

Your Inclusion Club Hub Results

Test completed on May 2nd 2021

Your activities

Overview: Including disabled members into your sessions shows that your club or group is accessible and inclusive. You should consider the needs of disabled people, your coaching capacity and the requirements of your sport when planning your activity programme.

Do you have any disabled people at your club or group?

Yes > It is great that you are already attracting disabled people into your club. It might be worth looking at these [example questions](#) to add to your Membership forums if you haven't already. Also Consider speaking to your members about how they find the club and if there are any areas of improvement.

Do you have specific provision for disabled people?

Yes > That's great you're already including disabled people in your club. Having both disabled and non-disabled people participating in club sessions together is best practise, but we recognise sometimes this isn't right for the individuals. The [inclusion activity model](#) and [case studies](#) may help to inspire you or perhaps you have one of your own to share. Also, take a look at [Activity Alliance Motivate Me report](#) which provides some ideas of ways in which to appeal to disabled people in different ways.

Do you support disabled people to participate in suitable competitive opportunities?

Yes > Disabled people want to participate at all levels of their chosen sport. Keep providing these opportunities and don't hesitate to visit your NGB website or [Activity Alliance website](#) to check for other opportunities. If you want to check your programmes follow best practice, England Athletics [Inclusive Competitions](#) guide might be useful.

Are disabled people able to improve their health and fitness?

Yes > How do you include disabled people in your broader fitness sessions and support their health and fitness? Activity Alliance have a ['Me being Active'](#) guide. This guide supports more disabled people to enjoy an active lifestyle, have a look and see if there is anything that might support your work. The Activity Alliance have developed [some films](#) around values that might help.

Have you considered appropriate equipment/adaptive equipment?

Yes > That's great, sometimes just asking individuals and making something cheap and cheerful is the most effective piece of adaptive equipment

Are disabled people able to access all your club or group activities, including club social activities and events?

Yes > Including disabled people in all aspects of club activities is often forgotten about. How do you ensure this at your club? Perhaps you have a case study to share with Activity Alliance, so we can share your success with others. Take a look at the Activity Alliance Active Together report. This gives examples of how to include people in all aspects of your club and take a look at [this video from IMAS](#) around the impact a social setting can have on your club.

People

Overview: People can play the biggest role to ensure an inclusive environment for disabled people. By supporting your coaches, leaders and volunteers you can help ensure that everyone has a positive experience.

Do your fellow participants, coaches, leaders and volunteers understand about creating an inclusive environment that fully involves disabled people?

Yes > Being an inclusive club is about everyone not just one or two individuals. [IMAS case study](#) may inspire you further to improve your club also please look at the [Riding for the Disabled inspirational short film](#) on a volunteers experience or you may want to share your experiences with [us!](#)

Do your coaches, leaders and volunteers have a good understanding of disability/inclusion and know how to communicate with disabled people?

Yes > That's great that your coaches, leaders and volunteers feel confident with communicating with disabled people. Feel free to have a look at the [Activity Alliance Language factsheet](#) to ensure your knowledge is positive.

Are all your coaches or leaders involved in the provision of sessions for disabled people?

No > Including all your coaches means that all your club sessions can start to become inclusive. Not to mention working with disabled people includes all the core coaching skills which great coaches need anyhow. Your NGB will have resource to support you as well as the [UK Coaching factsheets](#) and a [Case Study from the Boccia Epsom and Ewell](#) to get you on your way.

Do your coaches, leaders and volunteers have the specific information and knowledge they require?

No > Activity Alliance also has a training program - [Inclusive Activity Programme](#) that will equip you with the skills to engage disabled people and people with long-term health conditions more effectively in activities.

Management

Overview: To ensure a high quality environment and experience, we recommend that clubs and groups should have appropriate policies in place regarding health and safety, accident procedures, safeguarding and protecting children as well as adults at risk policies. The support resources linked to "support for sport" can provide information and support from your relevant NGB.

