

## Key information about our training workshops

Our training workshops are designed to help participants with the knowledge, competence and skills necessary to include people with disabilities in sport and physical activity. On completion of the workshops, all participants will receive a Cara certificate of completion endorsed by Sport Ireland.

	Workshop Description	Who should attend?	Duration	Price per organisation
<b>Disability Inclusion Training</b>	This is a six hour introductory level workshop, designed to give participants ideas and inspiration to adapt their sport and physical activity sessions, to make them more accessible and inclusive for children and adults with a disability.	Coaches, sports leaders, teachers, special needs assistants (SNAs), third level students, development officers, volunteers, parents or anyone who has an interest in making their sessions more accessible and inclusive.	6 hours	€800
<b>Inclusive Fitness Training</b>	This six hour introductory workshop is specifically designed for people working in the fitness sector, to increase their confidence and to help to make their gym, fitness centres and programmes more accessible to people with disabilities. This workshop is accredited by REPs Ireland.	Fitness professionals, managers, receptionists, administration personnel, or anyone working in the fitness sector who has an interest in making their activities and facilities inclusive for people with disabilities.	6 hours	€800
<b>Inclusive Adventure Activities Training</b>	This workshop aims to support professionals working in the outdoor/adventure sector in developing and enhancing provision, opportunities, and practices, to ensure that people with disabilities have the opportunity to access outdoor/adventure activities, at a level suitable to them.	Outdoor activity instructors, adventure providers, disability services, centre managers, development officers, or anyone who has an interest in having knowledge of inclusive adventure activities.	2 hours e-learning (Pre Course) 8 hours practical session	€1,400

<b>Autism in Sport Workshop</b>	<p>This three hour workshop will provide participants with an understanding of Autism, focussing on the delivery of sport. The course content is designed to help participants to recognise and understand key areas of consideration and to look at practical strategies, which will help to include people with autism in sport.</p>	<p>Sports leaders, coaches, volunteers, teachers, principals, special needs assistants (SNAs), parents, or anyone who has an interest in making their sport accessible and inclusive for people with autism.</p>	<p>3 hours</p>	<p>€700</p>
<b>Disability Awareness Training</b>	<p>This workshop aims to support NGBs in developing and enhancing provision, opportunities, and practices, which will ensure that people with disabilities have the opportunity to access sport at a level suitable to them in both a participation and performance capacity.</p>	<p>Any National Governing Body of Sport (NGB) who has an interest in increasing their staff members' awareness in sport and physical activity for people with disabilities.</p>	<p>3 hours</p>	<p>€700</p>

To book a workshop now, see workshops available for you to attend, and for more information please visit [www.caracentre.ie/training](http://www.caracentre.ie/training) or contact us at [training@caracentre.ie](mailto:training@caracentre.ie).

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**About Cara:**

Cara is a national organisation providing a collaborative and partnership platform to enhance sport and physical activity opportunities for people with disabilities.

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