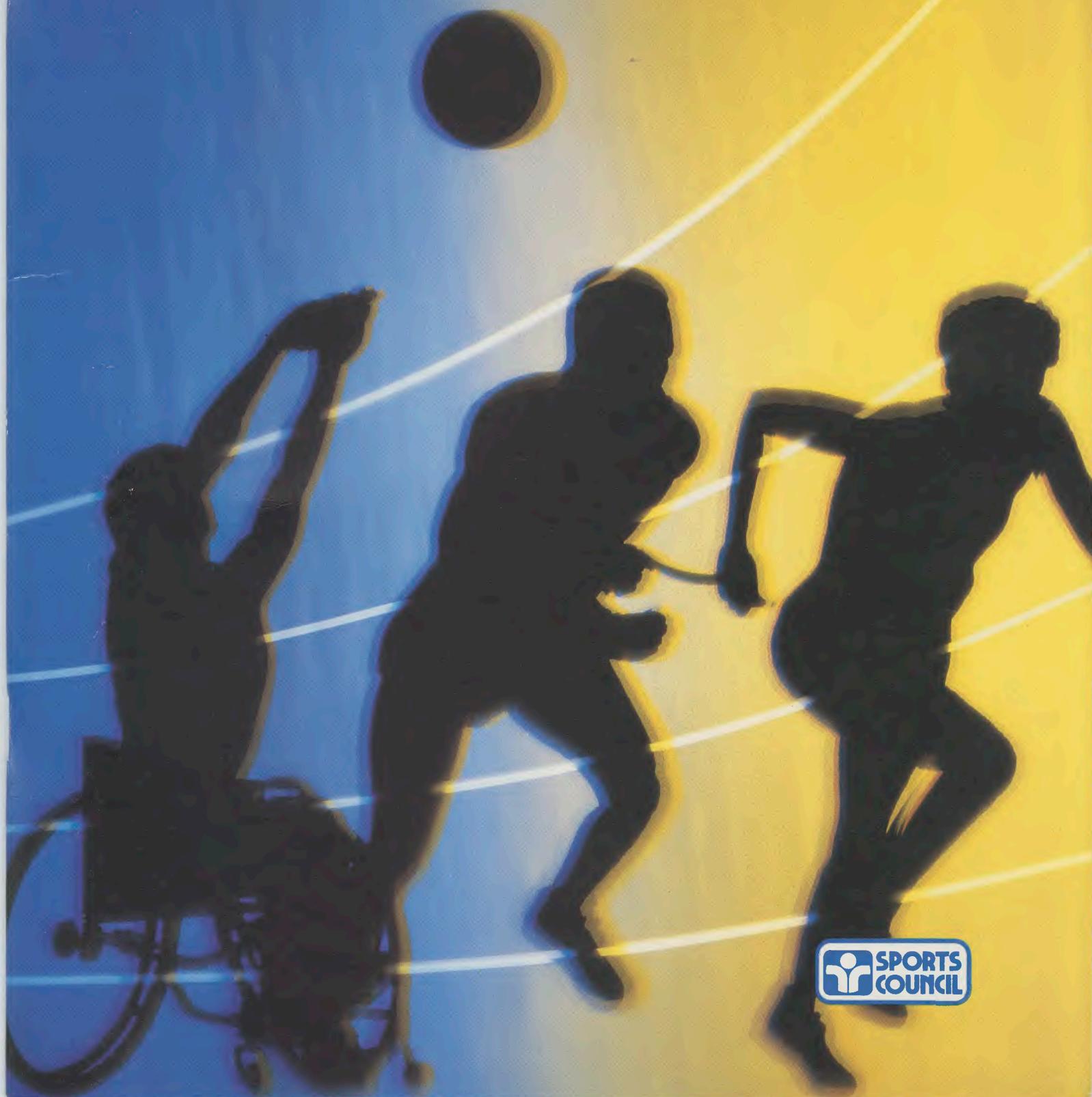


PEOPLE WITH DISABILITIES

AND SPORT

Policy and current/planned action





PEOPLE WITH DISABILITIES

AND SPORT

Policy and current/planned action

## Foreword

The promotion of sport for people with disabilities has been an important area of the Sports Council's work for many years and has involved the commitment of significant resources, both human and financial. Although in general the Sports Council and its partners have been working towards commonly agreed objectives, these have never been formally stated. The purpose of this document, therefore, is to make these explicit, so providing a planning framework into which the Sports Council and its partners can direct their work.

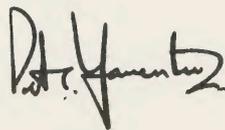
This document should not be seen as an attempt to update or replace the recommendations made by the Minister for Sport's Review Group and detailed in *Building on ability* in 1989<sup>1</sup>. This policy statement and action plan relate to the work of the Sports Council and its liaison work with its immediate partners. It is not, therefore, an attempt to provide wide-ranging guidance on the rationalisation, co-ordination and development of sport for people with disabilities to all concerned organisations and agencies. Many of the recommendations made in *Building on ability* are still valid and require a response. Although progress can be seen in some areas much work still needs to be done and it is up to everyone involved in this area of work to question the level and effectiveness of their contribution over the last four years.

The success of British athletes at both the Madrid and Barcelona Paralympics provides one indication of what can be achieved through co-ordinated planning and development. It is an inspirational example and one which the Sports Council will strive to replicate.

To advance genuine sport for all, we require policies based upon the specific circumstances of different individuals. People with disabilities, young people, the elderly, women, men, the exceptionally talented and those from black and ethnic minority groups, all need policies and programmes that are geared to their specific needs and circumstances.

This policy points to the way in which all people with disabilities can be encouraged to become involved in sport at all levels and in all roles. This will only be achieved if different organisations and individuals – in sport, education, in local authorities and voluntary organisations – work together to ensure that the needs and aspirations of disabled people are genuinely served and met.

Sport has an important part to play in the lives of people with disabilities and disabled people have much to offer to the world of sport. If we can ensure that disabled people are provided with opportunities to participate, achieve excellence and take on leadership roles then their needs and those of sport will be met.



Sir Peter Yarranton  
Chairman  
The Sports Council

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## 1 Introduction

The need for a strategic approach to the planning and development of sport is now well established. It is important to start with a vision which can be shared by all involved. The overall strategy proposed by the Sports Council can be summed up by the phrase 'Better Quality Sport for All'. The message is based on two key principles: sports development and sports equity.

Sports development is about ensuring that the pathways and structures are in place to enable people to learn basic skills, participate in sports of their choice, develop their competence and performance, and reach levels of excellence.

Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to redress them. Where necessary it is about changing the culture and structure of sport to ensure that it becomes equally accessible to everyone in society, whatever their age, race, gender or level of ability.

The broad strategy needs to be supported by policies which focus on specific parts of the plan. This publication concentrates on policies for sport and people with disabilities which will guide the development and implementation of action plans. The process is demonstrated below:

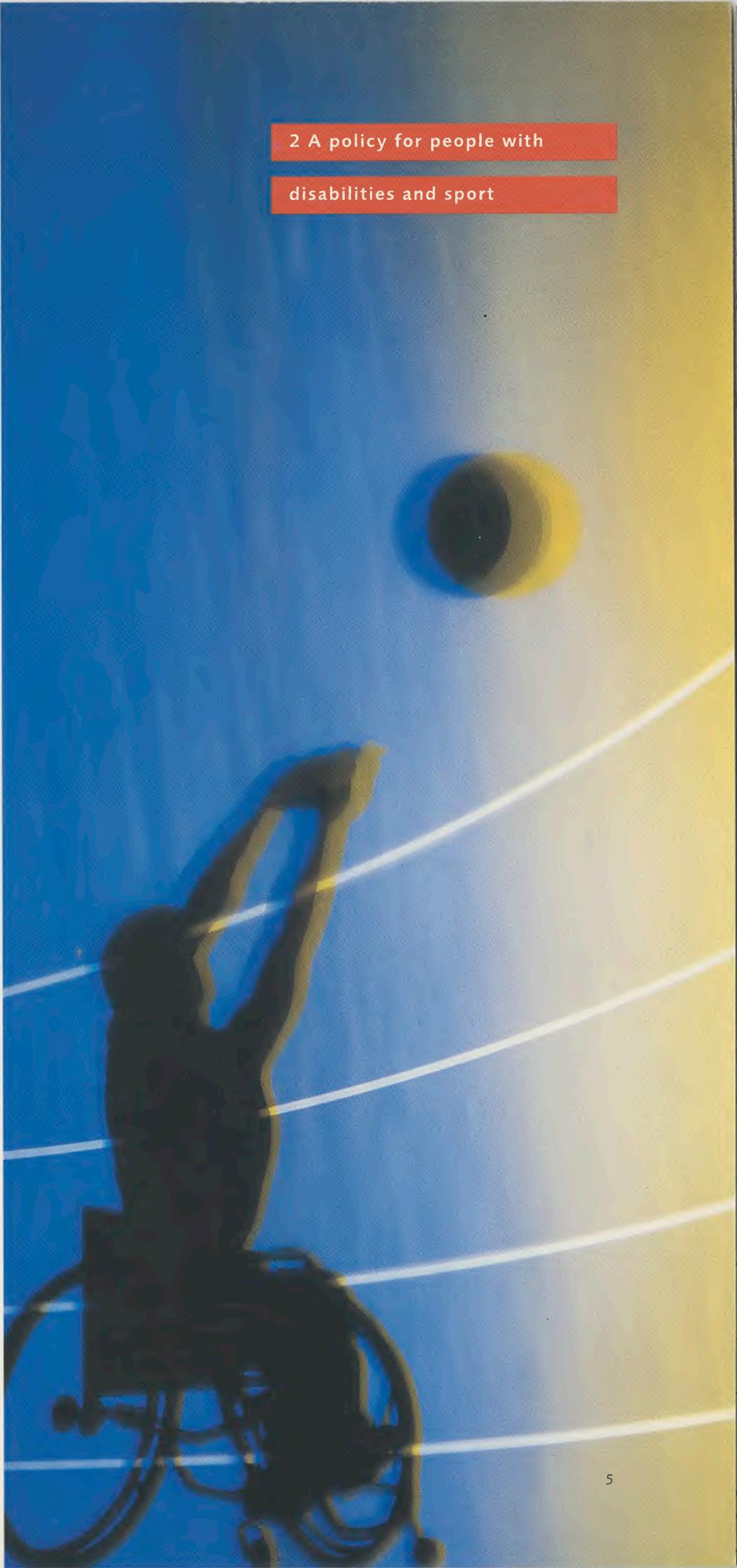
Sport for people with disabilities is now at a stage where, having developed its own structures, it is appropriate that provision should move from a 'target group' approach to the mainstream. This will require the providers of sport, as a matter of principle, to consult, represent, involve and employ people with disabilities. It is this principle of sports equity that the Sports Council is determined to promote both in its own work and that of its partners.

This publication is organised in three main parts:

- a statement of the Sports Council's adopted policy and objectives for sport and people with disabilities;
- a detailed audit which identifies the work being carried out or which is planned to take place in 1993-4 in order to bring about the implementation of the Sports Council's policy objectives. Further recommended action for the Sports Council is also identified; and
- an Appendix which gives the background to the development of the policy.



2 A policy for people with disabilities and sport



**BACKGROUND**

In order to achieve policy aims and objectives there are many different organisations which need to play a part. The network of agencies and agents involved in the provision of sporting opportunities for people with disabilities is shown in the diagram below.

Efforts need to be co-ordinated to reflect who is best placed to do what, recognising the distinctive contributions that different agencies can make, both individually and in partnership, to the overall achievement of policy aims and objectives. The translation of policies into practice is crucial. Action, not words, is the key.