Have you considered a club accreditation from your NGB's?

Yes > Accreditation gives you not only recognition but also demonstrates that you're an effective and well organised club. Remember that your results from this toolkit can form part of your club development plan as well as forming part of your equity action plan. Please see the [Club Matters website](#) for full details and resources.

If you cater for adults or wishes to cater for disabled adults do you have a Safeguarding Adults policy?

Yes > Although you have a policy in place make sure you review it regularly and keep it up to date. The [Anne Craft Trust safeguarding adults in sport guidance and templates](#) which may help.

Does your club/group have a statement regarding your activities being inclusive (this may be incorporated into an equity statement)? Is it broadly communicated throughout the club on notice boards, websites and welcome packs?

Yes >

Do you have a designated contact in the club for disabled people to contact for support, answer questions and queries?

Yes > As you are aware a good first impressions count whether you're a disabled or non-disabled person. [Activity Alliance 10 principles](#) look at supporting you to be more inclusive Principle 8 looks at 'Welcome me', have a watch. If you have any hints or tips that may help other clubs let us know.

Have you considered how accessible the venue is that your club uses?

Yes > Physical access is only one barrier that disabled people face. It's great that you've already addressed it. Utilising the rest of the toolkit will help you address a range of other barriers that exist too. But it might be worth having a look at the [Activity Alliance Access for All – Opening Doors](#). It shows simple steps to make clubhouses and sports venues accessible to disabled people and provides a simple list of ideas to consider.

Can you easily provide directions to training venues your club uses?

Yes > It's good that you can provide directions and information to potential members. Telling people how to get to your club is really important for a disabled person when considering an activity, having information on your website about bus and train routes and stop and walking distances from public transport can be really useful to added to your website and information

Are you monitoring the success of your inclusion policy and your activities, and keeping them updated?

Yes > Having policies in place is the first step. Checking the success of them can provide a better idea of the needs of your club and its members, which can support when applying for funding. Even though you are already doing great work you may still want to look at some of our [guidance documents](#) regarding monitoring and consulting with your members.

Promoting your club

Overview: This area focuses on making it clear that your activities are inclusive, making contact with disabled people and ensuring your club or group reflects your local community. We recommend using a wide variety of ways to let disabled people know about the activities your club offers.

Do you actively promote your activities to disabled people, in an easy to understand format?

Yes > Active promotion to disabled people is often an area forgotten by clubs. Feel free to let us know what really worked for your club and any organisations that helped you develop this, also it might be worth looking at the [Activity Alliance inclusive communications guide and factsheets](#) for further information. Also, take a look at the [Activity Alliance Talk to Me research report](#) that provides guidance on how to improve your communication to be more appealing to disabled people.

Does your promotional material use appropriate terminology and positive images?

Yes > That's great have a look at the [Action for Hearing Loss](#) and [RNIB website](#) for more ideas to ensure you are using the correct terminology. Activity Alliance also have factsheets on positive language and Images, there is also a [free image bank](#) for you to access sport and activity photographs.

Do you link with key groups including disability organisations in your area or wider afield?

No > Engaging with disabled peoples organisations is a great way of promoting your club to disabled people with in your community. It might also be helpful to look at the [Get yourself active website](#) on engaging with Disabled People organisations for more ideas. Your local authority is a good source of local advice and information on groups and opportunities in your area.

Volunteering

Overview: Being inclusive is about ensuring that disabled people have the opportunity to participate in all aspects of sport. This includes having the opportunity to take part as a volunteer. Research conducted by Community Service Volunteers showed that only 6% of volunteers are disabled people but also that a significant number more want to get involved!

Do you have any disabled people who are already, or wish to be, coaches/leaders or volunteers?

No > Consider adding a question about volunteering and if people are interested in supporting your club on your application form or consider doing a general appeal or survey throughout your membership. You may not just find disabled people within your club who want to volunteer but a whole host of potential non-disabled volunteers too. [have some great information around this.](#)

Do you ensure you proactively promote your volunteering opportunities to disabled people?

