

NATIONAL FITNESS

DAY ●●● 22nd September

2022



Making Your Programmes or Events Inclusive for People With Disabilities

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

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.

#BeInclusive #fitnessdayIRL

For more information contact Cara's National Sports Inclusion Co-ordinator, **Stephanie Mac Sweeney** at smacsweeney@caracentre.ie or call 086 0829459

   www.caracentre.ie