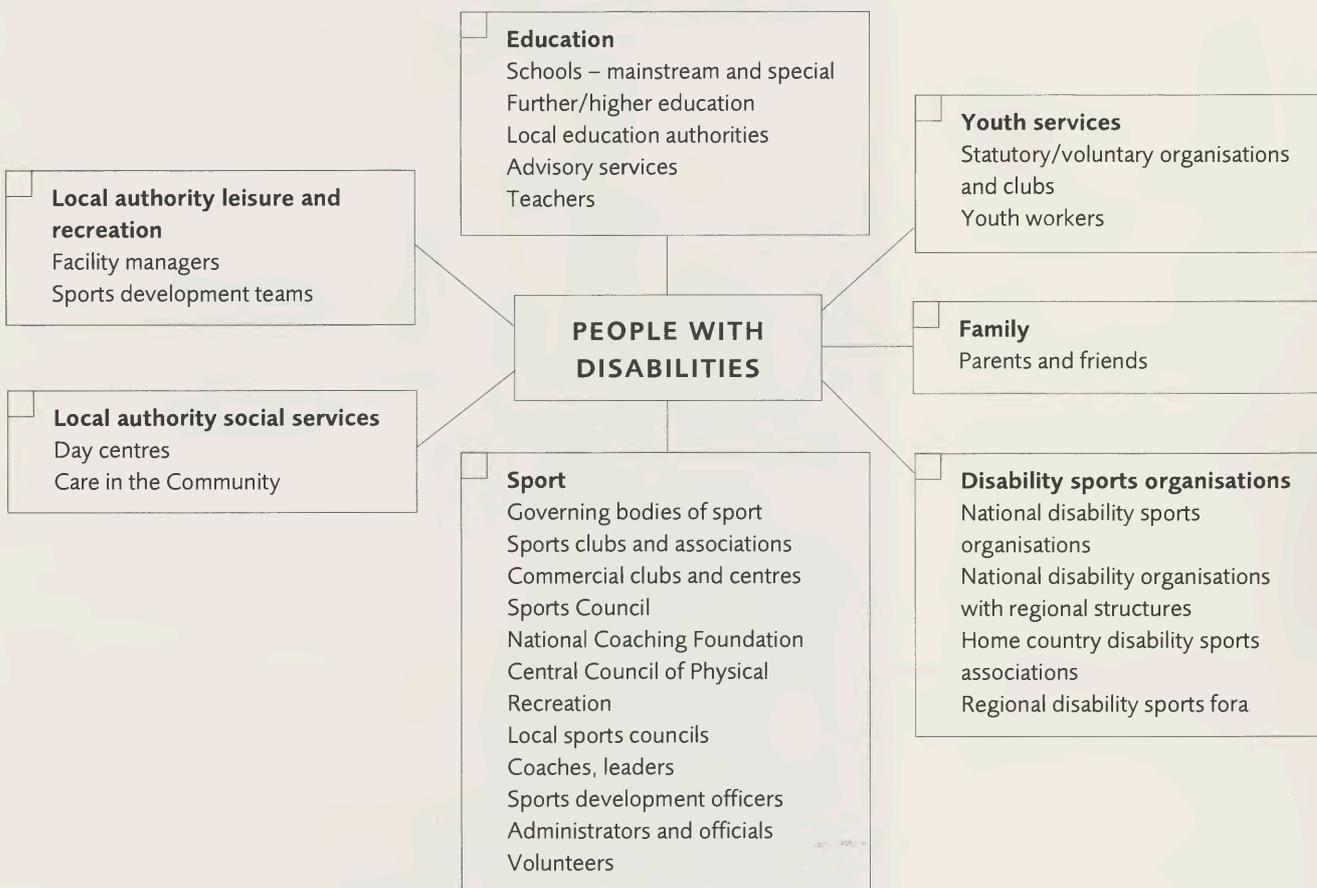
Individual agencies will provide for people with disabilities and sport in ways that are most appropriate to them. Their plans will be based on their overall mission, their priorities, and the financial and human resources that they have at their disposal. Within corporate development plans specific targets need to be set against which progress will be monitored. This applies equally to local sports clubs, local authority leisure and social services departments, schools, youth services, sports

governing bodies, Regional Councils for Sport and Recreation, disability sports organisations and many others. A collective effort is required by all those agencies and individuals involved in the sporting development of disabled people. Each of us needs to recognise our contribution to improving the quality of sport for all disabled people.

Given this network the Sports Council agreed a policy statement in June 1992 to guide its work and that of its major partners in promoting sport for people with disabilities. This policy recognises that seven of the Sports Council regions already possess strategy documents dealing with existing work in this area. These strategies are listed on page 18. However, the Sports Council, like many of its partners, is preparing for a period of change. At the time of going to press, these roles and functions have yet to be fully identified, but the principle of promoting sport for people with disabilities is likely to remain as a key feature of its activities.

The following policy therefore represents the overall aims and objectives and areas of work in which the Sports Council is likely to be involved.

**People with disabilities and sport: The network**



## THE AIM

The Sports Council's overarching aim in relation to people with disabilities is:

**To ensure equality of opportunity for people with disabilities to take part in sport and recreation at the level of their choice.**

## POLICY OBJECTIVES

In order to achieve the overall aim, seven broad policy objectives have been identified:

**Objective 1: To raise the profile of people with disabilities within mainstream sport.**

**Objective 2: To ensure that the needs of people with disabilities are taken into account in strategic planning for sport and recreation.**

**Objective 3: To provide opportunities for people with disabilities to become actively involved and to reach their full potential at all levels of sport and recreation.**

**Objective 4: To improve access to sport and recreation both in terms of facilities and in programme content.**

**Objective 5: To encourage British involvement for and by people with disabilities in international sport.**

**Objective 6: To make effective use of available resources through partnerships and seek additional finance.**

**Objective 7: To ensure that the structure of sport for people with disabilities is appropriate to demands and needs.**



## The sports development continuum

### Foundation

Learning basic movement skills, knowledge and understanding. Developing positive attitudes to physical activity. Becoming movement literate.



### Participation

Exercising one's leisure option. Choosing to take part in sport for a variety of reasons: health, fitness, friends and fun.



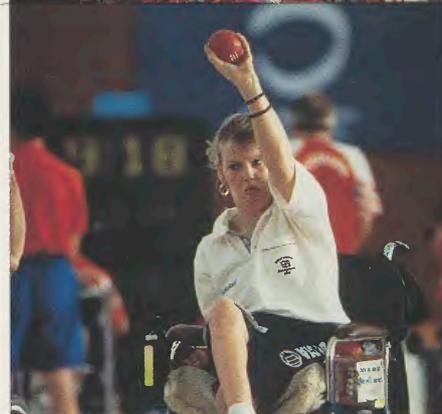
### Performance

Once talent has been identified, striving to improve standards through coaching, competition and training.



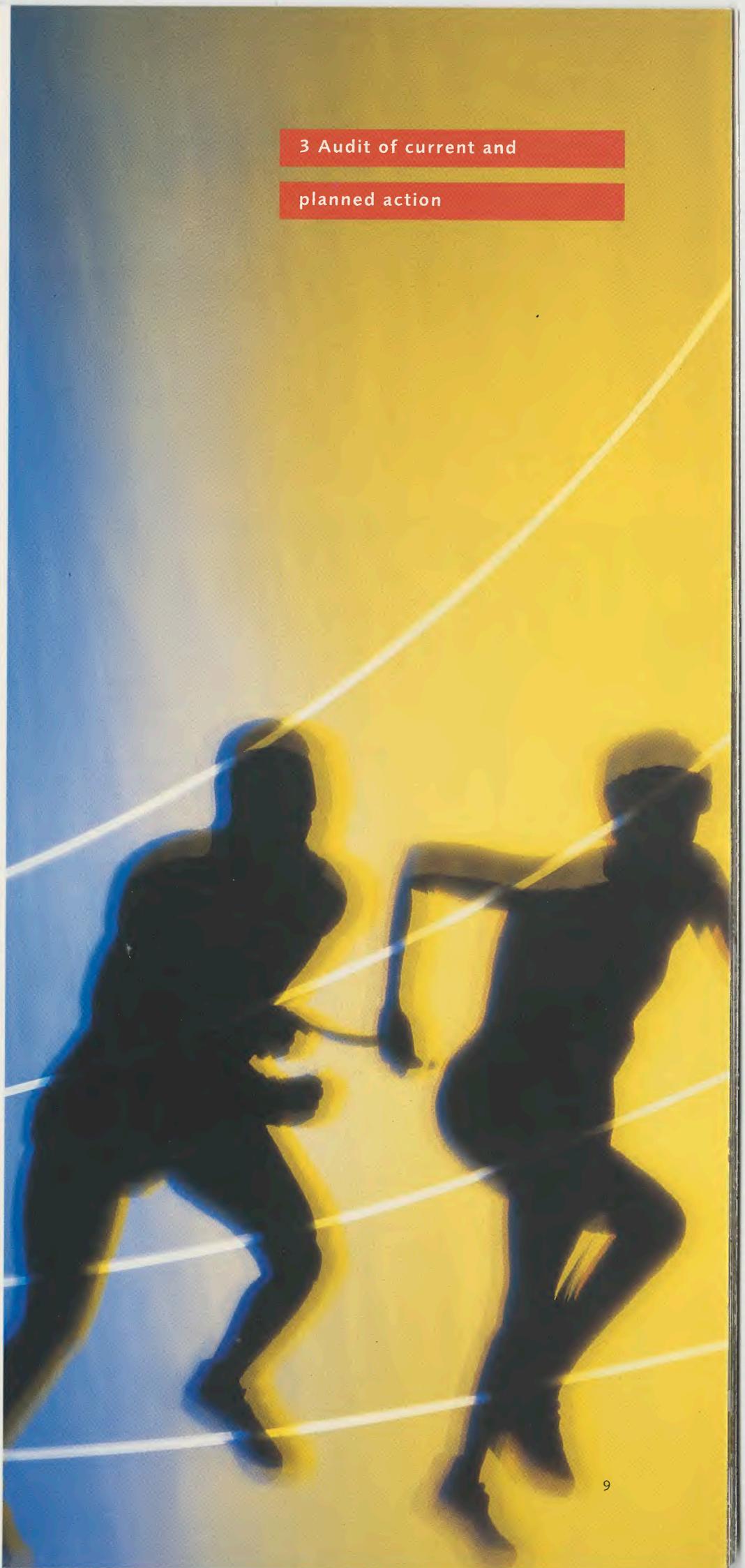
### Excellence

Reaching national and publicly recognised standards of performance.



