

Inclusive Participation for Programmes & Events



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

Be Open and Understanding of all people with disabilities

Show your organisations commitment to inclusion by signing the Sports Inclusion Disability Charter
Create an open inclusive environment for all to participate
Ensure people with disabilities feel welcome

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

Provide staff/volunteers/coaches the opportunity to complete Disability Awareness training
Use appropriate communication & language
Speak to the person directly not their carer/parent/guardian
Use interpreters for any speeches/presentations/ interviews etc.

Review your facility/venue/equipment to make sure your it is accessible

Consider accessibility requirements (Parking, public transport, entry/exit points, toilets, changing facilities)
Is there a room that could be used as a 'quite zone' for anyone who may need it during the event/programme?
Consider an autism friendly hour during the day e.g. Lower noise levels, softer lighting, reduced crowds, temperature control etc.
Develop a floor plan for venue/location being used this may outline accessibility information, sensory map, or easy read version of the floor plan

*For more information contact our National Sports Inclusion Co-ordinator,
at smacsweeney@activedisability.ie or call 086 0829459*

   www.activedisability.ie

Develop and deliver Inclusive activities

Ensure activities are fully inclusive and not separate to main activities
If necessary, adapt and modify activities to make them more inclusive and accessible for all ability levels
Ensure that events or programmes are accessible and alternative equipment or methods of teaching are available
Consider changing the way a particular exercise/skill is thought or instructed e.g. verbal instruction, visual instruction, physical demonstration
Can the rules/regulations of the sport/activity be adapted?

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

Use positive inclusive imagery on promotional materials
Ensure various methods of communication are used for promotion e.g. large print text on posters, video with captions, easy read version of documents, image descriptions on social media etc.
Promote all accessibility considerations across website and online platforms
Have representation of people with disabilities involved in the event/programme

#BeInclusive #SportInclusion