

sport inclusion disability c h a r t e r



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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”**

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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 Cara 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
- Media templates 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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What people with disabilities are asking of your organisation

Be open to and understanding of all people with disabilities

- “I always say a smile on a person’s face makes a massive improvement when you go in to somewhere and they’re happy to see you.”

Openness

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

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

People

Develop and deliver inclusive activities

- “If I could get somewhere nearer...You want something accessible for her to do with her community and there’s nothing there. There’s nothing.”

Activities

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

- “You’re getting stuck in doors. There is no space for you. You can use the machine but it’s parked right beside something else. It’s on top of it. They’re so close.”

Facilities

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

- “They should be stating everyone is welcome. I think they need to be more vocal about it so that people know straight away, so you know you can go.”

Promotion

What next?

- Log onto our website to find out more about the Charter www.caracentre.ie
- 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 media templates 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. ”

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