

# Inclusive Participation for Programmes & Events



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

## Openness

*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

## People

*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.

## Facilities

*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 'quiet 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

## Activities

*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?

## Promotion

*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

For more information contact our National Sports Inclusion Co-ordinator, **Stephanie Mac Sweeney** at [smacsweeney@activedisability.ie](mailto:smacsweeney@activedisability.ie) or call 086 0829459

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**#BeInclusive #SportInclusion**