



INCLUSIVITY GUIDE

– DISABILITY IN SPORT

BACKGROUND

Engaging disabled people means addressing not only the physical barriers, but also the psychological barriers that can prevent them from taking part. Here's an overview of how you can adapt your sessions for people with a disability.

INSIGHT

1 in 5 people in England have an impairment. 70% of those want to be more active.

THE BARRIERS

The below are the key barriers identified by EFDS's 'Talk to Me' research:

- Lack of facilities and accessible equipment
- Location of sessions and cost of travel
- Personal perceptions and attitude of others
- Ability to find information
- Support to attend from family or career

TIPS TO BREAKING THE BARRIERS

- Ensure that there's clear, accessible information advertising your sessions
- Don't assume what a player can or cannot do; talk to them about their restrictions
- Run sessions in fully accessible facilities, at appropriate times for your target audience
- Offer support and reassurance that any player is welcome and will fit in

**“YOU ONLY LIVE ONCE AND YOU
NEED TO GO OUT AND ACHIEVE
WHATEVER YOU WANT TO”**

Ellie Simmonds 2008 Beijing Paralympic
Champion and London 2012 Medalist