



Sports for All

Resources for Inclusive Sports

This guide provides information on resources for including children of all abilities in sports activities. Please keep visiting www.bostnet.org for updated information. If you want to place your program in the Sports for All directory, please email info@bostnet.org.

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Sports for All: Resources for Inclusive Sports

Build the Out-of-School Time Network
6 Beacon Street, Suite 1110, Boston, MA 02108
617 720-1290 info@bostnet.org

Directory of Inclusive Sports Resources

Resources for Adaptive Equipment

Adaptive equipment can facilitate the participation of children with disabilities in activities.

Easter Seals

www.ma.easterseals.com

Easter Seals provides services to ensure that children and adults with disabilities have equal opportunities to live, learn, work and play. For someone with a disability, technology doesn't just make life more convenient; it is often the difference between independence and relying on others for the simplest of tasks. Services are provided at Easter Seals centers in Boston and Worcester, in homes, schools, nursing homes and workplaces

Good Sports Inc.

www.goodsports.org

Good Sports mission is to increase youth participation in sports, fitness, and recreational programs by targeting one of major obstacles limiting participation-access to sports equipment through equipment grants.

General Organizations Focused on Serving Children with Disabilities

The ARC of United States

www.thearc.org

The Arc is the world's largest community based organization of and for people with intellectual and developmental disabilities. It provides an array of services and support for families and individuals and includes over 140,000 members affiliated through more than 780 state and local chapters across the nation. The Arc is devoted to promoting and improving supports and services for all people with intellectual and developmental disabilities.

Partners for Youth with Disabilities

www.pyd.org

Partners for Youth with Disabilities, Inc. (PYD) is committed to empowering young people with disabilities to reach their full potential for personal development. We do this by providing high quality one-to-one and group mentoring programs where caring adults act as positive role models and provide support, understanding and guidance for youth as they strive to reach their personal, educational and career goals.

Sports Organizations Focused on Serving Children with Disabilities

AccessSportAmerica

www.accessportamerica.org

AccessSportAmerica, a national non-profit organization, inspires higher function and fitness for children and adults of all disabilities through high-challenge sports.

Center for the Study of Sport in Society

www.sportinsociety.org

Sport in Society uses the power and appeal of sport to foster diversity, prevent violence, and improve the health of local and global communities. Through innovative programming and extensive outreach that impacts thousands both locally and worldwide, Sport in Society uses the power and appeal of sport to foster diversity, prevent men's violence against women, eradicate youth violence, and improve the health of disenfranchised urban youth, all of which are critical to the health and safety of our citizens.

Children's Physical Developmental Clinic at Bridgewater State University

<http://www.bridgew.edu/CPDC/>

Bridgewater State College sponsors the Children's Physical Developmental Clinic, a nationally recognized academic program that fosters professional development, service learning, and leadership development. Students from all majors have challenging opportunities to volunteer as clinicians and work with children and youth with disabilities, ages 18 months to 18 years. The aim of the clinic program is to improve the "total development" of children with disabilities by enhancing vital physical, motor, and aquatic skills and patterns. In addition, the program stresses the improvement of children's self-esteem by strengthening emotional-social aspects of their personalities through successful involvement in play, recreation, and sport activities.

Community Rowing

www.communityrowing.org/programs/adaptive/

Community Rowing (CRI) was founded in 1985 as a nonprofit organization dedicated to the belief that the sport of rowing provides unique abilities to promote personal and community growth through teamwork, discipline, and physical fitness. We are committed to making these opportunities available to all..

Outdoor Explorations

www.outdoorexpl.org

Outdoor Explorations makes the outdoors a welcoming place to people with disabilities. Through our innovative, cooperative, and fun approach, we break down the barriers that prevent people from living life to the fullest. Our adventure programs, training, and community service enable people of all abilities to discover and value their own and others' unique strengths.

Piers Park Sailing Center

www.piersparksailing.org

Piers Park Sailing Center is a 501c3 community sailing center on the East Boston waterfront in Boston's Inner Harbor. Our mission is to use the Harbor and seas beyond to provide year-round recreational, educational and personal growth opportunities for people of all ages and abilities. Our commitments represent the three pillars of our organization, Outreach, Empowerment and Adventure: Outreach to at-risk youth, Empowerment for people with disabilities and Adventure for everyone to become a part of the natural environment.

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Sports Organizations Focused on Serving Children with Disabilities (cont.)

Special Olympics Massachusetts (SOMA)

www.specialolympicsma.org

The mission of Special Olympics Massachusetts (SOMA) is to provide year-round sports training and athletic competition in a variety of well-coached Olympic-type sports for individuals with intellectual disabilities. Special Olympics Massachusetts provides athletes with continuing opportunities to develop physical fitness, prepare for entry into school and community programs, express courage, experience joy, and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics Athletes, and the community.

World T.E.A.M Sports

www.worldteamsports.org

World T.E.A.M Sports (The Exceptional Athlete Matters) uses the universal power of sports to create soul-stirring experiences by teaming disabled athletes with able-bodied athletes, forming a true TEAM. It increases and promotes inclusive sports opportunities for all people, especially reaching out to disabled people; organizes innovative and challenging sporting events that encourage all individuals, especially those with disabilities, to participate in lifetime sports; and promotes diversity and increases awareness, acceptance and integration of those with disabilities.

