

You're in the Game

Towards inclusion for State Sporting Organisations



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.



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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 your organisation 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 that everyone can participate and a strong network of sustainable and accessible organisations exist that 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.

Assessing your inclusiveness

People with a disability are often excluded from sport and physical activity because sport and physical activity providers:

- Have never considered what they have to offer people with a disability

- Are not sure how to provide for people with a disability
- Have not effectively promoted accessible opportunities that exist.

Inclusion of people with a disability in sport and physical activity can provide many benefits to organisations, including increased membership, access to additional resources and improved marketing and public relations opportunities.

No one inclusion model fits all, however, action plans designed with your business plan and objectives in mind can ensure that inclusion becomes part of your organisation's culture and fits comfortably within your organisation's overall objectives.

State Sporting Organisations should consider the following questions:

- Is inclusion part of your organisation's planning? (i.e. part of common practice, part of strategic planning, part of a fair play for all policy)
- Does your sport have a modified version? Can rules, equipment, playing areas and teaching styles be modified in a way that everyone can be included and the integrity of the activity is retained?
- What competition opportunities can you offer? (i.e. integrated competition, select or parallel events at existing competitions or disability-specific competition)
- What skill development and training opportunities do you offer? Is there room to increase these opportunities?
- Are there opportunities to develop partnerships with like-minded organisations? (i.e. sporting organisations, disability sport organisations and/or agencies)
- What other roles can people with a disability play within your organisation? (i.e. coach, official, administrator, volunteer)
- Are there areas you need further assistance in? (i.e. classification, modified game/equipment, disability awareness training, policy development etc.)

Key steps towards inclusion

- 1 Make a commitment to inclusion.
- 2 Identify relevant people within (and outside) your organisation who can assist.
- 3 Review your current situation.
- 4 Set goals/targets that are achievable.
- 5 Develop strategies for change.
- 6 Allocate resources.
- 7 Develop communication strategies.
- 8 Monitor and review plans or actions.

Further resources and assistance

Increasingly, National Sporting Organisations are adopting and providing guidelines for inclusive policies and practices that State Sporting Organisations can utilise.

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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