Inclusive **Fitness** Training

Coordinated by

This six hour introductory course is specifically designed to help increase the confidence and awareness of fitness managers, fitness professionals and all front line staff to work with people with disabilities and to help make their gym, fitness centres and programmes more accessible to people with disabilities.

This course is aimed

Gym, Pool and Fitness professionals, Area and Centre Managers, Duty Managers, front of house staff and Part and Full time Leisure staff.

Course Certification

On completion of the course all participants will receive a CARA Centre Certificate of Attendance

Course Resources

The training will provide access to resources that will increase the knowledge of those working in the Fitness Sector to create inclusive environments and programmes for people with disabilities. All course participants will receive a PDF Resource Manual

Cost of the Course:

450 per person.

CENTRE OR GROUP BOOKINGS ARE ALSO AVAILABLE



The following areas will be covered:

- Section 1: Perception and Experience
- Section 2: Understanding Inclusion
- Section 3: TNSS Adaptation Tool
- Section 4: Participation and Competition Pathways
- Section 5: Identifying and Overcoming Barriers
- Section 6: Understanding Disability
- Section 7: Disability Groupings
- Section 8: Language and Etiquette
- Section 9: Working with People with Disabilities
- Section 10: Pre-screening, Assessment and Information Gathering
- Section 11: Planning and Teaching the TNSS Adaptation Tool
- Section 12: Auditing and Facility Access

HOW DO I BOOK A PLACE?

Upcoming dates and venues are available online at www.carapeninsula.ie and individual bookings can be made here.

If you are a fitness centre or gym and you would like to have INCLUSIVE FITNESS TRAINING please contact our Inclusive Fitness Coordinator on 01 4229 148 or email inclusivefitness.cara@ntc.ie

How can my organisation book a course?

If you have 14-24 people and would like to book a course please contact the Inclusive Fitness Coordinator on 01 4229 148 or email inclusivefitness.cara@ntc.ie

Coordinated by

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Ireland Sportsmen Benefit Fund

The training has being developed in conjunction with:

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