

# TREE Model

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



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**Teaching/ Coaching Style:**

you can adapt the way you communicate with the participants

r

**Rules/Regulations:**

you can simplify or change the rules and regulations to make your activities more inclusive

e

**Equipment:**

you can modify the equipment you use so that participants can access your activities

e

**Environment:**

you can adjust where the activities happen and how they are structured to accommodate all ability levels