

## INCLUSION IN SPORT

The National Sport Inclusion Alliance has a vision to achieve “Community Inclusion through Sport” by providing its member organisations with guidance and support in addressing inclusion at all levels.

### **The NSIA identifies the following factors as important in the development of inclusion in sport:**

- Strong policies that address inclusion
- Principles of inclusion are embedded from grass roots participation programs to elite competition
- Effective marketing and promotion of successful inclusive outcomes
- A whole of organisation approach to inclusion is valued by all individuals involved with the sport
- Providing choice in all aspects of sport, such as being a social member, an athlete, a coach or a volunteer
- Strong practices that address inclusion
- Inclusive pathways support opportunities for progression, ensuring all individuals reach their full potential
- Existing members are supported to be welcoming and inclusive of all new individuals
- Ability to be open and flexible ensuring a seamless process when adapting to inclusive requirements
- Seeking external assistance if support is required to increase capacity for inclusion

### **The NSIA identifies the following benefits to be gained by organisations that are committed to inclusion in sport:**

- Increased membership
- Access to an additional elite pathway
- Increased sponsorship opportunities
- Increased networks
- Increased support and volunteer base
- Greater publicity and positive public image
- A better connected and diverse community
- Break down barriers and misconceptions

### CASE STUDY

Kate Wilson was 22 years old when she first picked up a golf club. Since then, golf has been one of her biggest passions in life! Initially Kate joined a social group before going on to becoming a member of Woodford Golf Club. Kate recalls from the early days how welcoming everyone at the club was: “it didn’t matter that I have an intellectual disability, all the club members were so nice to me it just made me want to improve my game, which was great as I’m naturally a very competitive person!”



Kate is now 42 years old and plays off a handicap of 16. She plays in mainstream competitions at least twice a week as a member of Bribie Island Golf Club, where the current club professional Brayden Campbell is incredibly supportive of her. “Kate adds a lot to the environment of our golf club due to her bubbly and happy nature” says Brayden.

Kate has achieved much success in her career, including being awarded Bribie Island Golf Club’s B Grade Champion and representing the club in its annual pennant competition. In addition to club competitions, Kate enjoys playing in Golf Queensland events, including the annual Inclusive State Championships.

Through Kate’s dedication to golf she has earned the respect of her fellow club members. Sport has enabled Kate to improve her self-esteem and has provided the opportunity to meet and socialise with people from all walks of life.

When asked what she enjoys most about participating in golf, Kate says "making friends and keeping healthy."

## Inclusion in sport for people with an intellectual disability

The National Sport Inclusion Alliance has a particular focus on the inclusion of people with an intellectual disability in sport. The following information will assist with increasing understanding of what's involved in including people with an intellectual disability in sport. It is important to remember that any attempt to create inclusive opportunities for people with an intellectual disability to participate in sport will ultimately lead to the development of a sporting culture that is more effectively inclusive of 'all' people. Inclusion is reliant upon the sporting environment having positive attitudes, effective communication and appropriate access.

### What factors of inclusion should be considered?

- Always put the person first, not the disability
- Focus on what the person 'can' do
- Speak clearly and coherently without being patronising
- Talk using age appropriate tone of voice and language
- Keep explanations clear and concise
- Check for understanding of instructions given
- Ask participants to repeat themselves if you do not understand what they are saying
- Be patient and understand that some people may take time to respond
- Be visually expressive as well as verbal when explaining tasks
- Use equipment and demonstrations to assist in clarifying instructions
- Be adaptable and flexible in your approach
- Respect all participants for their individuality

### CONTACTS

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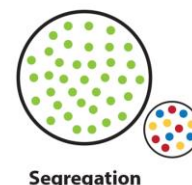
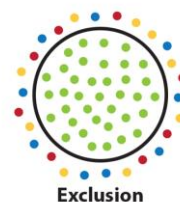
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### What does inclusion look like?



## GOLF AUSTRALIA

Golf Australia is committed to ensuring inclusive practices are incorporated into all national participation programs and events.

Golf Australia aims to grow participation and provide opportunities for people living with a disability in Australia as well as educate golf associations, clubs and facilities about inclusion.