

**STREET
WISE
=14=**

INCLUSION

A handbook about participation for all



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INTRODUCTION

When we play sports, we build connections in our communities, make friends, and become our best selves. The benefits of sports extend far beyond physical development as personal development will develop along with being active. This is especially important for children with disabilities.

However, the reality is that many children with disabilities need face significant barriers to participate in sports. There are different types of disabilities, including physical, cognitive, sensory, and developmental disabilities. Limited facilities and expensive equipment often stand in their way. Yet, with collective effort, we can overcome these obstacles and ensure that sports truly becomes inclusive and accessible to all. Because, sports is an universal languages and has the ability to bring people together.

This booklet aims to inspire and empower communities to embrace diversity, understand the principles of inclusion, and implement practical solutions to promote accessibility in sports.

**“STOP WAITING FOR THE THINGS TO
HAPPEN, GO OUT AND MAKE THEM HAPPEN.”**

USAIN BOLT

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TIPS AND TRICKS: INCLUSION

It's important to recognize the diverse range of disabilities children may face, whether physical or mental. Taking the time to understand each child and young person individually allows us to better meet their needs and provide the support they require for inclusion.

1. Clear communication

Provide clear information about the event in multiple formats such as written, verbal, and visual to accommodate various communication needs.

2. Welcoming environment

Organise a welcoming and accepting atmosphere where children and young people with disabilities feel valued and included. Training staff and volunteers on disability awareness and inclusive practices further promotes an atmosphere of acceptance and support.

3. Include role models

By incorporating role models into sports programs and events, children can gain inspiration, motivation, and valuable insights into pursuing their athletic goals despite challenges they may face.

4. Collaboration

Partner with local disability organisations or ambassadors to gain insights and feedback on how to make the event more inclusive.

5. Respect

Respect takes many forms, including recognizing boundaries, having compassion for others, valuing diversity, giving someone space when needed and listening carefully to different perspectives.

6. Accessible venue

Choose a venue that is wheelchair accessible for children with physical disability. Think of facilities like ramps, elevators, and accessible restrooms. Also note that special transportation is sometimes required to get children to a location. Consider offering or helping to arrange this so that all children can come to the event. There are often numerous (local) initiatives that can support this, to ensure inclusivity.

7. Consider sensory needs

Be mindful of sensory sensitivities by offering quiet areas, providing noise-cancelling headphones, or adjusting lighting if possible.

8. Accessibility features

Incorporate accessibility features such as sign language interpreters, captioning services, and assistive listening devices for presentations or performances.

9. Materials

Are there any materials needed for children with disabilities to participate? This may involve providing specialized equipment such as sports wheelchairs or racerunners, allowing them to participate with ease and enjoyment.

**“OUR DIFFERENCES
ARE OUR
SUPERPOWERS.
INCLUSION IS
ABOUT RECOGNIZING
AND HARNESSING
THOSE POWERS.”**

LEX GILLETTE



CHAPTER 1: PARTICIPATION

Making small adjustments can significantly enhance the accessibility of the event. For instance, a child with a prosthetic limb or a mild form of autism may be perfectly capable of participating in a regular tournament. However, it may require some modifications to accommodate their needs.

Creating awareness is key to making these adjustments. For example, including pictures or communication materials featuring children with prosthetic limbs can signal to others that they are welcome to participate. These subtle adjustments help make an event more inclusive and ensure that all children feel encouraged to take part.

Making existing events accessible for children with special needs can pose challenges. However, there are creative solutions, such as organizing an additional round in a tournament. By scheduling this round prior to the finals of the regular teams, you can ensure a large crowd is present to cheer them on. And stimulate participation and integration.



BEST PRACTICES

- In communication, use pictures that children can identify with.
- Organise a separate round in a football tournament for children with special needs. Plan this round before the finals of the regular tournament so that there is a large audience. Let them shine!



CHAPTER 2: ENGAGING WITH THE ORGANISATION

Not all children can or want to participate in a tournament. Engaging children and young people with special needs in event organisation gives them the chance to develop on a personal level and contributes to their self-confidence.

Think of various tasks that the children can do during the event. What qualities do they have? By carefully considering their capabilities and interest, you can assign them roles that not only contribute to the success of the event but also provide them with opportunities to develop new skills and build confidence.

Within the tournament for example they can help with decorating the venue, helping with registration, welcoming guests, keeping scores, officiating, handing out prizes, keeping the fields tidy, making pictures, supporting the event manager etc.

Tailoring tasks to fit each child's abilities ensures that they feel valued and included in the event's organisation.

TIPS AND TRICKS



Children need to know that you need their help. So.. let them know!



Show the venue before the event. So they know what to expect to avoid unexpected things.



Let them shine!
Give the stage they deserve.

“SOMETIMES JUST COMPETING IS A VICTORY IN ITSELF”



Many children with a disability are perfectly capable of organising great tournaments when they receive the correct guidance.

CHAPTER 3: ADAPTED SIDE EVENTS

Making small adjustments can significantly enhance the accessibility of the event. In addition to this, adapted side events can also be organised. Adding adapted side events to the event let the children and youngsters experience and think about inclusive sports, the abilities of people with disabilities and find ways to adapt activities so that they are accessible to all. This is achieved, for example, by having children play an adapted game of boccia or wheelchair basketball.

Why is this so important?

Adapted sports promote inclusivity and empathy. By participating in activities like wheelchair basketball, children learn to understand and appreciate the challenges faced by children with disabilities. This promotes a more inclusive and compassionate society where everyone feels valued and included.

Besides that adapted sports provide unique opportunities for personal growth and skill development. Engaging in adapted side events teaches children resilience, teamwork, and adaptability. These skills are valuable not only in sports but also in various aspects of life, including academics, careers, and relationships.

By introducing children without disabilities to adapted sports, we cultivate a culture of acceptance, respect, and equality. It broadens their perspectives, enhances their skills, and ensures a more inclusive society where everyone can thrive.

**“BY ADAPTING,
I PUSHED ALL MY LIMITS”**

ESTHER VERGEER

Paralympic wheelchair tennis champion

BEST PRACTICES



Sitting
rugby



Dancing



Sitting
volleyball



Boxing



(Wheelchair)
basketball



Goalball



(Wheelchair)
tennis



Boccia

CREATING SPACE



Middelfart
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Fundación Privada Johan Cruyff
C/Anna Maria Martínez Segí s/n
08790 Sant Joan Despí (Barcelona)
info@fundacioncruyff.org

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