

sport inclusion disability charter



My dream? If you contact an organisation and the first thing you say is “I have a disability” and the next thing you hear is “no worries”



Sport and physical activity are central to the fabric of life in Ireland. As citizens of this state, people with disabilities have a right to be active within their local communities. In our efforts to truly understand what it is really like for a person with a disability to be active in Ireland, we carried out nationwide focus groups with people with disabilities and parents of children with disabilities. We engaged with 140 people across 22 counties, who were both active and inactive, and asked about their experiences, challenges and needs in relation to their participation in sport and physical activity. From the vast feedback we received, we have developed the Sport Inclusion Disability Charter, which clearly outlines the five key areas people with disabilities are asking all organisations to consider in making active and healthy lifestyles possible for them.

Why sign up?

- Be part of Ireland's first ever Charter specific to the participation of people with disabilities in sport and physical activity
- Strengthen and expand your reach within your local community
- Avail of expertise and support available through Active Disability Ireland and Sport Ireland networks
- Remove barriers facing people with disabilities in their participation in sport and physical activity
- Contribute to achieving the goals of the National Sports Policy 2018-2027

What will you get by signing up?

- By signing up to this Charter, your organisation will receive:
- Resources to support you in your journey in addressing the five specific key areas identified by people with disabilities
- Social media assets to publicise your support of the Sport Inclusion Disability Charter
- Bi-monthly e-zine to keeping you updated on the Charter and all developments in relation to sport and physical activity for people with disabilities
- Information on training and events specific to the inclusion of people with disabilities in sport and physical activity



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People with disabilities should have every opportunity to be active within their local communities. This Charter, developed through consultations with people with disabilities, clearly outlines the five key areas people with disabilities are asking all organisations to consider in making active and healthy lifestyles possible for them.

To this end, we here in have committed to the Sport Inclusion Disability Charter, and will:

Be open to and understanding of all people with disabilities

Openness

Access training for our staff/volunteers to facilitate the inclusion of people with disabilities

People

Develop and deliver inclusive activities

Activities

Review our facility/venues/equipment to make our organisation more accessible

Facilities

Promote the inclusive nature of our activities, in a variety of formats

Promotion

Signature: Position: Date:

What next?

- Visit our website to find out more about the Charter
- Consider the implications of this Charter on your organisation
- Formally sign up to the Charter through our website
- Publicly announce your support of the Sport Inclusion Disability Charter using the social media assets provided
- Start or continue on your journey to making active and healthy lifestyles possible for all

“ The biggest obstacle is not people unwilling to change but just don't know how to change and how to adapt. ”

SIGN UP TO THE **CHARTER** TODAY

www.actedisability.ie