active disability ireland

tree

Teaching • Rules • Equipment • Environment

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:

- Body weight only
- Small equipment
- Free weights
- Fixed resistance equipment
- Dual access machinery
- 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:

Consider the following;

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