3 Audit of current and

planned action

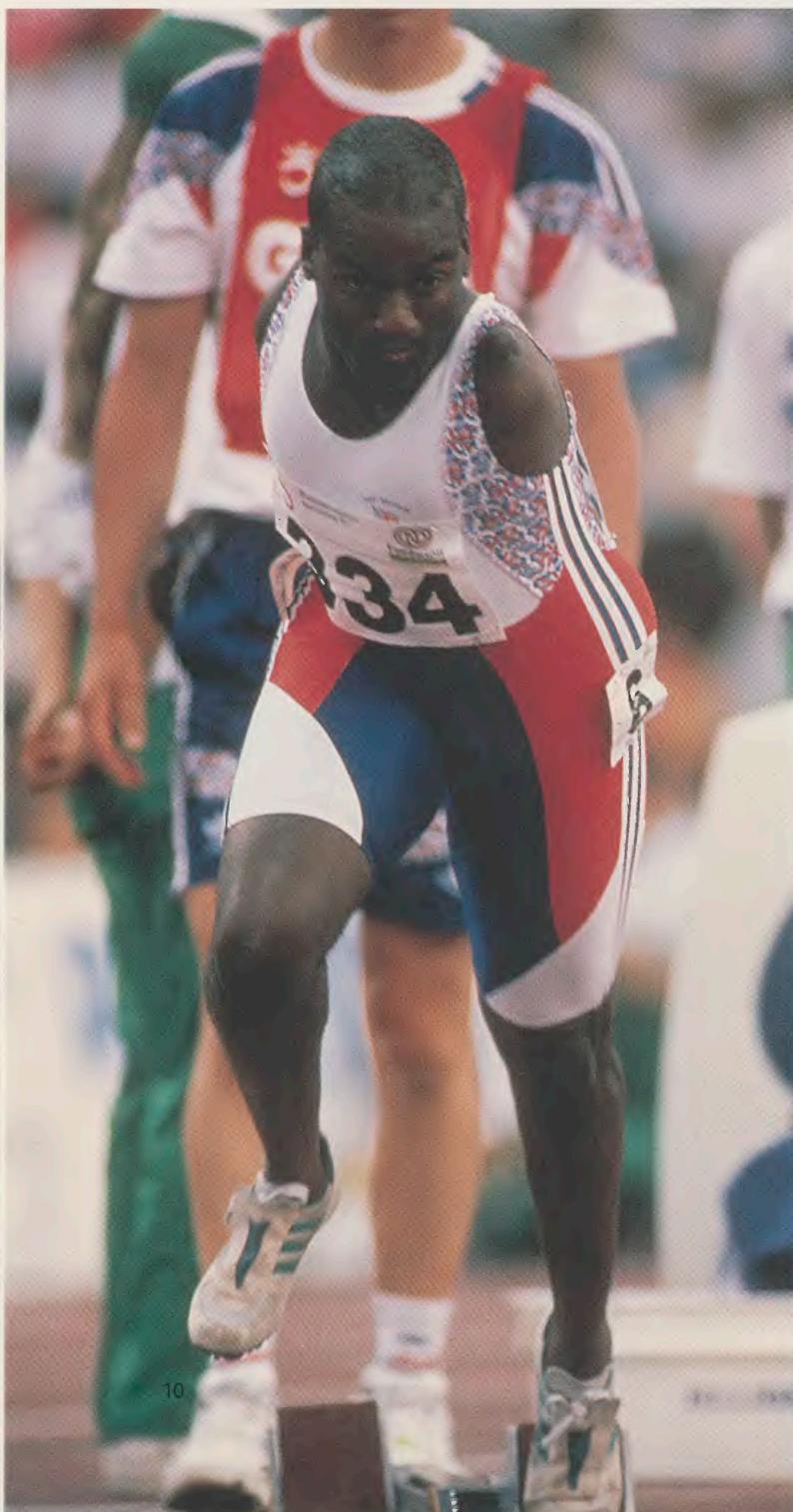


## INTRODUCTION

This section of the document provides an audit of the work plans of the Sports Council as an indication of the work which is in progress. Particular pieces of work are cross-referenced to the policy objectives listed in Section 2. The timescale is 1992-4. The work of partner organisations is identified when it coincides with the policy objectives of the Sports Council.

Recommendations for future action by the Sports Council are also listed and will be considered once the role and function of the revised organisation becomes clear.

The main areas of work undertaken by the Sports Council regions are identified on page 18.



**AN AUDIT OF CURRENT AND PLANNED WORK BEING UNDERTAKEN BY THE SPORTS COUNCIL**

<b>Objective 1: To raise the profile of people with disabilities in mainstream sport</b>		
<b>Sub-objective</b>	<b>Current action of Sports Council and its partners</b>	<b>Future Sports Council action</b>
<ul style="list-style-type: none"> <li>● Adopt a corporate approach using the terms 'people with disabilities' and 'disabled people' to refer to people with physical, learning, sensory and multiple disabilities.</li> </ul>	<ul style="list-style-type: none"> <li>● 'People with disabilities' as a generic term is used in Sports Council reports, correspondence and publications.</li> </ul>	<ul style="list-style-type: none"> <li>● Sensitivity to any further changes in terminology.</li> </ul>
<ul style="list-style-type: none"> <li>● Emphasise the needs of people with disabilities in all aspects of its work giving priority in the short term to people with learning disabilities because of their previous lack of opportunities.</li> </ul>	<ul style="list-style-type: none"> <li>● In 1991-2 the Council provided nearly £1m in support to disabled sport (£300,000 deriving from the Minister's money). In 1992-3 approximately £1,461,400 and £1,786,000 is budgeted for in 1993-4.</li> <li>● UKSAPMH, as the co-ordinating body for sport for people with a learning disability, has had its core funding increased from £25,000 in 1989-90 to £164,000 in 1993-4. The 1992-3 grant included funds for the appointment of a chief executive.</li> <li>● Five Sports Council regions provide support to UKSAPMH regional officers.</li> </ul>	<ul style="list-style-type: none"> <li>● Maintain current levels of support to the national disability sports organisations at a national level.</li> <li>● Seek enhanced support at regional level.</li> </ul>
<ul style="list-style-type: none"> <li>● Support the development of a national training programme on disability equality and ensure that all those working for the Sports Council at headquarters, regions and national centres receive appropriate training.</li> </ul>	<ul style="list-style-type: none"> <li>● The North West region of the Sports Council has piloted a disability equality training course targeted at 'decision-makers' in local authorities. UKSAPMH/BSAD will seek to deliver this package on a national basis following the creation of a network of accredited trainers.</li> <li>● The availability of funds from Swimathon matched by Sports Council regions will facilitate the delivery of this training package.</li> </ul>	<ul style="list-style-type: none"> <li>● Production of training pack, identification of trainers. Promotion of disability equality courses throughout regions to policy-makers.</li> <li>● Delivery of a variety of training packages at a regional level in consultation with partners.</li> </ul>
<ul style="list-style-type: none"> <li>● Implement an equal opportunities policy for all employees and encourage partners to do likewise.</li> </ul>	<ul style="list-style-type: none"> <li>● The Sports Council is currently working towards being an equal opportunities employer as are a number of its partners.</li> </ul>	<ul style="list-style-type: none"> <li>● Endorsement of equal opportunities policy and advocacy to partners.</li> </ul>
<ul style="list-style-type: none"> <li>● Include information for and about people with disabilities in all publicity material and encourage partners to do the same, persuade the media to include sport for people with disabilities in its general coverage of sport.</li> <li>● Encourage the governing bodies of sport for people with disabilities to provide appropriate information to the media.</li> </ul>	<ul style="list-style-type: none"> <li>● The Sports Council has improved its representation of disabled people in its publicity material and many publications do provide appropriate information. The Sports Council has also grant aided the production of a Paralympic video for use in schools, colleges and by sports development staff.</li> <li>● The disability organisations have identified the need to encourage the media to provide greater coverage, of better quality, of disabled sport. The BSAD media awards have done much to raise the awareness of journalists.</li> <li>● The BPA has contracted a public relations/press officer to raise the profile and coverage of the Paralympics and World Championship events.</li> </ul>	<ul style="list-style-type: none"> <li>● Ongoing promotion of positive images of people with disabilities.</li> <li>● A display system of positive images to be produced by the communications unit.</li> <li>● Production of a series of posters which provide positive sporting images of people with disabilities.</li> </ul>
<ul style="list-style-type: none"> <li>● Ensure a co-ordinated approach to information collection, collation and dissemination on this subject matter.</li> </ul>	<ul style="list-style-type: none"> <li>● The Sports Council's Information Unit produces an annual publication<sup>2</sup> which provides details about the disability sports organisations. Meetings have also taken place with the English Co-ordinating Committee on disabled sport to discuss its general information requirements.</li> </ul>	<ul style="list-style-type: none"> <li>● The Sports Council Information Unit to consult the English and UK Co-ordinating Committees on disabled sport at regular intervals as to their information requirements.</li> </ul>

Objective 2: To ensure that the needs of people with disabilities are taken into account in strategic planning for sport and recreation		
Sub-objective	Current action of Sports Council and its partners	Future Sports Council action
<ul style="list-style-type: none"> <li>● Undertake research on existing participation in order to gain baseline data for future comparison and to establish targets for future development work.</li> </ul>	<ul style="list-style-type: none"> <li>● The North West Region has commissioned baseline research into participation patterns and opportunities in the region.</li> <li>● The Research Unit is preparing a brief on a project which will seek to establish the size, scope and nature of participation in sport by disabled people.</li> </ul>	<ul style="list-style-type: none"> <li>● Incorporation of data into planning process of regional disability strategy.</li> <li>● Commissioning of research project providing baseline data on disabled sport.</li> </ul>
<ul style="list-style-type: none"> <li>● Consult with those agencies which can represent the needs of people with disabilities and establish, where necessary, appropriate fora to exchange ideas and advise the Sports Council on its policies.</li> </ul>	<ul style="list-style-type: none"> <li>● A close working relationship exists with the core disability agencies: BPA, BSAD and UKSAPMH. Liaison also takes place with the other national disability organisations.</li> <li>● BBS and BDSC have been invited to join the Council's Core Disability Group to improve the representation of people with a sensory disability.</li> <li>● At a national level the following have been convened to advise the Council and promote enhanced co-operation:                             <ul style="list-style-type: none"> <li>the Core Disability Group;</li> <li>the United Kingdom Co-ordinating Group;</li> <li>the Disability Forum.</li> </ul>                             The Sports Council also has observer status on the BSAD-convened English Co-ordinating Committee.                         </li> <li>● At a regional level the following fora have been established to advise and advance the policy of the Council:                             <ul style="list-style-type: none"> <li>Regional Disability Forum, PE for All Group – West Midlands;</li> <li>the London Sports Forum – Greater London;</li> <li>Yorkshire and Humberside Federation of Sports Organisations for People with Disabilities, Yorkshire and Humberside;</li> <li>Special Needs SDO Forum – East Midlands.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Ongoing liaison at all levels. Sports Council to continue to advocate the closer co-operation and joint working of BSAD and UKSAPMH at a national and regional level.</li> <li>● Provide for and support the establishment of disability fora in all regions to enhance co-operation and co-ordination.</li> </ul>
<ul style="list-style-type: none"> <li>● Give emphasis to sport for people with disabilities, as appropriate, within all strategic planning.</li> </ul>	<ul style="list-style-type: none"> <li>● Improving the quantity and quality of participation of people with disabilities is an objective set down in the Council's corporate plan.</li> <li>● Seven regions have produced strategies or action plans for their work with people with disabilities. The regions concerned are Eastern, Yorkshire and Humberside, South East, South West and East Midlands, Northern and Southern. A North West strategy is also pending.</li> </ul>	<ul style="list-style-type: none"> <li>● Ensure that representative groups of disabled people are consulted in all strategic planning undertaken by the Sports Council.</li> <li>● Advocate that this approach is also adopted by the Sports Council's working partners.</li> </ul>
<ul style="list-style-type: none"> <li>● Ensure that local authorities include and address issues relating to people with disabilities when preparing specific leisure strategies.</li> </ul>	<ul style="list-style-type: none"> <li>● A number of Sports Council regions and BSAD and UKSAPMH regional staff work with local authorities in preparing leisure strategies. Sports equity is a key aspect of this advice.</li> </ul>	<ul style="list-style-type: none"> <li>● Production of specific advice on sports equity to local authorities.</li> </ul>
<ul style="list-style-type: none"> <li>● Encourage governing bodies and related organisations to include within their forward plans strategies which will provide opportunities for people with disabilities to participate, compete and develop their skills and standards of performance.</li> </ul>	<ul style="list-style-type: none"> <li>● Twenty-three national governing bodies or related organisations were involved in 40 schemes which promote the involvement of people with disabilities as a result of the Minister's money and Sports Council coaching grant.</li> <li>● Training day for Sports Council national liaison officers on promoting integration.</li> </ul>	<ul style="list-style-type: none"> <li>● Production of advisory publication for NGBs.</li> <li>● Training days for Sports Council liaison officers and BSAD/UKSAPMH national, regional officers.</li> <li>● Consider the identification of 'target sports' for development.</li> <li>● Appointment of a national governing body liaison officer under discussion.</li> <li>● Require all NGBs as a condition of grant aid to submit a statement of their work with people with disabilities.</li> </ul>

Sub-objective	Current action of Sports Council and its partners	Future Sports Council action
<ul style="list-style-type: none"> <li>● Recognise the particular physical education needs of young people with disabilities and encourage the development of training and resources for teachers to enhance the quality of this provision.</li> </ul>	<ul style="list-style-type: none"> <li>● PE and Special Needs Group established as an advisory body to Young People and Sport Advisory Group.</li> <li>● Production of information/advisory booklet for teachers in mainstream education with a responsibility to promote integration.</li> <li>● Formation of regional fora in London, West Midlands, Berkshire, Hampshire, Yorkshire and Humberside.</li> <li>● Support to BSAD's National Development Officer – Young People.</li> </ul>	<ul style="list-style-type: none"> <li>● Production of resource documents and a video for teachers in mainstream education.</li> <li>● Production by the PE and Special Needs Group of curriculum guidelines for teacher training establishments on working with young people with disabilities.</li> </ul>

**Objective 3: To provide opportunities for people with disabilities to become actively involved and to reach their full potential at all levels of sport and recreation.**

