

Return to Sport and Physical Activity for People with Disabilities

An Inclusive Response

For NGB's, Sports Clubs, Outdoor Facilities, Education and Physical Activity Providers

As sport and physical activity facilities and opportunities continue to reopen, it is important to consider the safe return for people with disabilities. People with disabilities have highlighted 5 key principles within the **National Sport Inclusion Disability Charter** which they feel are important factors to consider in supporting their participation in sport and physical activity. Taking the impact of Covid 19 into consideration, the following guide aims to ensure a safe and inclusive return for everyone.

5 Key Principles to Consider

Openness

Ensure an inclusive approach is adopted within your return to sport and physical activity protocols

People

Educate all staff, board members, administrators, coaches' officials and players on the benefits and opportunities for including and reintroducing people with a disability back to your activities.

Activities

Develop and coordinate your opportunities for participation, volunteering and coaching etc. which should remain inclusive of people with disabilities.

Facilities

Review and ensure that facilities or sites that are used operationally for programmes and administration are accessible and inclusive of people with disabilities.

Promotion and Communication

Communicate the measures you are taking ensuring all information is provided in alternative accessible formats, e.g. Large Print, Easy Read, Text Only etc.



For more information please visit caracentre.ie/fact-sheets

WE MUST CONTINUE TO ACT RESPONSIBLY
AND WORK TOGETHER



Wash your hands



Cough & sneeze into your elbow



Stay 2 metres away from others



Avoid crowds



Know the symptoms



SPÓRT ÉIREANN
SPORT IRELAND