

INCLUSION IN SPORT

Inclusion of people with disability is about providing a wide range of choices.

Being inclusive is about providing a range of choices to cater for people of all ages, abilities and backgrounds, in the most appropriate manner possible. Inclusion encompasses a broad range of choices in many different settings.

INCLUSION SPECTRUM

A common misconception about inclusion is that it is solely about including people with disability in regular sport activities without any modification. Inclusion encompasses many different options in different settings. Inclusion in sport can be viewed in terms of a spectrum. Each section of the spectrum is as important as the next, and ideally there would be programs for people with disability available in all sections to choose from.



EXAMPLES OF THE INCLUSION SPECTRUM IN ACTION

- **No modifications:** an athlete with an intellectual disability may train and compete with athletes without intellectual disability at a local swimming club
- **Minor modifications:** a vision impaired tenpin bowler using a rail for support
- **Major modifications:** a seated shot-putter competing under separate rules using modified equipment against other athletes with disability in an integrated track and field competition
- **Primarily for people with disability:** athletes with disability and their able-bodied peers combine to form teams for the purpose of developing a wheelchair basketball competition
- **Only for people with disability:** goalball players participating in a competition exclusively for people with vision impairments
- **Non-playing role:** people with disability can be officials, coaches, club presidents, volunteers and spectators.
- **What's possible:** there should be a choice to explore what might be possible in the future. People with disability should not be limited by what is already available. Advances in technology in particular have created new choices for people with disability.

The following factors will influence the section/s of the spectrum an individual chooses to participate in:

- their functional ability
- the sport in which they are participating
- the opportunities within their local environment
- their personal preferences.

The Inclusion Spectrum allows games and activities to be delivered in different ways, with more choices. The aim is to encourage higher quality participation by people with disability, both with or away from their able-bodied peers. Clubs can provide a range of choices by adapting and modifying their sport in different environments.

Learn more about inclusive sport at SportAus.gov.au and PlaybytheRules.net.au.

SportAus.gov.au