Sub-objective	Current action of Sports Council and its partners	Future Sports Council action
<ul style="list-style-type: none"> <li>● Encourage mainstream sports organisations to include events for people with disabilities in their local, national and international championships.</li> </ul>		<ul style="list-style-type: none"> <li>● NGB liaison officers to identify sympathetic sports with which to work.</li> </ul>
<ul style="list-style-type: none"> <li>● Develop coaching for people with disabilities and ensure that people with disabilities are offered opportunities to become coaches. There is an important and continuing role for governing bodies of sport and the NCF in this area.</li> </ul>	<ul style="list-style-type: none"> <li>● The national governing body liaison project involved nine schemes leading to the development of coaching initiatives with disabled people. A further three schemes: English Bowls Coaching Scheme, British Expeditionary Training Award and the English Table Tennis Association, developed initiatives specifically designed to encourage more people with disabilities into coaching positions.</li> <li>● The NCF has produced an introductory study pack <i>Coaching people with disabilities</i>. They have also run a tutors' training course.</li> </ul>	<ul style="list-style-type: none"> <li>● Production of guidelines on integration for national governing bodies. Hosting of national seminar to promote this.</li> <li>● Development by NCF of NVQ competencies in the coaching of people with disabilities.</li> <li>● Delivery of <i>Coaching people with disabilities</i>.</li> <li>● Development by NCF of level 2 of key course.</li> </ul>
<ul style="list-style-type: none"> <li>● Encourage NGBs to train existing officials and administrators to run events for people with disabilities to become officials/administrators.</li> </ul>	<ul style="list-style-type: none"> <li>● As part of the NGB liaison project the English Volleyball Association ran a referees' course; English Basketball Association introduced a series of signals appropriate for use with basketball players who have a hearing impairment.</li> </ul>	<ul style="list-style-type: none"> <li>● Ongoing work promoted by BSAD/UKSAPMH and Sports Council liaison officers.</li> </ul>
<ul style="list-style-type: none"> <li>● Encourage agencies responsible for leadership training to include the needs of people with disabilities in their programmes and provide opportunities for people with disabilities to undertake leadership training.</li> </ul>	<ul style="list-style-type: none"> <li>● The NGB liaison project will produce an adapted BETA award.</li> <li>● The local schemes – young people project identified a joint initiative between Youth Clubs UK and Gateway which involved supporting young women with a learning disability in a leadership position. The project also identified an integrated outdoor adventure group led by a young man with cerebral palsy. Both projects have been financially supported.</li> <li>● Production of 'Get Active' pack to encourage health-related exercise led by non-specialist staff in adult training centres, day centres, Gateway clubs.</li> </ul>	<ul style="list-style-type: none"> <li>● Running of adapted award.</li> <li>● Publication and dissemination of 'local schemes' document.</li> <li>● 'Get Active' training courses to be run in five regions by Gateway.</li> </ul>

Objective 4: To improve access to sport and recreation both in terms of facilities and in programme content		
Sub-objective	Current action of Sports Council and its partners	Future Sports Council action
<ul style="list-style-type: none"> <li>● Produce a national strategy for facility requirements for the development of sport for people with disabilities at all levels.</li> </ul>		<ul style="list-style-type: none"> <li>● National strategy raised at meetings of Core Disability Agencies/UK Co-ordinating Committee. Tie facilities needs of disabled sport into discussions on facility development arising from the national lottery.</li> </ul>
<ul style="list-style-type: none"> <li>● Urge providers to undertake early consultation with representative groups of people with disabilities to provide suitable access.</li> </ul>	<ul style="list-style-type: none"> <li>● 'Access' is a condition of grant aid for all projects on a national and regional basis. It is also a requirement that the access needs of people with disabilities are considered in the planning process of all new buildings.</li> </ul>	<ul style="list-style-type: none"> <li>● Ongoing.</li> </ul>
<ul style="list-style-type: none"> <li>● Update and promote technical information relating to the access needs of people with disabilities.</li> </ul>	<ul style="list-style-type: none"> <li>● Availability of Sports Council technical advisory sheet on disabled access.</li> </ul>	<ul style="list-style-type: none"> <li>● Update being considered.</li> </ul>
<ul style="list-style-type: none"> <li>● Continue to urge local authorities to ensure inclusion of the needs of people with disabilities when drawing up specification documents for tendering for the management of their facilities.</li> </ul>	<ul style="list-style-type: none"> <li>● Promotion of BSAD's guide to CCT for local authorities.</li> </ul>	<ul style="list-style-type: none"> <li>● Incorporated in advice on formation of district planning strategies. Assessment of information arising from CCT monitoring project. Application and dissemination of information to inform new tendering process.</li> </ul>
<ul style="list-style-type: none"> <li>● Ensure that Sports Council national centres are made accessible and available in line with the requirements agreed with the BPA and the needs of people with disabilities are catered for in tender documents.</li> </ul>	<ul style="list-style-type: none"> <li>● Lilleshall – alterations to accommodation block to improve accessibility.</li> <li>● Holme Pierrepont – installation of disabled lift in central block, scheme for a platform for anglers with a disability. Proposed construction of sports hall facility and sports science/medicine facilities. In conjunction with Nottingham CC Holme Pierrepont will become a centre of excellence for disabled sport.</li> <li>● Bisham Abbey – access to fitness centre, main centre difficult. Bungalow being converted to give 4/5 bedrooms.</li> <li>● Crystal Palace – significant access problems.</li> <li>● Plas-y-Brenin – four 'wheelchair' rooms are available. Centre itself and climbing wall are now accessible.</li> <li>● £325,000 has now been earmarked in the national centres' budget for the period 1991-95 to improve access at all national centres.</li> </ul>	<ul style="list-style-type: none"> <li>● Ongoing programme to improve access and enhance facilities for people with disabilities at the national sports centres.</li> <li>● Greater encouragement to the national disability sports organisations to make use of the centres.</li> </ul>
<ul style="list-style-type: none"> <li>● Encourage all providers – voluntary, statutory and commercial – to take into account the needs of people with disabilities in their management policies including transport arrangements.</li> </ul>	<ul style="list-style-type: none"> <li>● Design and production of disability equity package.</li> </ul>	<ul style="list-style-type: none"> <li>● Availability and promotion of training packages at regional level.</li> </ul>

Objective 5: To encourage British involvement for and by people with disabilities in international sport		
Sub-objective	Current action of Sports Council and its partners	Future Sports Council action
<ul style="list-style-type: none"> <li>● Ensure that people with disabilities have opportunities to take part in sport at the highest level.</li> </ul>	<ul style="list-style-type: none"> <li>● Support of the Paralympic movement through grant aid to the British Paralympic Association (BPA).</li> </ul>	<ul style="list-style-type: none"> <li>● Ongoing support – replicate BOA planning/grant aid/review cycle.</li> </ul>
<ul style="list-style-type: none"> <li>● Grant aid elite training and competition.</li> </ul>	<ul style="list-style-type: none"> <li>● £105,000 grant aided to BPA in 1992-3 – £60,000 to support elite training.</li> <li>● Support of Sports Aid Foundation for elite athletes.</li> <li>● Prioritisation of BPA's application to the Foundation for Sport and the Arts.</li> </ul>	<ul style="list-style-type: none"> <li>● Ongoing support but more emphasis in non-Paralympic years on grass roots development.</li> </ul>
<ul style="list-style-type: none"> <li>● Encourage and support appropriate representation on international organisations and committees.</li> </ul>	<ul style="list-style-type: none"> <li>● International Affairs Unit provides assistance through the BPA to the national disability sports organisations to ensure international representation is maintained.</li> <li>● Election of representatives to EC Committee from UK Co-ordinating Committee.</li> </ul>	<ul style="list-style-type: none"> <li>● Ongoing financial support.</li> <li>● Assist BPA in its attempt to gain mandate of all national disability sports organisations on the International Paralympic Committee.</li> </ul>
<ul style="list-style-type: none"> <li>● Raise the status and improve support to the Paralympic movement.</li> </ul>	<ul style="list-style-type: none"> <li>● Publicity given to success of Paralympic athletes in Sports Council publications.</li> </ul>	<ul style="list-style-type: none"> <li>● Production and promotion of Paralympic video support materials.</li> </ul>
<ul style="list-style-type: none"> <li>● Promote co-ordination and co-operation among the four home countries in the area of international and UK sport.</li> </ul>	<ul style="list-style-type: none"> <li>● Convening by four home countries of the UK Co-ordinating Committee at which all national disability organisations are represented.</li> <li>● BSAD has convened an English Co-ordinating Committee of the national disability sports organisations.</li> </ul>	<ul style="list-style-type: none"> <li>● Meetings of Home Countries Officers Group.</li> <li>● Use of UKCC to determine a more co-ordinated approach to international and UK sport.</li> </ul>



Objective 6: To make effective use of available resources through partnerships and seek additional finance		
Sub-objective	Current action of Sports Council and its partners	Future Sports Council action
<ul style="list-style-type: none"> <li>● At national level concentrate financial support on key co-ordinating partners.</li> </ul>	<ul style="list-style-type: none"> <li>● Ongoing support given to the three core disability agencies. Co-ordinated submission of forward plans of UKSAPMH/BSAD in December 1992.</li> </ul>	<ul style="list-style-type: none"> <li>● Four year joint submission anticipated December 1993.</li> <li>● Support moves for the formation of an English Sports Association for People with a Mental Handicap.</li> </ul>
<ul style="list-style-type: none"> <li>● Request governing bodies and related organisations as a condition of grant aid to produce a considered policy statement in their forward plans.</li> </ul>	<ul style="list-style-type: none"> <li>● Accepted as Sports Council policy in June 1991.</li> </ul>	<ul style="list-style-type: none"> <li>● Prioritise development with select NGBs.</li> <li>● Encourage all national governing bodies to extend their work in this area.</li> </ul>
<ul style="list-style-type: none"> <li>● Offer grant aid to selected NGBs which includes performance and excellence programmes for people with disabilities in their forward plans.</li> </ul>	<ul style="list-style-type: none"> <li>● Grant aid offered to the English Basketball Association to support the programme of the Great Britain Wheelchair Basketball Association.</li> </ul>	<ul style="list-style-type: none"> <li>● Identify appropriate NGB to develop performance and excellence programme.</li> </ul>
<ul style="list-style-type: none"> <li>● Support development initiatives and projects in the regions according to need and available resources.</li> </ul>	<ul style="list-style-type: none"> <li>● Considerable work is being undertaken in the regions.</li> </ul>	<ul style="list-style-type: none"> <li>● Ensure that all regions have in place an officer with a regional overview of development.</li> </ul>
<ul style="list-style-type: none"> <li>● Continue to use existing and seek additional funds at national and regional levels to support the initial appointment of skilled officers to work in each region and to build up a network of officers in each region.</li> </ul>	<ul style="list-style-type: none"> <li>● Sports Council regions offer support to 17 officers across the country.</li> <li>● Creation of London Sports Forum and Yorkshire and Humberside Federation should facilitate a more co-ordinated attempt to seek additional funding.</li> <li>● Creation of PE for All Group in West Midlands and Special Needs SDOs' Forum in East Midlands are examples of networking of officers/organisations.</li> </ul>	<ul style="list-style-type: none"> <li>● Consider issue of central core funding of regional development officers.</li> <li>● Consider role of fora in developing sport for people with a disability.</li> <li>● Sports Council to support regional network in all regions.</li> </ul>
<ul style="list-style-type: none"> <li>● Ensure that grant aid to sports facilities includes provision for physical access and programmed use for people with disabilities.</li> </ul>	<ul style="list-style-type: none"> <li>● All recipients of Sports Council capital grants are required to provide for disabled access.</li> </ul>	<ul style="list-style-type: none"> <li>● Advice to local authorities on providing for the needs of disabled people when compiling tender documents.</li> <li>● Disabled access required as a condition of grant aid.</li> </ul>
<ul style="list-style-type: none"> <li>● Offer grant aid to sports facilities specifically provided for people with disabilities only when there is proven local need and when wide community use is ensured.</li> </ul>	<ul style="list-style-type: none"> <li>● Employment of this principle by Foundation for Sport and the Arts 'Filtering Group'.</li> </ul>	<ul style="list-style-type: none"> <li>● Use of this principle in discussions on use of funds arising from the national lottery.</li> </ul>
<ul style="list-style-type: none"> <li>● Continue to encourage funding agencies including the Foundation for Sports and the Arts to consider funding areas of work involving sport for people with disabilities.</li> </ul>	<ul style="list-style-type: none"> <li>● Convening of 'filtering group' to advise the Foundation on applications from disabled groups.</li> <li>● Involvement of Yorkshire Electricity in 'Building on Ability' programme in Yorkshire and Humberside.</li> <li>● 10% of monies donated from Swimathon to be matched by Sports Council funds identified for 'grass roots development work'.</li> </ul>	<ul style="list-style-type: none"> <li>● Provide advice and guidance to the disability organisations on the lottery.</li> <li>● Ensure that the needs of disabled people are considered as part of general discussions on the lottery.</li> <li>● Seek to renew Swimathon agreement in 1994.</li> </ul>

