# Disability Inclusion: Shaping accessible practice

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## Access barriers – The Basics

Physical - Building access, sports grounds, learning materials

Equipment - Mobility aids e.g. sports wheelchairs, testing equipment

Financials - Training fees, equipment, building adaptations

Education - Coaches, training staff, sport scientist

## Communication is Key!

Provide as much information about your work as possible. The environment, schedule, expectations, specific access information and so on. Provide athletes with the opportunity to share their accessibility needs. Trust, respect and openness are key!

# Lets make sport more accessible

## First Steps

1. Review the information you provide to Athletes
   1. Physical Accessibility – step free access, turning circles, storage
   2. Online Accessibility – subtitles, font sizes, alternative formats
   3. Cognitive & Sensory accessibility – pace of activities, amount of information
2. Asses own knowledge and skills
   1. Are you confident in your skills to adapt how you usually do things?
   2. Do you know alternative testing/coaching/analysis methods?
   3. Do you have good general disability awareness?
3. Make a plan
   1. Identify the most important development areas
   2. Make the quick fixes
   3. Plan for the future

## Next steps

* Seek out further CPD and training
* Actively change inaccessible elements of your practice
* Influence further change within the organisation/industry
* Seek out feedback from athletes’ and colleagues

## Checklist – The basics of Accessible Practice

I provide access information

I ask athletes if they need any changes

I have a process for adjustments

I can provide information in different formats

I have the knowledge to adapt to athletes' needs

I have the skills to adapt to athletes’ needs