

You're in the Game

Towards inclusion for sport and physical activity providers



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 sport and physical activity providers

Some sport providers may think people with a disability are unwilling or unable to be included; others may recognise the desire and ability amongst people with a disability, but are unaware of how to include them. Other providers may have opportunities available or can adapt to meet the needs people with a disability, but don't adequately promote this to their community.

You're in the Game will help providers take effective steps in making sport and physical activity more inclusive of people with a disability.

A guide for inclusion

You're in the Game is a framework developed to guide the direction and performance of all organisations involved in providing sport and physical activity for people with a disability in NSW. It aims to provide leadership and strategic direction to the industry in order to provide more sporting opportunities for people with a disability.

Sport and physical activity 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.

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



The You're in the Game vision

You're in the Game 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.

Promoting inclusion in your club

You're in the Game encourages all clubs to remember that:

- People with a disability are willing and able to be included in sport and physical activity and local clubs can include people with a disability.
- Every person, whether able-bodied or a person with a disability, varies widely in ability and skill levels
- People with a disability are individuals and to group all participants according to skill or ability, rather than whether or not they have a disability.



You're in the Game checklist for clubs

Consider the following checklist when reviewing the inclusion of people with a disability in your club:

- Is your club accessible – physically, socially and financially?
- What capacity do you have to include people with a disability
 - Demand – is there an identified need in your community?
 - Supply – what can you provide?
 - Networks and partnerships – who can assist you to provide further opportunities?
- Use available expertise at your club to
 - Identify barriers to inclusion
 - Assist the development of an action plan that considers how barriers can be overcome
 - Develop and implement new opportunities to participate
 - Review your practices
- Does your sport or activity already have a modified version? Can rules, equipment, playing area or teaching

style be modified in a way that everyone can be included and the integrity of the activity is retained?

- What opportunities for inclusion can you offer – full integration, parallel or disability-specific?
- What roles can people with a disability play – participant, coach/instructor, official or administrator etc?
- What assistance, if any, do people with a disability require (i.e. to get to the venue; to be involved)?
- Who can assist you to include people with a disability, e.g. identifying best practice modifications (rules, equipment, facilities) and inclusion policies and provide awareness training and skill development, etc?

Keep in mind that there is no single inclusion model that will fit all clubs. Action plans, designed with your club's specific circumstances and objectives in mind, can ensure that inclusion becomes part of your club culture and fits comfortably within the overall objectives of your club.

Many National and State Sporting Organisations are adopting inclusive policies and practices and can assist clubs to become more inclusive. A list of State Sporting Organisations is available at www.dsr.nsw.gov.au/sportsclubs under 'Directory of contacts'

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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