Objective 7: To ensure that the structure of sport for people with disabilities is appropriate to demands and needs		
Sub-objective	Current action of Sports Council and its partners	Future Sports Council action
<ul style="list-style-type: none"> <li>● Consider the extent to which the Sports Council and other key organisations are currently meeting the demands from specific groups.</li> </ul>	<ul style="list-style-type: none"> <li>● Sports Council part funding of 'Pro-motion' programme to develop sport and recreational opportunities for those with a severe and multiple disability.</li> <li>● Consideration of the special needs of those with a sensory impairment.</li> <li>● Regional review of action plans. Consideration of the geographical coverage of the key organisations and their ability to deliver opportunities at a local level.</li> </ul>	<ul style="list-style-type: none"> <li>● Ensure work of Pro-motion is continued.</li> <li>● Support development plans of British Blind Sport and British Deaf Sports Council.</li> <li>● Promotion of greater co-ordination of disability sports organisations on both a national and regional basis.</li> </ul>
<ul style="list-style-type: none"> <li>● Consider the extent to which other organisations can provide better support for the same group or groups.</li> </ul>	<ul style="list-style-type: none"> <li>● Grant aid support to British Blind Sport and British Deaf Sports Council. Invited to be represented on the SC Core Disability Group.</li> </ul>	<ul style="list-style-type: none"> <li>● Ongoing support of sport-rather than disability-specific development.</li> </ul>
<ul style="list-style-type: none"> <li>● Consider the extent to which many of the obstacles to development could be overcome through different working practices.</li> </ul>	<ul style="list-style-type: none"> <li>● Submission of co-ordinated development plan by BSAD/UKSAPMH – December 1992.</li> <li>● Promotion of shared accommodation for UKSAPMH/BSAD.</li> <li>● Production of forward plans which recognise the need to contract out particular pieces of work to appropriate agencies.</li> <li>● Support by some Sports Council regions of county rather than regional development officers of UKSAPMH/BSAD.</li> <li>● Formation of London Sports Forum, Yorkshire and Humberside Federation.</li> </ul>	<ul style="list-style-type: none"> <li>● Submission of a co-ordinated four year plan by BSAD/UKSAPMH in December 1993.</li> <li>● Support creation of English structures.</li> <li>● Development of a co-ordinated diary of events which offer opportunities throughout the continuum.</li> <li>● The provision of 'sport-specific' rather than disability-based events.</li> <li>● The amalgamation of competing events which attract the same participants. Rationalisation of newsletters.</li> <li>● Promotion of London Sports Forum and Yorkshire and Humberside Federation as examples of good practice.</li> </ul>



## THE WORK OF THE SPORTS COUNCIL REGIONS

Each of the Sports Council regions has a programme of work to develop sport for disabled people. However, the nature of this work is related to the particular circumstances of that region which will differ according to a variety of factors.

Commonality may, however, be seen across a number of regions in the following areas:

- promotion and development of training programmes on disability awareness and equality for regional policy makers;
- inclusion of information for and about people with disabilities in regional communication and publications;
- consultation on policy issues with those agencies which can represent the needs of people with disabilities;
- the encouragement of local authorities and regional governing bodies to consider and consult people with disabilities in all aspects of planning for sport and recreation;
- the development of coaching opportunities for people with disabilities;
- support for the initial appointment of skilled officers from the disability sports organisations to work in each region and to build up a network of supportive organisations, agencies and individuals;
- the convening of disability fora and networks in order to co-ordinate provision and development and make best use of limited resources.

Much of this work in the regions has been taking place for some considerable time and reveals the Sports Council's ongoing commitment to this area of work. Seven regions possess strategies for promoting sport for people with disabilities. These are:

### Northern:

Sports Council Northern Region  
*Action plan. Provision for people with disabilities.*  
Durham: Northern Council for Sport and Recreation; 1993

### Yorkshire and Humberside:

Yorkshire and Humberside Council for Sport and Recreation  
*Sport for people with disabilities*  
Leeds: Yorkshire and Humberside Council for Sport and Recreation; 1991  
Regional recreation strategy – subject report £5

### Eastern:

Eastern Council for Sport and Recreation, Sports Council Eastern Region  
*Sport for people with disabilities – the way ahead*  
Bedford: Sports Council Eastern Region; 1990

### South East:

Sports Council South Eastern Region  
*A strategy for people with disabilities in the South East, 1991-95*  
London: Sports Council South Eastern Region; 1991

### Southern:

Sports Council for Sport and Recreation, Sports Council Southern Region  
*Building on ability in the South*  
Reading: Sports Council Southern Region; 1990  
Strategy for sport 1990-93 – subject report no 8

### South West:

Sports Council South West Region  
*An action plan for people with disabilities*  
Crewkerne: Sports Council South West Region; 1991

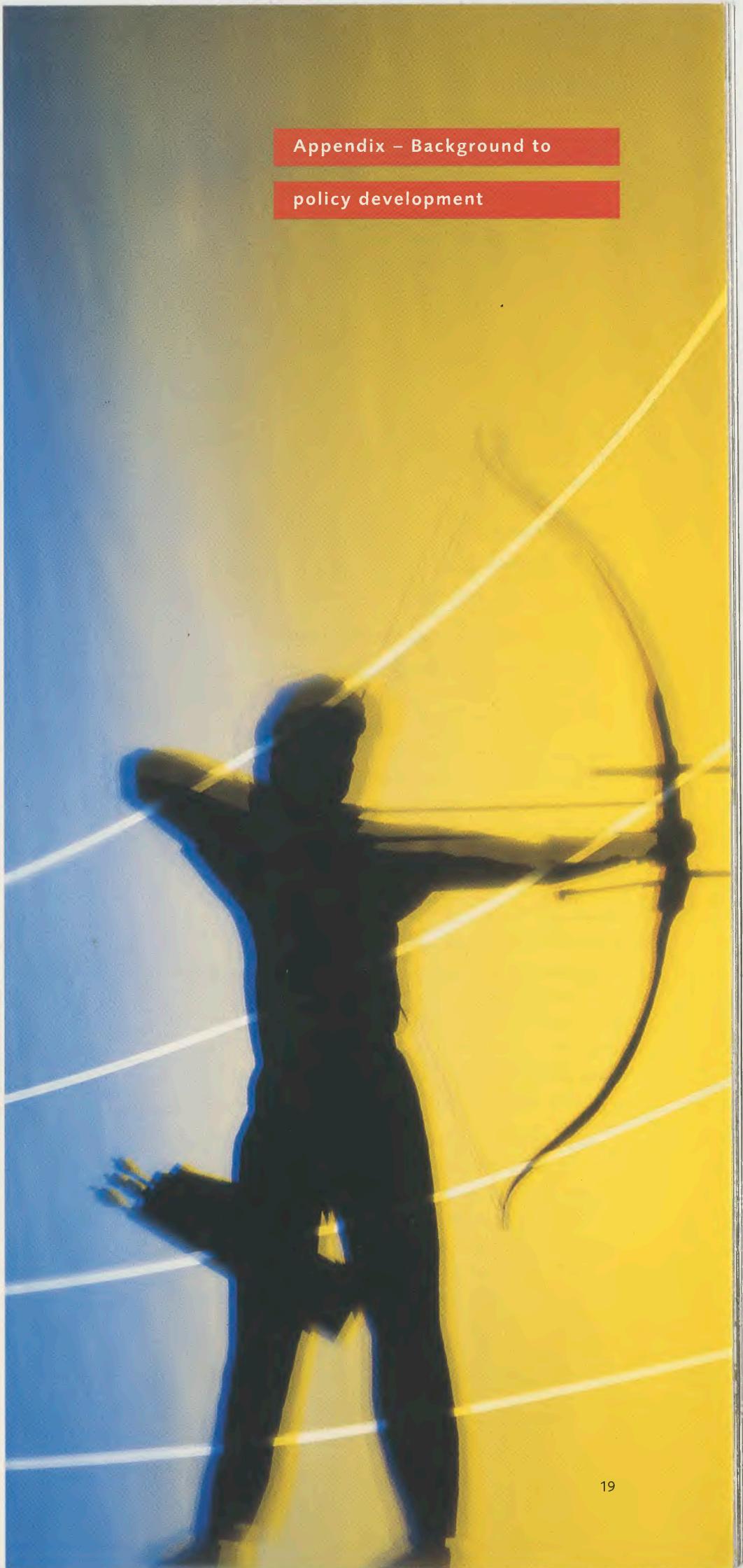
### East Midland:

East Midland Council for Sport and Recreation  
*People with disabilities*  
Nottingham: Sports Council East Midland Region; 1990  
*Taking shape*



Appendix – Background to

policy development



## Introduction

The purpose of this Appendix is to present an overview of the current situation and describe the context in which the Sports Council's policy statement and action plans have been developed, with examples of good practice which have influenced that development.

Sport for people with disabilities is developing rapidly both in Britain and throughout the world. The growth of the Paralympic movement is likely to accelerate this process putting pressure on existing structures and resources. However, the compilation of this position statement has been hampered by the lack of information and data available on participation and participants.

This Appendix is in two parts:

- an analysis of the current position in terms of background, organisations involved, needs and resources, programmes, communication and the international scene; and
- examples of good practice for the various policy areas.

## BACKGROUND

### Terminology

Terminology is constantly changing as attitudes to disability have changed and we recognise that some labels can have negative connotations. Terms such as 'the handicapped' have, for instance, become both patronising and stigmatising. In general 'people with disabilities' or 'disabled people' are the terms in common usage and both have been used in this document. 'Learning disability' is also more widely used than 'mental handicap'.

## Analysis of current position

### People with disabilities

The exact number of people with disabilities in the population is not known because registration is voluntary. A national survey in 1988<sup>3</sup> suggested that there are 6.2 million adults with disabilities in Britain; this amounts to 14.2% of the population. Approximately five million have a disability which seriously limits their ability to carry out everyday activities. Approximately one million people have some form of learning disability. Some 69% of people with disabilities are over 60 years of age and only 5% are under 30.

### Participation in sport

The numbers of people with disabilities taking part in sport are not known. Some do not require special provision and they participate outside the formal structures of 'disability' sport. A significant number still consider that sport is not for them. Some organisations collect participation data, for example the Riding for the Disabled Association (RDA) caters for over 25,000 children and adults and the British Sports Association for the Disabled (BSAD) has around 50,000 members in affiliated clubs, colleges and schools.

Many people with disabilities experience discrimination and have been excluded from every level of the mainstream provision of sport. This is particularly true among those with learning disabilities or with a profound or multiple disability.

Recent developments point to increasing interest in sport and recreation amongst people with disabilities and demands for opportunities to participate. Sport provides a means of integration into society.

All sports participants can gain enjoyment, satisfaction and challenge regardless of ability or disability. Sport should not therefore be looked upon as a form of therapy or rehabilitation but as an important contributor to the 'quality of life'.

## Types of sport

People with disabilities take part in sport in all its diverse forms. Some sports such as swimming, athletics, riding and soccer attract participants from most disability groups whilst others have a more limited appeal. Given the range of disability there are no sports in which people with disabilities cannot take part. In some instances, minor adaptations are made; for example, in wheelchair tennis two ball bounces are allowed.

