

# INTRODUCTION

The purpose of this resource is to enable the reader to develop a basic understanding of **Inclusion** as it relates to a sport or recreation organisation.



# NO EXCEPTIONS – WHAT IS IT?

- *No Exceptions Vision*
- *“All people participating in the physical recreation and sport activities of their choice.”*



# Goals

- All people have access to arrange of physical recreation and sport opportunities of their own choice in environments that enable full participation.
- All people participating in quality physical recreation and sporting experiences of their choice.
- The benefits of participation in physical recreation and sport are understood by all.
- Disabled people know about opportunities and accessing those they choose.
- Disabled people participating in physical recreation and sport are recognized as role models for  
all New Zealanders.



# WHAT IS DISABILITY AND IMPAIRMENT?

- Impairment is a condition that someone may have. Example, a person may have an amputated leg, or an intellectual impairment.
- Disability occurs when the situation or environment prevents the person from participating due to their impairment.
- They are then disabled.



# Some Facts

1. 1 in 5 New Zealanders have some form of disability.
2. Disability increases with age and consequently will affect virtually everyone eventually.
3. There are many examples of best practice.
4. It is unfair not to make the game and your club accessible to all New Zealanders, including those with 'disabilities



# WHAT IS INCLUSION?

- Inclusion is not forcing an organisation into including a person with impairment at all costs.
  - The integrity of your sport must be maintained.
  - Everyone participating must still get maximum benefit based on their ability



# There are several ways that inclusion may occur:

- ***Full Inclusion***

where the person with impairment participates in open competition at their ability level.

- ***Parallel Inclusion***

when the event caters for athletes with impairment alongside able bodied athletes.



# There are several ways that inclusion may occur:

- ***Segregated Inclusion***

- occurs when the RSO or club manages sport for people with impairment and supports them to participate in competitions specifically for their impairment.

- ***Reverse Inclusion***

- takes place when a specific disability sport is provided by an organisation and able bodied athletes are invited to attend.





# BENEFITS TO ORGANISATIONS

- Reinvigoration and increased membership.
- More coaches and volunteers.
- Access to increased funding.
- Access to a new level of competitors and elite athletes.
- Above all it is the social responsibility to ensure that all the community can access your club or facility and your services and programmes.



# MYTHS AND STEREOTYPES

- **Myth 1:**
- Impairment is a tragedy that dominates the person's life and makes satisfaction and fulfilment impossible.

*Often impairment does not dominate.  
Each individual finds their own way of adapting.*

- **Myth 2:**
- Most people with impairment are unable to achieve in sport.

*The range of abilities is the same as in the general population.*



# MYTHS AND STEREOTYPES

- **Myth 3:**
- People with spinal cord injuries all have similar limitations and all use wheelchairs.

*Generally, a higher level of injury with the spinal cord will result in a greater level of restriction.*

- **Myth 4:**
- People with impairment lead vastly different lives from others.

*People with impairment go to school, get jobs, get married, play sport and represent our country the same as able bodied individuals.*



# MYTHS AND STEREOTYPES

- **Myth 5:**
- Inclusion is too hard to do.

*some sports organisations have found the first steps very easy.*

- **Myth 6:**
- Deaf people are mute and cannot communicate.

*people who are deaf successfully communicate using a variety of techniques.*



# MYTHS AND STEREOTYPES

- **Myth 7:**
- Most people with impairment are sick and frail.

*Like others, most people with impairment are well most of the time.*

- **Myth 8:**
- People who have vision impairment possess a high level of sensitivity in other senses.

*Over time high acuteness of senses may develop in people who have vision impairment, but it is not automatic.*



# MYTHS AND STEREOTYPES

- **Myth 9:**
- Most people with cerebral palsy are intellectually impaired.

*People with cerebral palsy generally show the range of intellectual capacity found in the mainstream population.*

- **Myth 10:**
- People with impairment are a drain on the club.

*Most inclusive sports report that at committee and volunteer level they are strengthened through being inclusive.*



# SUCCESSFUL MODELS THAT WORK

- **Athletics**
- Secondary school athletics holds inclusive regional, south island and national competitions for athletes with a disability.



# SUCCESSFUL MODELS THAT WORK

- **Summer Soccer**
- Two teams of athletes with impairment have played in the summer soccer league competition..
- This is an example for **Full Inclusion** and the key finding with this success is having competition with low entry levels for adults.





# SUCCESSFUL MODELS THAT WORK

- **Basketball**
- The Fulton Hogan league is supported by Basketball Nelson.
- Predominantly, the players have intellectual impairment.
- Each team has player coaches whose role is to help provide structure on court and organise substitutes.
- The 2nd division has very relaxed rules and the 1st division generally uses the official rules of basketball.
- This is an example of **Segregated Inclusion**.



# ADAPTATION OF ACTIVITY

- **TREE** is a useful way to remember this and stands for.
- **T**eaching Strategies                      how we coach
- **R**ules    how we play
- **E**quipment                                      what we play with
- **E**nvironment                                      where we play

**The Golden Rule to follow is:**

***“Maintain integrity of sport whilst maximising individual potential”***



# ATTITUDE IS THE KEY

- *80% of inclusion results from 20% of work.*
- This 20% is “ATTITUDE” - having a can do positive attitude and a real willingness to make it happen.
- Many solutions are very simple.
- Don't worry if something doesn't work - the key is to keep trying and get support from people who can help.



# GETTING STARTED

- **The first steps are to:**
- Find someone in your club to 'champion' or investigate Inclusion of disabled people.
- Agree as a committee or board that you fully support Inclusion.
- Develop a No Exceptions Action Plan (NEAP) based on your needs and your capability.



# NO EXCEPTIONS TRAINING

- *Opening Doors*: practical training that assists sport and recreation organisations develop strategies to attract and retain disabled people as members.
- *Sporting Pathways*: a practical training workshop that shows participants how they may assist disabled people to get involved in sport.
- *Inclusive Coaching*: coach orientated training that enhances current knowledge and promotes the inclusion of disabled athletes.



# COACHING FRAMEWORK

- SPARCs coaching framework supports Inclusion and should be used as a foundation for the NSO to develop effective coaching practice.
- In addition to the guiding principles the document states that coach development will be athlete centred and inclusive.
- It is about looking after the people in OUR COMMUNITY.



# COMPETITIVE PATHWAY

- Similar to age, child and gender based competition, disabled athletes have in most cases a competitive pathway available from beginners to elite level.



# SPARC/ HALBERG TRUST LEADERSHIP SPORTS

- Rowing
- Equestrian
- GymSports
- Football
- Dance
- Lawn Bowls
- Basketball
- Swimming
- Athletics
- Table Tennis





# Special Olympics New Zealand

For athletes with an intellectual disability there are a number of regional organisations under the Special Olympics banner ;



# Special Olympics NZ

- Offer opportunities for athletes with an intellectual disability to participate in; *skiing, swimming, athletics, basketball, table tennis, badminton, basketball, bocce, bowls, equestrianism, football, 10 pin bowling, golf, power lifting & snowboarding.*

Visit [www.specialolympics.org.nz](http://www.specialolympics.org.nz) for more information.



# **SUPPORT FROM SPORT TASMAN**

***We are here to help you.***

***03 546 7910***



**Sport Tasman**