

You're in the Game

Towards inclusion for people with a disability



Communities
Sport & Recreation



People with a disability generally have fewer opportunities to participate in sport and physical activity than their able-bodied peers. Changing attitudes and creating greater awareness amongst sport and physical activity providers is one of the key ways to greater inclusion of people with a disability in sport and physical activity.



Towards inclusion for people with a disability

Today there is increasing recognition amongst sport and physical activity providers of people with disability as a target market. As a result, there are more opportunities for people with a disability to be involved in sport and physical activity in various roles, either as participants, coaches or instructors, officials, administrators, or event organisers. There is increasing recognition that people with a disability and their families can be part of the lifeblood of any sport or physical activity.

Many sport and physical activity providers have been able to adapt and modify rules, equipment, playing areas and teaching style in a way that still retains the integrity of the activity yet allows for more diverse participation.



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 for people with a disability in NSW. It aims to offer leadership and strategic direction to the industry in order to provide more opportunities for people with a disability.

You're in the Game Philosophy

Sport and physical activity play a vital role in binding our communities together and provide a broad range of individual benefits to all members of the community.

Benefits include developing self-esteem, maintaining general health and fitness, and improving everyone's enjoyment of life: we are all concerned with the big picture gains of sport and recreation for all communities in NSW. Sport and physical activity is particularly important for people with a disability and can contribute to maintaining mobility, improving physical health and quality of life.

The philosophy of You're in the Game is a holistic approach to a culture of inclusion so that all people can participate in sport and physical activity and there is a network of sustainable and accessible organisations that provide quality services.



You're in the Game Vision

The 'You're in the Game' Framework is about:

- People with a disability having the opportunity to participate in sport and physical activity of their choice; and
- Sport and physical activity providers making a concerted effort to cater for people with a disability.

Things people with a disability should consider are:

- What activities do I like? (i.e. do I want to compete in sport or just participate in physical activity? Do I want to be involved in individual or team sports/activities (i.e. sailing, cycling, table tennis, cricket, football, etc.)
- How can I be involved and how do I want to be involved? (i.e. as a participant, coach/instructor, official, administrator, event organiser etc.)
- When can I be involved? (i.e. during the day, one night a week, on the weekend)
- Do I need help to be involved? (i.e. to get there, to participate)
- Who can help me get involved? (i.e. family, friends or a “buddy” from within the organisation/community)
- Where can I find a club or activity in my area?
(See the www.dsr.nsw.gov.au)

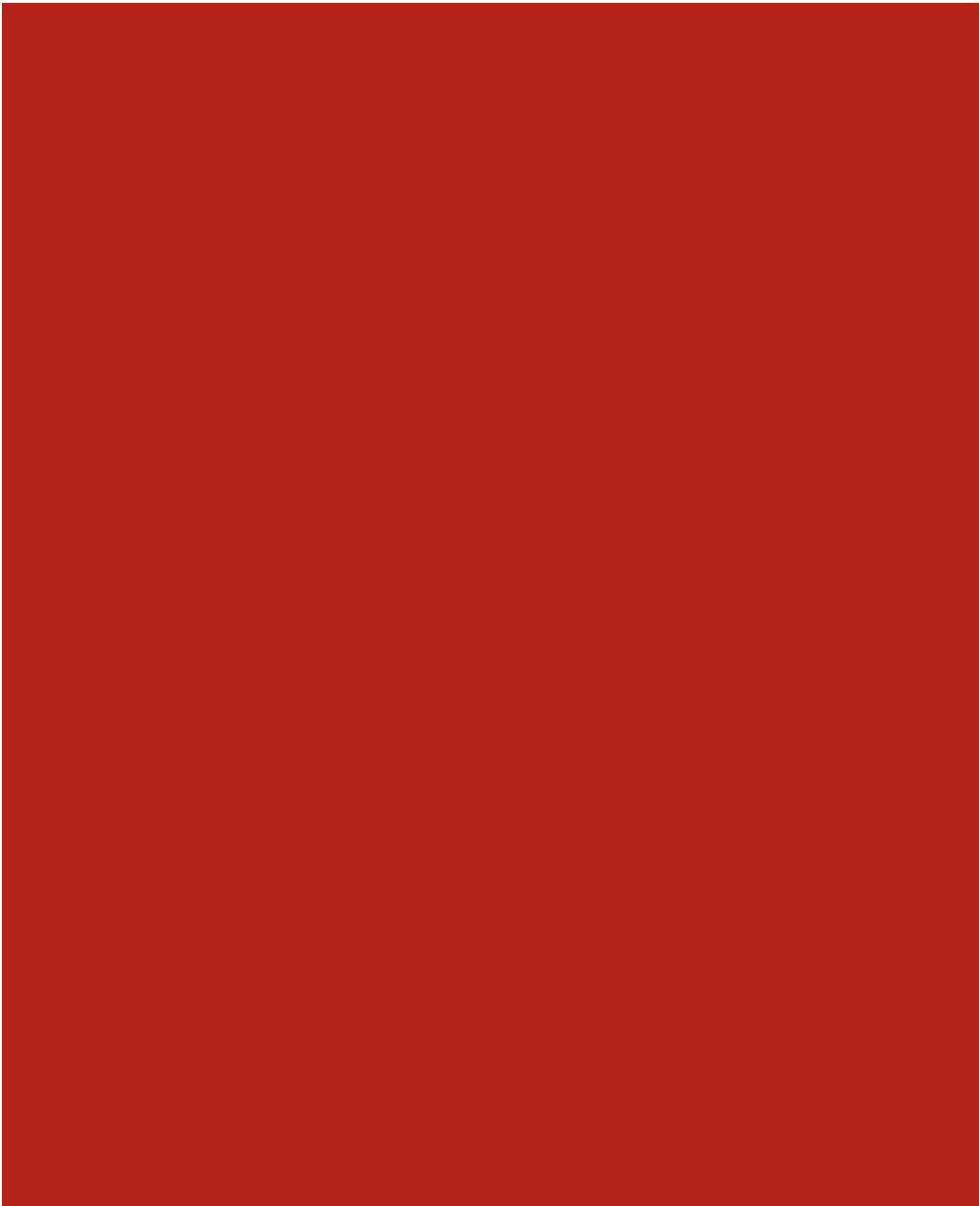


Further resources and assistance

Sport and physical activity providers have a wide variety of opportunities for anyone who wants to get involved in sport and physical activity.

For further information about You're in the Game contact Sport and Recreation on 13 13 02 or email sportrec@communities.nsw.gov.au





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