## Disability and competitive sport

Historically, competitive sport has been classified into seven categories of disability: spinal cord, visual, hearing, cerebral palsy, amputee, learning disabilities and 'les autres' which is a grouping of 53 other types of impairment. The current trend led by many of the disabled athletes themselves is to focus on the sport, not on the disability, allowing closer involvement with mainstream sport. It is hoped that the role of the national disability sports organisations will change from being direct providers of opportunities to becoming advisors to 'mainstream' sports providers.

## Integration

Most people advocate 'integration' into mainstream sport but this word can be interpreted very widely. It does not mean, for example, that everyone plays football together irrespective of ability. Rather, it infers that a sports facility, a centre or a club makes provision for everyone, and does not exclude or segregate one section of the community. Thus, for instance, a governing body could organise separate events for people with disabilities within its championships, develop integrated events or support separate championships for people with disabilities. However, some people with disabilities may choose to form their own club and run their own events, often in community facilities. These clubs can offer a stepping stone until people feel confident to move into mainstream sport. Everyone has the right to choose how, where, when and at what level s/he wishes to take part in sport.

The Sports Council funded a National Demonstration Project 'Every Body Active' (EBA) in the North East, which explored different ways of developing mainstream opportunities through education, recreation management, coaching, individual counselling and a swimming club. Further information about the scheme is detailed on page 31.

Integration places ultimate responsibility on governing bodies, local authorities, clubs, voluntary and professional associations and the Sports Council. However, there is still a need for the specialist knowledge currently available in the disability sports organisations. Working in partnership is therefore important.

## ORGANISATIONS INVOLVED

### Voluntary associations

Major providers of sporting opportunities for people with disabilities are the disability sports associations. The core agencies are:

- British Sports Association for the Disabled (BSAD)
- United Kingdom Sports Association for People with Mental Handicap (UKSAPMH)
- British Paralympic Association (BPA)

and the six national disability sports organisations (NDSOs) are:

- British Amputee Sports Association (BASA)
- British Les Autres Sports Association (BLASA)
- British Blind Sport (BBS)
- British Deaf Sports Council (BDSC)
- British Wheelchair Sports Foundation
- Cerebral Palsy Sport (CP Sport).

In Scotland and Wales the major organising agencies are:

- Scottish Sports Association for the Disabled (SSAD)
- Federation of Sports Associations for the Disabled in Wales (FSAD).

All offer opportunities for competition at varying levels and some – mainly BSAD, UKSAPMH, the Spastics Society and the British Deaf Sports Council – are involved in development of participation. BSAD and UKSAPMH are recognised as being the main co-ordinating bodies for development, while BPA co-ordinates the work of the NDSOs in relation to the Paralympics, major multi-disabled international events and the International Paralympic Committee. It is encouraging to see the increased co-operation between these agencies which is



indicated by joint programmes of work, the planned relocation of UKSAPMH to BSAD's headquarters and initial discussions on the creation of one federated organisation.

Alongside these are the various sports-specific associations for people with disabilities such as the Riding for the Disabled Association (RDA), the British Disabled Water Ski Association (BDWSA) and the British Disabled Table Tennis Association (BDTTA). Some are national, others local and they demonstrate the enthusiasm and commitment of thousands of volunteers.

### **Governing bodies of sport**

A growing number of governing bodies are involved in providing for people with disabilities particularly in officiating, coaching and organising events. Some of the best examples are provided by the English Volleyball Association, the English Basketball Association, the Lawn Tennis Association Trust, the British Canoe Union and the Badminton Association of England.

As a result of monies made available by the Minister for Sport following the publication of *Building on ability*<sup>1</sup> national governing bodies were involved in schemes which extended their provision for people with disabilities. This project served to demonstrate a number

of examples of good practice but also how much work still needs to be done. In particular governing bodies must seek to provide sustained and meaningful opportunities organised by people with authority within the organisation itself. Positive attitudes are as important as the availability of resources.

Further details of governing body involvement in this area of work are given on pages 29-30.

### **Local authorities**

Local authorities play a significant role in the promotion of services and opportunities for people with disabilities. Those departments mainly involved are those with responsibility for recreation, leisure, education and social services. The influence of planning and architects' departments is also crucial, particularly in relation to facility design. Some local authorities, for example Leicester City Council, Nottingham City Council and North Tyneside Borough Council, have developed policy statements covering participation, performance and excellence and employ specialist staff to carry out development work, coaching and the co-ordination of resources. Others run passport schemes that provide substantial discounts to participants with disabilities. Again, examples of good practice in local authorities are detailed later.

Many local authority leisure providers now find themselves threatened by substantial cutbacks in levels of provision, particularly with regard to sports development teams who have done so much to promote this area of work. At such a time it will be important for local authorities to protect current levels of provision and seek closer working relationships with the voluntary sector. It is also important that when facility tenders are reviewed as part of the compulsory competitive tendering process the access of people with disabilities is included. This access requirement should be backed up with performance indicators which set targets for the throughput of disabled people for that facility.

### **Education and Youth Service**

Some recent reports<sup>1,4</sup> and early monitoring of the Sports Council's Every Body Active (EBA) project<sup>5</sup> have noted that many young people with disabilities receive less physical education than their peers.

The introduction of the national curriculum in 1992 means that all pupils will have a statutory entitlement to take part in physical education. However, a significant number of teachers, both in mainstream and in special schools, have expressed a lack of confidence in providing integrated teaching due to inadequate training. The implication of this on subsequent participation in sport is worrying and in response the Sports Council has convened a PE and Special Needs group made up of representatives from concerned organisations to seek to identify the type of specialist support, training and resources required. The group is represented on the Sports Council's main advisory group on young people and sport.

The Youth Service offers a range of physical activities to a small but increasing number of young people with disabilities. It also works in partnership with specialist groups such as Physically Handicapped and Able Bodied (PHAB) and the National Federation of Gateway Clubs (Gateway). A recent report produced by the National Advisory Council for the Youth Service<sup>6</sup> states: "We believe that young people with disabilities belong in the Youth Service with everyone else".

Provision for physical activities in adult and further education varies. Some LEAs offer a wide choice of courses for people with disabilities. However, cutbacks in adult education non-vocational courses have reduced the opportunities available to disabled people.

### **Social services**

Social services provide a large number of residential places for people with learning disabilities. Day care for adults is provided in adult training centres, some more commonly known as social education centres. This terminology reflects a change from an industrial workshop regime to a learning environment. The current trend is towards encouraging work placements and leisure activities in leisure time, hence a gradual shift of lead responsibility from social services to leisure and recreation departments.

The quality of sports provision varies according to the locality. Some centres offer only traditional sports, while others provide a wide range of activities both at recreational and competitive level. Mini Olympics run biennial national championships involving large numbers of social education centres and Gateway clubs.

### **Health authorities**

Health authorities are responsible for some recreation provision through the facilities which they operate. The closure of long-stay hospitals and the development of community based services are changing the focus of provision. Participation in sport at an appropriate level remains, however, an important aspect of rehabilitation.

### **The Sports Council**

The Sports Council has played a significant role in promoting sport for people with disabilities since its inception in 1972, building on the work previously carried out by the Central Council for Physical Recreation (CCPR). The Sports Council works in partnership with other agencies to promote sport for people with disabilities. In some of the Sports Council regions this has taken the form of support for the BSAD or UKSAPMH to employ development officers. In other regions where these organisations may lack an effective structure the Sports Council has looked to convene other appropriate fora or support the appointment of local authority officers to carry out this work.

This approach has led to some unevenness in provision and made national co-ordination difficult, however it is a reflection of the differing situations which exist in different parts of the country.

The Sports Council has been involved in many initiatives to promote the participation and development of sport for people with disabilities. Recently, having contributed to

*Building on Ability*<sup>1</sup> the Minister's review of sport for people with disabilities, the Council has been involved in the management of additional government funds made available specifically to help implement the report's recommendations. This has led to the following initiatives:

- the development of a national disability equality training course;
- the identification of examples of good practice involving the participation at a local level of young people with disabilities;
- a national governing bodies liaison project which involved 40 schemes promoting integration with 23 governing bodies;
- support of the Pro-motion programme which seeks to develop sport and recreational opportunities for those with a multiple disability.

Further details about these schemes are given in the second part of this Appendix.

The Council has also recently become involved in the 1993 BT Swimathon whereby it matched ten per cent of the funds raised for the benefit of grass roots development of disabled sport and regional training initiatives.

The Council has exerted its influence on the planning and design of facilities, contributing to many seminars and conferences, examining plans and providing written technical advice. There is ongoing liaison with partners, notably local authorities and governing bodies as well as the disability associations. In an attempt to promote a greater co-ordination of provision the Council has also set up a number of fora to provide advice and guidance, principally a Core Disability Group and a UK Co-ordinating Committee.

## NEEDS AND RESOURCES

### People

In order to promote the development of sport for people with disabilities the providers of sport and recreation require improved training so that equality issues are better understood as are the technical requirements of disabled people taking part in sport. Training is required both by those working in direct contact (coaches, recreation assistants, sports development officers, leaders) and those in policy-making positions. The

National Coaching Foundation is developing the courses it offers on coaching people with disabilities whilst a national disability equality training package is also being devised.

### Facilities

The current policy of the major disability sports organisations is that the needs of people with disabilities are best served through mainstream leisure centres and clubs. Over the last decade there has been a gradual improvement in the accessibility of facilities. Some of this has resulted from legislation such as the Safety at Sports Grounds Act, whilst there has also been a general desire to improve facilities for all users. The introduction of access requirements into building regulations has also meant that, as new construction and other developments have taken place, improved facilities for disabled people have been created. The introduction of regulations to create a more accessible environment has been important but there is still a greater need for understanding and imagination from those who run or design sports facilities<sup>7</sup>.

The attitude of management and staff towards their customers is equally important; a positive approach can overcome some of the problems of access. In some cases the needs of people with disabilities are remembered after the plans are finalised and unsatisfactory compromises are made. Even where physical access has been taken into account the programming of activities and the attitude of staff may sometimes effectively bar disabled people from taking part.

Increasingly, outdoor centres are making provision and offering programmes for people with disabilities. There are several specialist centres, for example those run by the Calvert Trust and the Spastics Society. Organisations like the Fieldfare Trust are also seeking to ensure that people with disabilities have access to the countryside and appropriate consideration is given at the planning and programming stage to the specialist needs.

The introduction of compulsory competitive tendering (CCT) has made it even more important for local authorities to ensure that the needs of people with disabilities are considered when drawing up specification documents for tendering for the management of their facilities. BSAD has produced a booklet on this<sup>8</sup>. With many contracts now coming up for renewal it will be particularly important to ensure that the needs of people with disabilities are specified in subsequent negotiations.

Several purpose-built sports centres exist, for example the world-renowned Ludwig Guttman Sports Centre for the Disabled at Stoke Mandeville and the Midland Sports Centre for the Disabled in Coventry. These make excellent provision in a wide variety of sports for events and for training and they also welcome community use.

### Finance

Disabled people involved in sport frequently incur additional costs in order to take part. This can lead to personal hardship and difficulties in obtaining specialist pieces of equipment. People with a visual impairment, for instance, often have to travel to national events or activities as there are too few participants at a regional level to make provision feasible. For these reasons the development of opportunities is often hampered. Fortunately many of the disability organisations have accepted the need to co-ordinate their provision. This is leading to greater co-operation and a reduction in the duplication of activities.



PEOPLE WITH DISABILITIES AND SPORT

### Transport

The availability and suitability of transport can be a major problem. A high percentage of people with disabilities do not have their own transport and public networks are often not suitable. Reliance is placed on volunteers, local authorities and voluntary associations. In many areas the need is for better co-ordination and deployment of existing transport, rather than for extra provision.

## PROGRAMMES

### Participation

A growing number of opportunities exist on a structured basis. Local clubs affiliated to BSAD (484) offer a wide range of sports mainly for people with a physical disability. Specialist sports clubs for deaf people (132) and those with a visual impairment (63) also offer participation opportunities. The National Federation of Gateway Clubs has over 660 affiliated clubs giving 40,000 people with learning disabilities the opportunity to take part in leisure activities through the involvement of 20,000 volunteers. Other groups include PHAB (Physically Handicapped and Able Bodied) and Special Olympics. The RDA has 700 groups. The number of people taking part informally and in integrated situations is not known.

