

## Accessible (Disability) Sport

Is similar to para-sport. Accessible sport is adapted for individuals with an impairment. The main difference between para-sport and accessible sport is that accessible sport has a stronger emphasis on participation, social interaction and fun, and a lesser focus on performance and competition. An example of an accessible sport competition is the Special Olympics.

## Inclusion

When the involvement in sport results in a sense of belonging, being valued for who you are and feeling safe. All islanders must have equal opportunities to participate in sport to the full extent of their own ambitions.

Inclusion is the result of reducing barriers and/or improving facilitators.

## How Can We Make Inclusion Happen?

The 7 Pillars of Inclusion are the key ingredients that make inclusion happen. They are the common elements that contribute to making sport and physical activity programs reflective of the communities that we live in. They help make our sport safe, fair AND inclusive.

The 7 Pillars of Inclusion is a broad framework that provides sport clubs or organisations a starting point to address inclusion and diversity.



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## The 7 Pillars of Inclusion

### 01 Access

How to get there and how to get in?

### 02 Attitude

How willing you are to make it happen?

### 03 Choice

What can you do?

### 04 Partnerships

Who will you work with?

### 05 Communication

Who will you tell and how will you tell them?

### 06 Policy

How are you responsible?

### 07 Opportunities

What do you want to do?



# Inclusion in Sport



**The Guernsey Sports Commission believes that everyone in Guernsey should have the opportunity and support to participate, compete, and fulfil their potential no matter what their background, age, or level of ability in a safe and supportive environment.**

Sport must be an environment where individuals feel:

- ✓ **Welcome**
- ✓ **Represented**
- ✓ **Valued**
- ✓ **Able to participate**
- ✓ **Safe**

Not only must sport be available to all, but Guernsey must also offer a broad range of sport options catering for people of all ages, abilities and backgrounds, in the most appropriate manner possible.

This is what we mean when we talk about Inclusion.

**With inclusivity comes an increase in sports participation. An increase in participation will develop, sustain and enrich local sports (particularly those where there is little participation or minority sports).**

**Before we can start helping sports organisations be more inclusive, we need a shared understanding of some of the words we use around inclusion.**

## Barriers

Something that stops or prevents an individual participating or developing in sport. These may be:

- social and attitudinal barriers (such as dismissing a person from taking part in a sport because they are a wheelchair user or they cannot afford the fees or the equipment required to take part),
- environmental barriers (such as the ambient noise of a swimming pool or hall affecting individuals with autism)

## Impairment

A specific reduction in a person's body structure or function, typically categorised as physical and/or learning impairments.

Impairments range in severity, vary between individuals and differ within environments; impairments are frequently invisible to others or are not acknowledged, identified or even known by the individual.

In order to improve the inclusivity of sport, it is vital to identify and understand sport specific impairments.

## Disability

Can be defined as the interaction between a person with an impairment(s) and attitudinal, social and/or environment barriers (i.e. Impairment + Barriers = Disability). This interaction hinders an individual's full and effective participation in sport.

Within sport we have the ability to proactively reduce environmental and social barriers to enable individuals, rather than disable them.

## Facilitator

These are factors that promote sports participation and development. These range from a welcoming environment, to adapting facilities making them more accessible. Facilitators can help to reduce, overcome or bypass barriers to participation. Facilitators do not have to be costly or time consuming, especially if organisations and member sports communicate and work together.

## Equality

The equal treatment of people irrespective of social or cultural differences. In sport we must offer the same opportunities and choice to everyone who wishes to take part in sport. There must be continued work in identifying, targeting and tackling inequalities. Equality must be evident throughout sport including participation, performance, coaching, committees and volunteers.

## Diversity

The range of qualities and characteristics that distinguish one person from another. If the diversity throughout sport does not reflect the diversity within the island, then we must reflect on why this is the case and develop strategies to target under-represented groups or individuals.

It is important to recognise the difference between Para sport and Accessible (Disability) sport.

## Para sport

Is high performance sport which is adapted for individuals with a physical and/or learning impairment. These sports run parallel to mainstream sports but are adapted to create a level playing field. Individuals who excel in a para-sport (e.g. wheelchair basketball, boccia, para-swimming etc.) will look to gain an International Paralympic Committee (IPC) Class in order to compete at a higher level. An IPC Class groups athletes with a similar activity limitation together for competition so they can compete equitably. IPC Classes vary between sports and while some sports have just one IPC Class (i.e. para-ice hockey or para-powerlifting) others have over 50 Classes (para-athletics). An example of a para-sport competition is the Paralympics. At the end of 2019, Guernsey only had one athlete with an IPC Class, yet it is estimated that just under 14,000 people in Guernsey and Alderney have a long-term health condition (Disability Needs Survey, 2012).

