

Ireland  
Active

National  
Fitness Day  
27th September 2018

cara  
sport • inclusion • ireland

## NATIONAL FITNESS DAY- INCLUSIVE

Making your programme or event Inclusive for people with Disabilities

- Developed in conjunction with Cara

**#BEINCLUSIVE**

27th September 2018

1. Connect with disability groups and individuals in your local area and community and promote your centre, programme or event
2. Promote your event or programme with positive images of individuals with disabilities using your facility or taking part in a programme
3. Provide professional assistance to your staff by providing training opportunities for them and also providing them with a list of key resources. CARA provide Inclusive Fitness Training that is specifically aimed at fitness managers, fitness professionals and all front of line staff.
4. Ensure various methods of communication are available including induction loops, large print, braille or audio etc.
5. Communicate directly with the individual with a disability
6. Ensure your class or programme is accessible and alternative equipment or methods of teaching are available
7. Allow preparation time for both the individuals with a disability and the instructors. Providing a pre-registration allows you to gather as much information about the individuals as you can
8. Always ensure the environment is accessible both internally and externally to allow access to you centre, class or programme.

For more information on Cara's training courses or how to make your programme or event more inclusive contact Cara's Inclusive Sport & Fitness Coordinator Brenda O'Donnell at [bodonnell@caracentre.ie](mailto:bodonnell@caracentre.ie) or 01 6151160.

More information can be found at [www.nationalfitnessday.ie](http://www.nationalfitnessday.ie) and follow us:

<https://twitter.com/fitnessdayIRL>

<https://www.facebook.com/NationalFitnessDayIreland/>

EWoS Resources:

<http://be-inclusive.eu/connect/ewos-events/the-ewos/>

[http://be-inclusive.eu/wp-content/uploads/2016/06/BeInclusive\\_Handbook.pdf](http://be-inclusive.eu/wp-content/uploads/2016/06/BeInclusive_Handbook.pdf)

<http://caracentre.ie/fact-sheets/>

**#BEACTIVE**



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