### Performance and excellence

Competitive programmes have grown substantially in the last decade, both in the number of activities and in the levels of competition. This can be illustrated by the size of the current international programme. Apart from the Paralympics and World Championships there are now competitions in other sports, for example water skiing and riding. Research is being carried out to find fairer methods for combining classification so that there are fewer classes in each event. In Barcelona use was made of the Blomquist system which attempted to match competitors with different impairments but equal ability in selected swimming events. This was an attempt to deal with the problem experienced at the Seoul Paralympics of certain races having over sixty classes of competitor.

Due to restricted access to first class coaching and facilities and negligible sports science and sports medicine support, some athletes are deprived of the opportunity to train, perform and compete at their chosen level. As a consequence many do not reach their full potential.



### Coaches

A number of national governing bodies have included the needs of people with disabilities in their coach education programmes. These include the British Canoe Union, British Trampoline Federation and the British Amateur Gymnastics Association. Five others have also set about devising modules in response to special funding made available by the Minister of Sport and a number of others have offered their coaches disability awareness courses. Relatively few people with disabilities are qualified coaches and a concerted effort must be made to encourage present and past elite performers to take on coaching roles.

The National Coaching Foundation (NCF) has produced a 'Coaching People with Disability' module at its introductory level and is planning the development of more advanced courses.

The introduction of National Vocational Qualifications in 'Coaching People with Disabilities' poses a considerable

challenge to the governing bodies and the disability sports organisations. This is an issue that the NCF is attempting to address.

### Officials

Many governing body officials/referees are unaware of the specific rules and regulations which may exist for competitors with disabilities. Athletics, swimming and basketball officials, however, have been outstanding in their contribution.

### Community sports leaders

The Central Council of Physical Recreation (CCPR) in conjunction with the national disability sports organisations has developed courses for special needs within the Hanson Award of the Community Sports Leaders Award (CSLA). These will provide people with confidence and with organisational and communication skills to assist with groups and possibly take governing body awards. A City and Guilds course in sports leadership for people working in this area has also been developed and piloted in Yorkshire and Humberside.

### Disability awareness/equality training

BSAD/UKSAPMH have undertaken a great deal of training with coaches, sports development officers and other local authority staff. However, there is a recognition that a national programme aimed at local authority policy makers and delivered by approved trainers is required. This is being developed in conjunction with the North West region of the Sports Council and will be available from 1994.

## COMMUNICATION

Many people with disabilities are unaware of the sporting opportunities available to them; information is lacking. Providers are often unaware of the needs because they do not consult with their customers. There is confusion as to who does what, because there are so many organisations involved; inevitably, there is some duplication, overlap and fragmentation. The Sports Council's Information Unit produces an annual information booklet<sup>2</sup> which gives brief details about the national disability sports organisations. The Information Unit has also convened meetings of the disability organisations to discuss their general information needs.

## THE INTERNATIONAL SCENE

### The media

The success of the Barcelona Paralympics raised the profile of many disabled sportsmen and women to new heights. However, despite coverage by the quality press, local newspapers, radio and television, it seems clear that until events like the Paralympics enjoy contemporaneous TV coverage public recognition is likely to remain relatively small. The presence of over one million spectators at the Barcelona Games plus the excellence of much of the sport on offer will hopefully have changed the attitude of some of the sports media. In order to respond to this growth in interest the disability sports organisations must themselves adopt a greater professionalism in this area.

### International organisations

The search for combined classification is accelerating as the increased numbers entering the Paralympics and World Championships make the staging of these events extremely expensive and beyond the reach of most countries. There is a strong impetus to offer help and support to developing countries in their progress towards sport for all.

Recently (in Europe and elsewhere) there has been a shift in emphasis from the organisation of sport along the lines of distinct disability categories to the development of organisations which offer sport to all disability groups. Such organisations (in wheelchair basketball, wheelchair tennis, riding and sailing) are becoming more closely linked to the relevant national and international governing bodies of sport than they are to any disability organisation. This move is also reflected in the establishment of the International Paralympic Committee (IPC) which has assumed full responsibility for the Paralympics and other major multi-disability events. The British Paralympic Association acts as the national contact point.

The success of the Barcelona Paralympics has raised the question of whether the IPC should press for greater integration into the Olympics for a select elite or seek to retain the Paralympics in their present form. The balance of debate since Barcelona has inclined towards the latter.

The staging in Madrid in 1992 of the first Paralympics for athletes with a learning disability has also led to an

invitation from the IPC for those athletes to take part in the athletics, swimming and basketball programmes in the 1996 Paralympics in Atlanta.

These are important questions and it is vital that the many British representatives on international committees decide on common policy objectives.

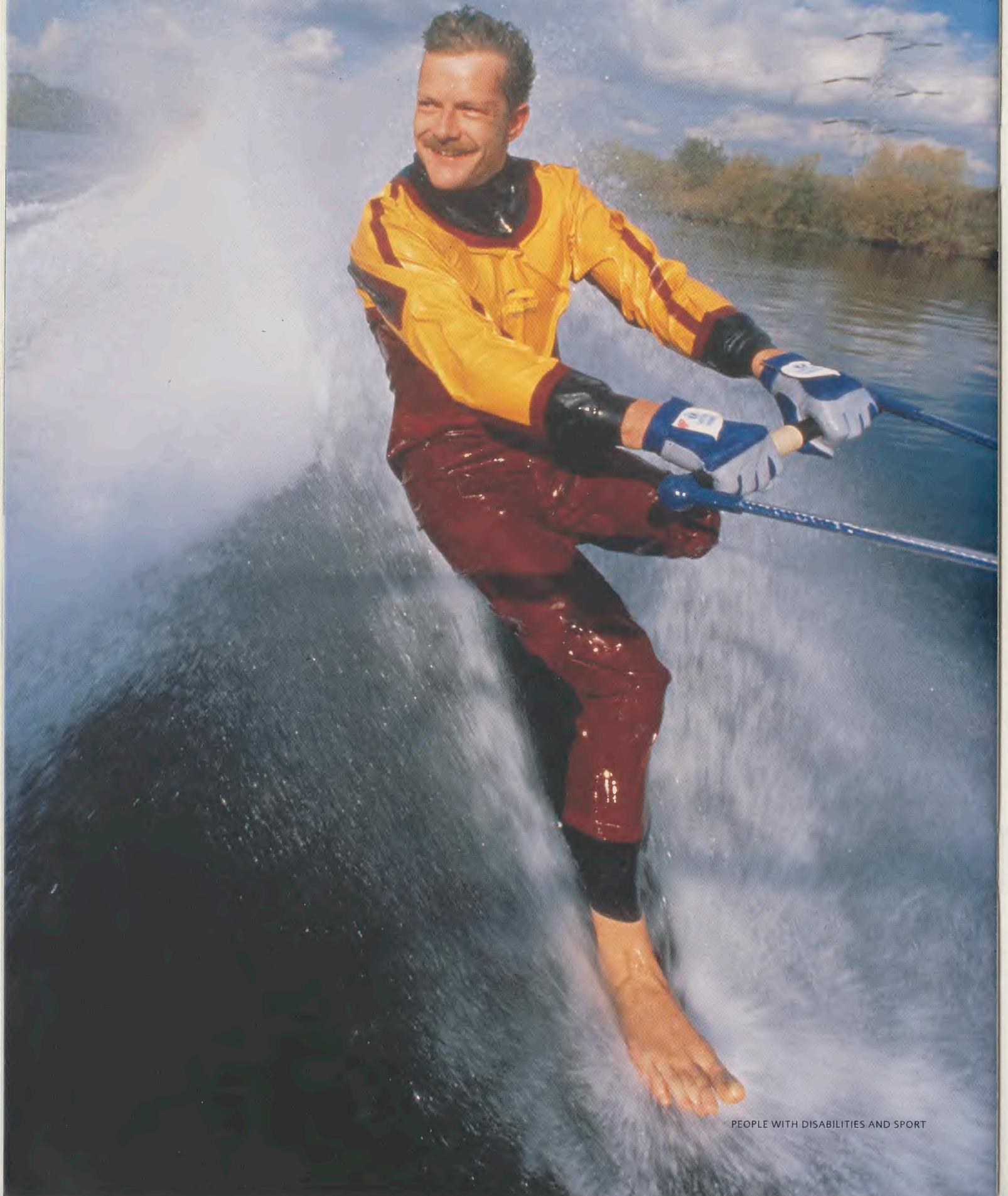
## CONCLUSION

As identified in this position statement, sport for people with disabilities is well established and developing quickly. However, the lack of any comprehensive baseline data on the size, scope and character of disabled sport has made it difficult to make accurate assessments or set meaningful targets.

Despite the continued success of Britain's elite athletes it is apparent that in many cases this has taken place in spite of the existing sports structure which may offer only minimal support. The overall participation base also needs to be broadened and more coaching opportunities should be made available especially through the provision of the national governing bodies of sport. The 'mainstreaming' of children with disabilities is a positive development if young people are encouraged to develop their basic movement and games skills rather than sit on the sidelines.

All this needs to take place within an overall framework of sports equity which encourages the consultation, representation, participation and employment of people with disabilities in the management of their own sports provision.





## Examples of good practice

### NATIONAL GOVERNING BODIES LIAISON PROJECT

The role of the national governing bodies in extending their provision for people with disabilities has long been considered to be important and formed one of the main recommendations of the *Building on ability* report in 1989<sup>1</sup>.

As a result of this report the Minister for Sport made available £150,000 to develop this area of work. Governing bodies were asked to identify projects which would enhance opportunities and promote integration.

Twenty-three schemes were eventually selected covering the following areas:

- coach education
- regional development
- participation events
- technical adaptation of rules/equipment
- establishing competitive structures
- development of award schemes
- training of officials
- production of advisory information.

A national governing body liaison officer was appointed to work with governing bodies and to monitor the effectiveness of schemes.

The main lessons arising from the project were:

- For many national governing bodies providing for people with disabilities is still seen as different and peripheral to their main activities.
- There may be a need to work selectively with identified national governing bodies to ensure best use of resources.
- The national disability sports organisations have too limited resources themselves to be able to assist all national governing bodies in developing provision.

- A positive attitude is just as important as the availability of financial resources in developing provision.

- There is a significant need for disability awareness and equity training for national governing body administrators, officials and coaches.

- When development for people with disabilities is being planned, the individual or committee involved must have 'clout' within the main national governing body structure. Marginalisation is a constant danger.

Of the 40 projects undertaken those developed by the:

- British Canoe Union;
- English Basketball Association;
- Badminton Association of England;
- Sailability

have been identified as being of particular interest.

Further details are available from Dermot Collins at the Sports Council. A final report *Sport and people with disabilities – guidelines to national governing bodies*<sup>9</sup> is available from the British Sports Association for the Disabled, Solecast House, 13-27 Brunswick Place, London N1 6DX.

The following national governing bodies or agencies participated in the scheme:

- Angling Foundation
- Amateur Swimming Association
- Badminton Association of England
- British Athletics Federation
- British Amateur Gymnastics Association
- British Amateur Weight Lifting Association
- British Cycle Federation
- British Canoe Union
- Central Council of Physical Recreation Basic Expeditionary Training Award
- British Orienteering Federation
- British Trampoline Federation and Rebound Therapy

- British Water Ski Federation
- Central Council of Physical Recreation
- English Basketball Association
- English Bowls Coaching Scheme
- English Lacrosse Union
- English Ski Council
- English Table Tennis Association
- English Volleyball Association
- Fieldfare Trust
- Lawn Tennis Association
- Royal Automobile Club Motor Sports Association
- Royal Life Saving Society
- Royal Yachting Association/Sailability.

#### **LOCAL AUTHORITY PROVISION – 'NO LIMITS', LONDON BOROUGH OF BROMLEY**

The London Borough of Bromley's 'No Limits' scheme has been identified as an example of good practice for three main reasons:

- It makes best use of local authority resources, offering a quality service at a low cost to the council.
- The programme offered by 'No Limits' is based upon ongoing consultation with a wide-ranging network of disabled groups within the borough.
- It is based upon a partnership between leisure services, social services and local consumers which demonstrates the value of a multi-disciplinary approach to the provision of sport and recreation for people with disabilities.