No > [Ensuring volunteering opportunities are promoted to all club members isn't just good practice but it's also common sense, as we all know good volunteers are hard to find! Make sure you advertise volunteering opportunities as widely as possible and to all your members including disabled members.](#)

Do you review your policies and procedures on how you recruit, support and manage volunteers to ensure that they are accessible?

No > [Being an inclusive club means ensuring that all your policies are inclusive. The majority of your policies will be inclusive if you have created them using templates such as those issued by your governing body or that can be downloaded from Sport England Club Matters tools. However the \[Activity Alliance Top Tip Guidance\]\(#\) will give you information on any additional adaption you may wish to make to ensure that having disabled volunteers is a positive experience for everyone involved.](#)

Next steps

Now that you have completed this toolkit there are several options that you can do as a club.

1. Look at the results and see what you can put in place at your club.
2. Make sure any actions you decide go into your club development plan. If you haven't got one, feel free to use these templates:
 - [Action Plan: Your Activities](#)
 - [Action Plan: People](#)
 - [Action Plan: Management](#)
 - [Action Plan: Promoting Your Club](#)
3. Consider getting further recognition for your club by gaining [club accreditation](#).

If you have any examples of how you have included disabled people in your club that you want to share with other clubs for this toolkit, please send them to clubs@efds.co.uk

Useful contacts

Activity Alliance

As the national sports body for disabled people in England, Activity Alliance champions opportunities for disabled people to enjoy sport, supporting the sport and physical activity sectors to be more inclusive. Our vision is that disabled people are active for life. www.ativityalliance.org.uk or clubs@efds.co.uk or telephone 01509 227 750

National Disability Sport Organisations (NDSOs)

British Blind Sport (BBS)

Since its formation in 1976, BBS has become the leading voice for blind and partially sighted people in sport and leisure in the UK. From grassroots to Paralympic representation, BBS encourages participation in sport at all levels. www.britishblindsport.org.uk or telephone 01926 424 247

Cerebral Palsy Sport (CP Sport)

CP Sport is the sports organisation for people with cerebral palsy. It provides advice and guidance as well as delivering sporting opportunities to people of all abilities, from play to performance. www.cpsport.org or telephone 0115 925 7027

Dwarf Sports Association UK

Launched in 1993, the Dwarf Sports Association UK aims to make opportunities accessible to anyone of restricted growth in the UK. www.dsauk.org or telephone 01246 296 485

Mencap Sport

Mencap Sport is the national organisation promoting and developing sport for people with a learning disability across England. www.mencap.org.uk/sport or sport@mencap.org.uk

Special Olympics Great Britain (SOGB)

SOGB is a provider of year-round training and competition opportunities for people with a learning disability across England, Scotland and Wales. www.specialolympicsgb.org.uk Email info@sogb.org.uk or telephone 0207 247 8891

UK Deaf Sport (UKDS)

UK Deaf Sport encourages people who are deaf or hard of hearing to participate, enjoy and excel at sport. It provides information on sporting events throughout the UK and is linked and affiliated to ICSD (the International Committee of Sports for the Deaf) as well as Deaflympics.

www.ukdeafsport.org.uk or email office@ukds.org.uk

WheelPower

WheelPower, the national charity for wheelchair sport, provides opportunities, facilities and equipment to enable disabled people to participate in sport and lead healthy active lives. Through its annual programme of events, links to its member sports associations and other organisations, WheelPower supports individuals to find sports they are passionate about.

www.wheelpower.org.uk or email info@wheelpower.org.uk or telephone 01296 395 995

Other home nation disability sport organisations

www.scottishdisabilitysport.com

www.disabilitysportwales.org

www.dsni.co.uk

Other useful contacts

www.sportengland.org

www.sportandrecreation.org.uk

www.parasport.org.uk

www.sportingequals.org.uk

www.wsff.org.uk

www.streetgames.org