

# NATIONAL FITNESS

# DAY ●●● 23rd September

2021

*Making Your Programmes or Events  
Inclusive for People With Disabilities*

**#BeInclusive #fitnessdayIRL**

Developed by

**cara**  
sport • inclusion • ireland

## Openness

*Be Open and Understanding of all people with disabilities.*

- Connect with disability groups and individuals with disabilities in your local area.

## People

*Access training for your staff and or volunteers to facilitate the inclusion of people with disabilities*

- 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.

## Facilities

*Review your facility/venue/equipment to make sure your organisation is more accessible*

- Always ensure the environment is accessible both internally and externally to allow access to your centre, class or programme.
- Carry out a self-audit on your facilities – you can download an access audit from the Cara website – [www.caracentre.ie](http://www.caracentre.ie)

## Activities

*Develop and deliver Inclusive activities*

- Ensure your class or programmes are accessible and alternative equipment or methods of teaching are available.
- 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.

## Promotion

*Promote the inclusive nature of your activities in a variety of formats*

- Promote your event or programme with positive images of individuals with disabilities using your facility or taking part in a programme.
- Ensure various methods of communication are available including induction loops, large print, braille or audio etc.

## Return to Sport and Physical Activity - Inclusive Guidelines

We encourage the sports, fitness and leisure, outdoors, health and education sectors to use this guidance document to enable a safe and inclusive return to sport and physical activity for everyone. Download it at [caracentre.ie/return-to-sport](http://caracentre.ie/return-to-sport)

For more information contact Cara's National Sports Inclusion Co-ordinator, **Odhran Doherty**, at [odoherty@caracentre.ie](mailto:odoherty@caracentre.ie) or call 086 0212325

   [www.caracentre.ie](http://www.caracentre.ie)