One of the identified strengths of 'No Limits' is the relationship which exists between leisure services and social services whereby both departments have seconded staff on a half-time basis to the project. This has ensured that leisure provision in Bromley has been tied into the network of disabled groups and organisations within the borough. Representatives from these groups now make up the steering committee for the 'No Limits' project. Disabled people have therefore been able to make important decisions on the nature and quality of leisure services offered to them.

The 'No Limits' project is allocated a budget of £20,000 a year yet manages to offer a wide-ranging programme of ongoing activities. Integration is also promoted by the Council's decision to give discretionary rate relief to those clubs in the borough which operate an open door policy. Individuals are also linked through a befriending scheme to existing sports groups and encouraged to make better use of facilities through 'taster' events.

'No Limits' is a classic sports development project in that it has attempted to break down barriers and create equal opportunities through unequal effort.

Contact: Paul Brivio, Recreation Development Manager, Bromley Leisure Services, Central Library, High Street, Bromley, Kent BR1 1EX. Tel: 081-460 9955.

Further examples of local authority, voluntary sector and school-based provision specifically for young people are available in *Community sports initiatives for young disabled people*, from Angus Robertson, UKSAPMH, 30 Philip Lane, Tottenham, London N15 4JB. Tel: 081-885 1177.

#### **NATIONAL DISABILITY EQUALITY TRAINING PACKAGE**

This training package, originally devised in the Sports Council North West region, is targeted at senior decision-makers within local authorities. The course is action-orientated in order to bring about change in the nature, scope and quality of recreational provision for disabled people.

The training pack is designed to build upon the disability awareness training which many local authority staff have undertaken. The focus in equality training lies in examining the attitudinal, environmental and institutional barriers which prevent disabled people from enjoying the same access opportunities as other members of the community. The emphasis is therefore shifted from an explanation of the physical nature of disability to the responsibility of recreational providers to consider and consult people with disability at all stages of the planning and delivery of services.

Training resources will be held by Sports Council regional offices and British Sports Association for the Disabled (BSAD) and United Kingdom Sports Association for People with a Mental Handicap (UKSAPMH). A national network of trainers will also be available to deliver the

pack. There is a commitment to recruit and train additional disabled trainers.

A project officer from UKSAPMH has also been appointed to progress the work. Following a series of pilots the training materials are scheduled to be available in February 1994.

Further details are available from: Judith Harris, UKSAPMH, 30 Philip Lane, Tottenham, London N15 4JB. Tel: 081-885 1177.

### PRO-MOTION PROJECT

The Pro-Motion project was established in January 1990 in order to initiate and develop sporting and recreational opportunities for people with a severe physical disability and/or learning difficulty.

The project has set out to:

- increase awareness, training and activity opportunities;
- identify further sporting and recreational needs;
- establish a resource centre with advice and information;
- liaise to promote awareness of opportunities among other organisations.

The project was originally conceived by the Spastics Society in conjunction with the UKSAPMH. Based initially in the London region, the project is now expanding to become a national resource.

A key aspect of its work has been the initiation of a training forum which brings together those agencies involved in the training and staff development of those working with people with a multiple disability.

Contact: Mark Leach, Pro-Motion Officer, UKSAPMH, 30 Philip Lane, Tottenham, London N15 4JB. Tel: 081-885 1177.

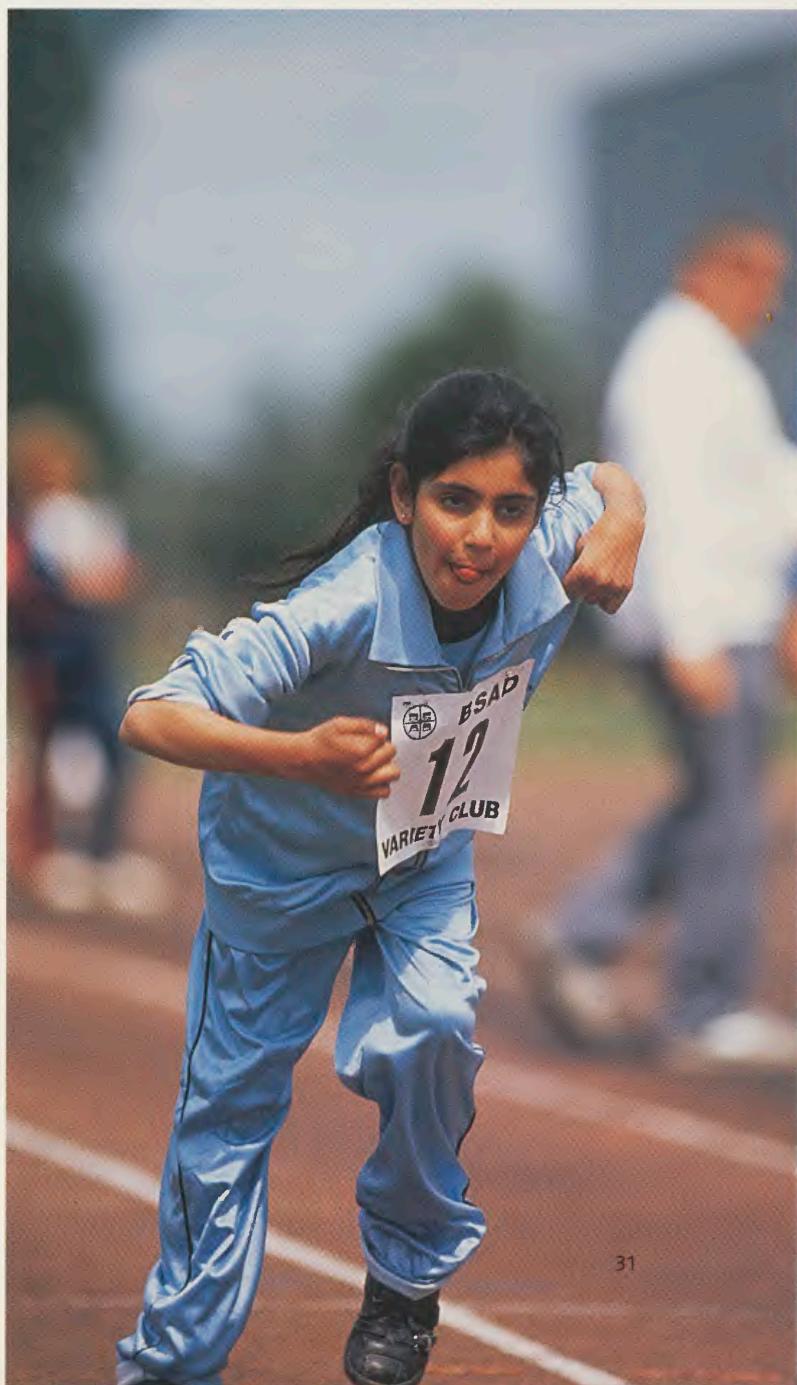
### THE 'EVERY BODY ACTIVE' NATIONAL DEMONSTRATION PROJECT

The 'Every Body Active' (EBA) scheme was set up following an extensive research phase which identified several major obstacles affecting people with disabilities, particularly young people.

The project team identified 'massive structural inequality' facing all people with disabilities in terms of the number, range and quality of opportunities across the entire sporting spectrum.

In particular the following were singled out:

- A lack of awareness existed amongst mainstream leisure providers in general as to the needs of people with disabilities.
- There was a lack of knowledge amongst mainstream PE teachers as to the needs of pupils with disabilities.
- A lack of training in PE amongst many special school teachers was apparent as was an awareness of community opportunities.



- There was an overall reticence on the part of most young people with disabilities to confront and express their leisure needs. Many did not have any experience of the leisure opportunities available to them.

The 'Every Body Active' scheme has attempted to address more issues by a multi-faceted approach which has involved:

- a physical education scheme;
- leisure counselling;
- development of provision by a local authority;
- a swimming scheme;
- the development of coaching opportunities and training.

Overall the experience of the EBA project is that, in the past, programmes for people with disabilities have promoted opportunities and simply hoped for involvement, with the result that often all concerned have been disappointed. Positive action, trust and confidence building must not be overlooked if future programmes are to be successful.

Contact: Malcolm Tungatt/Debbie McDonald, The Research Unit, The Sports Council, North West Region, Astley House, Quay Street, Manchester M3 4AE.  
Tel: 061-834 0338.

## REGIONAL DEVELOPMENT INITIATIVES

Developing sport at a regional level to ensure that opportunities are available at a local level to people with disabilities has been one of the most fundamental difficulties faced by organisations involved in this area of work. Enhanced co-ordination and direction of provision have been needed both in areas where very little provision exists and in areas where numerous organisations attempt to provide a service. Frequently this situation has resulted in unhelpful duplication of events, activities, information, administration and particularly fundraising. Some disability groups have benefitted more than others and in most cases the provision on offer has been determined with very little reference to disabled people themselves.

Two of the Sports Council regions have attempted to address these issues by calling together fora of interested groups and empowering these fora to determine policy and provision.

A Yorkshire and Humberside Federation of disability sports organisations has been constituted comprising initially:

- British Blind Sport;
- British Deaf Sports Council;
- British Sports Association for the Disabled;
- Disport (formerly Yorkshire and Humberside Sports Association for People with a Mental Handicap).

Although the Yorkshire and Humberside Federation of Sports Organisations for People with Disabilities acknowledges the differing perspectives and aspirations of constituent member organisations it has attempted to identify common policies and improve communication with all agencies involved in this area of work. By such means the Federation hopes to make better use of resources and co-ordinate outreach and training programmes bearing in mind the need to involve disabled people in determining these initiatives.

The basis of much of the Federation's work is voluntary effort, but, due to the support of the Sports Council's Yorkshire and Humberside region and West Yorkshire grants, two full-time and two part-time regional resource officers have been appointed. These officers are supporting and promoting opportunities at a local level for children and adults with learning, physical and sensory disabilities.

The Sports Council has pledged financial support in excess of £150,000 over the next three years for which match funding is being considered by West Yorkshire grants. Further consideration is being given by local authorities outside West Yorkshire.

In London the financial difficulties being experienced by local authorities and an overlap of provision by the disability sports organisations led the Sports Council's Greater London region to initiate the London Sports Forum.

The Forum is not envisaged as a mouthpiece of the Sports Council but rather as a dynamic co-operative body which brings together the major agencies who can influence,



promote and develop participation in sport by disabled people. The benefits of such an association are seen as being:

- the organisation of bigger, better events which are more meaningful to the public, media and athletes;
- improved communication through joint publications, newsletters, mailing lists and databases;
- a strong lobby on issues such as access, education and integration;
- the creation of improved development plans through a greater input of knowledge and research;
- an enhanced image and status to potential sponsors and funders;
- a more co-ordinated approach to the development of sport and recreation particularly in the areas of training, publicity and events.

The first meeting of the forum drew representatives from 22 London boroughs and eight disability sports organisations. As in the case of the Yorkshire and Humberside Federation it is clear that a commitment to empowering and enabling disabled people is a central principle of the Forum.

The Greater London region of the Sports Council has pledged financial support of £300,000 over the next three years. London Boroughs Grants Unit representing all the London boroughs is also providing significant assistance to get the Forum up and running.

Both London and Yorkshire and Humberside provide examples of the Sports Council working in close association with key partners to bring about effective and equitable provision for people with disabilities.

Contact: Tricia Hall, Yorkshire and Humberside Federation, Unit 9, Longlands Industrial Estate, Milner Way, Osset, West Yorkshire WF5 9JN.  
Tel: (0924) 279305.

John Hadley, Regional Development Officer, Sports Council Greater London Region, PO Box 480, Crystal Palace National Sports Centre, Ledrington Road, London SE19 2BQ. Tel: 081-778 8600.

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The Sports Council was incorporated by Royal Charter in 1972 and its main objectives are to increase participation in sport and physical recreation, to increase the quantity and quality of sports facilities, to raise standards of performance and to provide information for and about sport.

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16 Upper Woburn Place  
London WC1H 0QP

SC/213/10M/11/93

Designed by The Perfect Design Company, London.

Printed in England by Belmont Press, Northampton.

Picture credits: Action-Plus Photographic (Chris Barry), Graham Bool, Alan Edwards, Robynne Limoges, Richard Sowersby, Supersport (Eileen Langsley), Oli Tennant.



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