Building a Fun and Accessible Sport Program

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

1. Physical Disability
   Affects a person’s mobility and range of motion

2. Sensory Impairment
   Encompasses visual, hearing, and multisensory impairment

3. Behavioral Disability
   Affects a person’s ability to create, maintain interpersonal relationships

4. Learning Disability
   Affects a person’s ability to understand written or spoken language

5. 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 athlete’s 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!