

# BUILDING A FUN AND ACCESSIBLE SPORT PROGRAM

#COACHTOOLKIT

## STATISTICS

**14%** of the Canadian population aged 15 years or older (3.8 million people) reported having a disability that limits them in daily activities. *(Statistics Canada, 2017)*

Most common types of disabilities are related to:

**PAIN**

**9.7%**

**FLEXIBILITY**

**7.6%**

**MOBILITY**

**7.2%**

*(Statistics Canada, 2017)*

## MISCONCEPTION

Coaching an athlete with a disability requires highly specialized skills, knowledge, or training.

## TYPES OF DISABILITIES



### PHYSICAL DISABILITY

Affects a person's mobility and range of motion



### SENSORY IMPAIRMENT

Encompasses visual, hearing, and multisensory impairment



### BEHAVIORAL DISABILITY

Affects a person's ability to create, maintain interpersonal relationships



### LEARNING DISABILITY

Affects a person's ability to understand written or spoken language



### INTELLECTUAL DISABILITY

Affects a person's ability to think, and problem-solve

## 8 AREAS TO CONSIDER

### WHEN PLANNING AN ACTIVITY (ADAPTIVE TECHNIQUE)

- 1 Ability:** Adjust skills tasks to match athletes' interests and abilities
- 2 Difficulty:** Adapt the activity if it is too easy or too difficult
- 3 Area:** Select a playing area that allows for equal participation. Think size and shape.
- 4 Participants:** Change the number of athletes involved as need. Consider smaller groups or pairings.
- 5 Time:** Adjust game time to allow for sufficient rest.
- 6 Inclusion:** Change practice structure or coaching methods to meet your athletes' needs.
- 7 Variability:** Allow opportunities for different movements and activities
- 8 Equipment:** Consider equipment size, shape, texture and weight

Remember: No two athletes are alike and every athlete, with a disability or without, should be coached to their individual needs.

**TAKE THE NCCP COACHING ATHLETES WITH A DISABILITY E-LEARNING MODULE TO LEARN MORE!**