

# Access for All Resources

## RMIT Sport and Fitness

---

*“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. Sport can awaken hope where there was previously only despair. Sport speaks to people in a language they can understand.” Nelson Mandela*

**For further assistance and resources for including people with a disability in your club contact your state sporting association or look at the following links:**

Access for All Abilities (AAA): AAA PLAY connects people with a disability to sport and active recreation opportunities: [www.aaavic.org.au](http://www.aaavic.org.au)

ACE Disability Network: Has developed a great guide on use of language used to refer to people with a disability: [www.acedisability.org.au/information-for-providers/language-disability.php](http://www.acedisability.org.au/information-for-providers/language-disability.php)

Australian Human Rights Commission: Has created a guide for community organisations on developing Disability Action Plans: [www.humanrights.gov.au/disability-discrimination-actaction-plans-guide-non-government-organisations](http://www.humanrights.gov.au/disability-discrimination-actaction-plans-guide-non-government-organisations)

Australian Institute of Sport: See the Australian resource ‘Coaching Athletes with disabilities’: [www.shop.usport.gov.au/coaching-athletes-withdisabilities](http://www.shop.usport.gov.au/coaching-athletes-withdisabilities)

Australian Sports Commission: Have information on the inclusion spectrum, adapting or modifying sports, tips for communicating with people with a disability and how to create a positive environment: [www.usport.gov.au/participating/disability/resources/factsheets/inclusion\\_in\\_sport](http://www.usport.gov.au/participating/disability/resources/factsheets/inclusion_in_sport) and Inclusive Coaching: [www.usport.gov.au/participating/coaches/tools/coaching\\_specific\\_groups/inclusive](http://www.usport.gov.au/participating/coaches/tools/coaching_specific_groups/inclusive)

Deaf Sports Australia: Aim to facilitate and support the participation of deaf Australians in all levels of sport, their website includes tips for communication, modifications and coaching: [www.deafsports.org.au/](http://www.deafsports.org.au/)

Disability Sport & Recreation (DSR): Provide and promote positive health outcomes for Victorians with a disability through participation in sport and recreation: [www.dsr.org.au](http://www.dsr.org.au)

The Inclusion Club (TIC): Promotes inclusive sport and active recreation for people with a disability. TIC has a series of podcasts, videos, TED Talks and downloadable resources about the many facets of including people with a disability in sport and active recreation: [www.theinclusionclub.com](http://www.theinclusionclub.com)

Play by the Rules: Provides information, resources, tools and free online training to increase the capacity and capability of administrators, coaches, officials, players and spectators to assist them in preventing and dealing with discrimination, harassment and child safety issues in sport: [www.playbytherules.net.au](http://www.playbytherules.net.au)

Sport and Recreation Victoria: Access for all abilities fund SSA's, Regional Sports Assemblies, disability sports and community based organisations to build the capacity of sporting clubs to be inclusive of people with a disability: [www.dtpli.vic.gov.au/sport-and-recreation/make-sportinclusive/access-for-all-abilities](http://www.dtpli.vic.gov.au/sport-and-recreation/make-sportinclusive/access-for-all-abilities)

Sport and Recreation Victoria: Design for Everyone: a guide to sport and recreation settings is an online resource featuring the principles of Universal Design to ensure that buildings and environments are accessible to everyone: [www.sport.vic.gov.au/design-for-everyone-guide](http://www.sport.vic.gov.au/design-for-everyone-guide)

Sports Community: Seeks to assist 'grass roots' sports clubs to be successful by providing free access to information and resources required by clubs and their volunteers including tips on increasing participation which includes a section on disability inclusion: [www.sportscommunity.com.au/resources/disabilityinclusion/](http://www.sportscommunity.com.au/resources/disabilityinclusion/)

Unite Volunteering: Have published a great volunteer manual 'Taking that extra step' which outlines how to start, grow and maintain an inclusive volunteering program, it includes templates for forms and example policy and procedures, volunteer agreements and position descriptions that may be helpful at your club: [www.unitevolunteering.org.au/manual/volunteermanual-taking-extra-step.pdf](http://www.unitevolunteering.org.au/manual/volunteermanual-taking-extra-step.pdf)

Vicsport – Are You On Board? (AYOB) Campaign: Aims to increase diversity and inclusion in grassroots sporting organisations: [www.vicsport.com.au/industry/are-you-on-board](http://www.vicsport.com.au/industry/are-you-on-board)

YouMeUs – Achieving Inclusion: Is an inclusive online training course aimed at leisure centre staff to build skills and confidence to engage and include people with a disability. The training course may not be suitable for sporting clubs however there are resources available on the website that could be helpful: [www.youmeus.org.au](http://www.youmeus.org.au)

## **Sporting Competition Currently Available for People with a Disability:**

### **INTERNATIONAL**

Paralympics – running parallel to the Olympics (summer and winter) the Paralympics is a multi-sport event that includes athletes with a variety of disabilities competing according to classification.

Special Olympics World Games – held every two years for participants of Special Olympics programs worldwide who are children and adults with an intellectual disability.

Deaflympics – held every four years for elite athletes who are deaf or hard of hearing.

## **NATIONAL**

National Wheelchair Basketball League

AFL National Inclusion Carnival

All Abilities Cricket Championships

## **STATE**

Victorian All Abilities Cricket Carnival

Football Integration Development Association (AFL)

Indoor cricket super league

Wheelchair Rugby State League

Victorian B League – Blind Football League

## **LOCAL**

All Abilities Basketball – Collingwood Basketball Stadium

Baseball for All – Essendon Baseball Club

Blind and vision impaired AIA Vitality MiniRoos – Preston Lions Football Club

Soccer for people with an intellectual disability – Northern Falcons Football Club

All Abilities Cricket – Holy Trinity Cricket Club

Special Olympics Melbourne North – various locations & activities

7-a-side Football (soccer) – Northcote City Football Club

All Ability Netball – Northcote Netball Association

FIDA (AFL) team – Parkside Football Club

Adult Indoor Cricket program – Bundoora Action Indoor Sports

Inclusive social lawn bowls – Kingsbury Bowls Club & Alphington Bowls Club

Achievement 10 Pin Bowling League – Keon Park AMP

(Collated and written by *City of Darebin*)