Inclusive **Fitness** Training

Coordinated by

CARA

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:

€50 per person.

CENTRE OR GROUP BOOKINGS ARE ALSO AVAILABLE.



The following areas will be covered:

Section 1:	Perception and Experiences
Section 2:	Understanding Inclusion
Section 3:	TREE 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 TREE Adaptation Tool
Section 12:	Auditing and Facility Access

HOW DO I BOOK A PLACE?

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

If you are a fitness centre or gym and you would like to book INCLUSIVE FITNESS TRAINING please contact our inclusive Fitness Coordinator on **01 6251160** or email **inclusivefitness.cara@ittralee.ie**

How can my organisation book a course?

If you have 16-24 people and would like to book a course please contact the Inclusive Fitness Coordinator on **01 6251160** or email **inclusivefitness.cara@ittralee.ie**

Coordinated by:

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This training has being developed in conjunction with:

Stewarts Per Tenebras Ad Lucem

NTC

Irish Wheelchair Association Sport

St. Michael's House

NCBI Working for People with Sight Loss

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