in NSW
- Provide ongoing support and guidance to NSW sports and disability organisations in their endeavours to create inclusive opportunities
- Development of a comprehensive NSW plan.



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