

## Inclusive Fitness – Factsheet

# TREE Model

A tool to adapt and modify your activities to make them more inclusive and accessible for all ability levels.



## T – Teaching/Coaching Style

- Ensure participants are correctly positioned
- Use visual aids and demonstrations.
- Check participants' understanding.
- Always use first names and direct general instructions personally
- Give small amounts of information at a time and repeat the demonstrations
- Allow extra time for participants to observe others perform the exercise before they attempt it.
- A buddy system or exercise buddy may be another good way of supporting the person. Having someone with them may help or encourage them more.



## R – Rules and Regulations

***Consider changing the way a particular exercise is thought or instructed. Are there different types of equipment that could be used to perform the same exercise or skill?***

Consider:

- How fast the exercise is taught – slow the exercise down to ensure it is performed correctly.
- Using a lighter weight, body weight only or heavier weight depending on the person's ability.
- Look at the versatility of the exercise position. You may be able to perform the exercise in a standing, sitting or lying position?
- Could you teach the same exercise in the pool?



## E – Equipment

You can modify the equipment you use to help the participants access your activities

The fitness professional can ascertain if the exercise is best performed using the following:

1. Body weight only
2. Small equipment
3. Free weights
4. Fixed resistance equipment
5. Dual access machinery
6. Dyna bands

Be mindful of a person's reaction to equipment, they may be sensitive to the texture e.g. the rubber around the handlebars on the bike or the strap on a pair of swimming goggles.



## E – Environment

***You can adjust there the activities happen and how they are structured to accommodate all ability levels:***

1. Consider the following;
2. Lighting – is the lighting too bright or too dark
3. Noise – do I need to keep noise to a minimum
4. Temperature – is the room too hot or too cold
5. Location of exercise/workout – is it indoors, outdoors, in a hall, in a gym etc.
6. Layout of gym floor – is the gym floor safe and free from obstacles.
7. Proximity of pool and gym to changing facilities – should be close and easy to access
8. Personal positioning during exercise demonstrations – are you in the best position for the person to see what you are doing?

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