

NATIONAL FITNESS DAY ●●●

22nd September

2022



*Making Your Programmes or Events
Inclusive for People With Disabilities*

Be Open and Understanding of all people with disabilities.

Connect with disability groups and individuals with disabilities in your local area.

Access training for your staff and or volunteers to facilitate the inclusion of people with disabilities

Provide professional assistance to your staff by providing training opportunities for them and also providing them with a list of key resources. Cara provide Inclusive Fitness Training that is specifically aimed at fitness managers, fitness professionals and all front of line staff.

Review your facility/venue/equipment to make sure your organisation is more accessible

Always ensure the environment is accessible both internally and externally to allow access to your centre, class or programme.

Carry out a self-audit on your facilities – you can download an access audit from the Cara website – www.caracentre.ie

Develop and deliver Inclusive activities

Ensure your class or programmes are accessible and alternative equipment or methods of teaching are available.

Allow preparation time for both the individuals with a disability and the instructors. Providing a pre-registration allows you to gather as much information about the individuals as you can.

Promote the inclusive nature of your activities in a variety of formats

Promote your event or programme with positive images of individuals with disabilities using your facility or taking part in a programme.

Ensure various methods of communication are available including induction loops, large print, braille or audio etc.

#BeInclusive #fitnessdayIRL

For more information contact Cara's National Sports Inclusion Co-ordinator,
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   www.caracentre.ie