New England Wheelchair Athletic Association (NEWAA)

www.newaa.org

The New England Wheelchair Athletic Association is a volunteer organization that helps individuals with physical disabilities participate in recreational and sports activities. The NEWAA provides opportunities for athletic competition by sponsoring regional and local meets.

Youth Enrichment Services

www.yeskids.org

YES inspires and challenges youth with physical and mental activities that foster life-long respect for self, others, and the environment. Activities include Snow Sports and Outdoor Adventures

After School Resource and Network Organizations

Build the Out-of-School Time Network (BOSTnet)- Lead to Opportunities for Youth with Disabilities

www.bostnet.org

BOSTnet has been a leader in promoting the inclusion of children with disabilities in out-of-school time programs. Our Lead to Opportunities for Youth with Disabilities (LOYD) program increased access for over 200 youth with disabilities to meaningful after school time opportunities. Our annual ***All Means All Conference: Welcoming Children of All Abilities in Out-of-School Time Programs*** draws 150-200 practitioners to improve skills in working with children with disabilities. BOSTnet also offers inclusion training, publications, and online toolkits and resources.

Boston Youth Sports Network

www.bostonyouthsports.org

The purpose of the Boston Youth Sports Initiative (BYSI) is to promote youth sports as a positive youth development and physical fitness approach through network building.

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Let's All Play! Making Sports More Inclusive in After School

Creating an Inclusive Sports & Recreation Activity Worksheet

1. Activity Name: _____

2. Age Group: _____

3. Number of participants needed: Min _____ Max _____

4. Type of activity:

| | | | | |
|---------------------------|-----------------------------|---------------------------------------|---------------------------------|-----------------------------------|
| ____ Sport Competitive | ____ Sport Instructional | ____ Sport Friendly Competition | ____ Recreational Structured | ____ Recreational Unstructured |
|---------------------------|-----------------------------|---------------------------------------|---------------------------------|-----------------------------------|

5. Length and time of Activity:

6. What is the adult to participant ratio for this activity?

7. Do you involve the parents of the participants in running/helping with the activity? How?

8. What is the goal of this activity?

9. What skills will participants gain from this activity?

10. What skills do they need to already have to participate in this activity?

11. What strengths and/or skills does your program bring to running this activity? (e.g. personnel, experience, etc.)

12. When thinking about making this activity inclusive, rank the level of comfort that you think those involved with this activity have towards people with different abilities:

| | Not Comfortable | | Somewhat Comfortable | | Very Comfortable |
|-----------------------|-----------------|----------|----------------------|----------|------------------|
| | 1 | 2 | 3 | 4 | 5 |
| Yourself | | | | | |
| Your Staff/Colleagues | | | | | |
| Coaches/Trainers | | | | | |
| Youth/Participants | | | | | |
| Parents/Guardians | | | | | |
| Volunteers | | | | | |

13. Can you make this activity inclusive for youth with cognitive disabilities? ☐ Yes ☐ No
Why?

14. What form of inclusion for youth with cognitive disabilities would work best for this activity?
☐ Different abilities on one team ☐ Separate time for youth w/disabilities
Why?

15. Can you make this activity inclusive for youth with physical disabilities? ☐ Yes ☐ No
Why?

16. What form of inclusion for youth with physical disabilities would work best for this activity?
☐ Different abilities on one team ☐ Separate time for youth w/disabilities
Why?

17. What skills and support would you need to make this activity inclusive to youth with disabilities?

18. Would a partnership with another program be helpful in making your activity inclusive?
☐ Yes ☐ No

19. If yes, what qualities/skills would you look for in a partner organization to help you become more inclusive?



In the gym...

Try to organize games rather than just having free gym time every day.

Demonstrate or model activities and/or games.

Games in the gym can be led by older youth in the program or volunteers who have experience in the sport. The goal is to try to include everyone.

Talk to the kids about how they would adapt games for everyone (they love an opportunity to share their advice and opinions).

Provide semi-structured group activities as an alternative to basketball.

Many experienced after school professionals will gather children in the center of the gym before free time to go over rules of the game, draw on themes, and give specific instructions.

Talk to adapted physical education teachers or school day physical education teachers about how to adapt games.

Do not automatically assume a child using a wheelchair cannot participate in a sport, game, or activity.

Borrow wheelchairs from the VA Hospital for wheelchair basketball or volleyball.

Lower the basket (or net). Use replacements like a trash barrel or storage bin.

Set up tumbling mats and music - this works for all ability types.

If free time is in a large space, set up stations so that children can go from station to station.

Assign partners for games and free time in the gym.

Organize, but don't over-structure...in addition to structure, kids also benefit from free gym time where they are able to move around and expend energy - so provide a balance of both!

Focus on cooperation - not just competition.

Always have creative versions of the game in mind.

Always rotate team members. Children can pick teams, but not all the time.

In basketball, rotate shooting so that each player can take a shot.

Establish a rule where each player must touch the ball before it can be shot.

In kickball, use a larger ball, such as an earth ball and/or establish a rule that all players must pass the ball three times before tagging a runner out.

If playing dodgeball, try to adapt the game and set rules so that the same children will not always be targeted. Use soft Nerf balls for dodgeball.

