

Promoting Active Lifestyles

Disability SPORTS NI

Training Courses 2007 - 2008



This document
is available in
alternative formats
on request

Range of Courses Available

Contents

**Why Run a Disability Sports NI
Training Course**

3

**Leisure Services Disability Awareness
Training Course**

4

**Including People with Disabilities in Your
Club Training Course**

5

Inclusive Games Training Course

6

Games For All Leadership Award

7

Disability Sports NI

8

Booking Information

8

Why Run a Disability Sports NI Training Course?

People with disabilities in Northern Ireland experience high levels of marginalisation in all aspects of life, including sport and physical activity. Indeed research indicates that although 1 in 5 of the population here experiences some form of disability, less than 10% of people with disabilities take the recommended levels of physical activity and disabled people are 4 times more likely to lead sedentary lifestyles.

Although sports, leisure and physical activity providers have always had a social and moral responsibility to include people with disabilities, the gradual introduction of the Disability Discrimination Act means that sports & leisure providers now have a clear legal responsibility to fully include people with disabilities in their services.

To assist and support organisations and clubs to meet these responsibilities Disability Sports NI has developed the enclosed range of training courses. By running these courses organisations can provide their staff and volunteers with the knowledge and skills required to begin to include people with disabilities in their programmes and services.

Remember, despite traditionally negative misconceptions about people with disabilities, the reality is that the vast majority of people with disabilities are ready, willing and able to participate in sport and physical activity - but only where the facilities and appropriately trained staff required are available to support this.

Disability Sports NI would encourage you to begin to create a more inclusive sports environment in your local area by booking a training course now.



Leisure Services Disability Awareness Training Course

A day long course specifically designed by Disability Sports NI to provide, all levels/grades of staff within the leisure services environment, with the knowledge and understanding they need to deliver services which are more inclusive of people with disabilities.

Through a range of practical and interactive exercises participants are given an understanding of the barriers to participation, and provided with information and guidance on making sports & leisure services inclusive of people with disabilities.

On completion of the course all participants will receive a course pack and a Disability Sports NI Certificate of Attendance.

Duration: 6 hrs
No of participants: 12 - 24
Venue: Training room for duration of course plus use of sports hall for 1 hour
Cost: £65 per person plus venue & catering costs



Course attendees said:

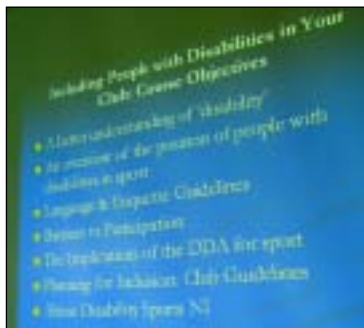
“A very good course with both theoretical and practical exercises.”

“I found the course fantastic in relation to content and delivery . . .”

“Very balanced course, real life examples.”

Including People with Disabilities in your Club Training Course

A 3½ hour course designed specifically by Disability Sports NI to provide sports club administrators, coaches and volunteers with the knowledge they need to make their club programmes, facilities and activities more inclusive of people with disabilities. Through a range of interactive exercises participants are made aware of the main barriers to participation and are provided with practical advice and guidance on how to make their club more inclusive.



On completion of the course all participants will receive an information pack as well as a Disability Sports NI Certificate of Attendance.

Duration: 3½ hr course. Normally runs from 6-9.30 pm
No of participants: 12 - 24
Venue: Training room for duration of course
Cost: £35 per person plus venue & catering costs.



“Valid and thought provoking.”

“Very relevant and to the point. Very enjoyable, would be great if this information could be fed into all clubs.”

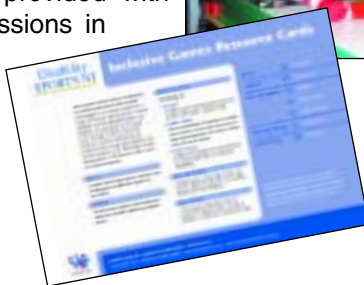
“Very enjoyable. I felt that my group was being helped as opposed to preached to.”

Inclusive Games Training Course

A training course designed to provide participants with enough knowledge to run activity sessions in a range of inclusive games/sports in which disabled and non disabled adults and children can participate on an equal basis. Through a series of practical hands on sessions participants are provided with enough knowledge to run activity sessions in the following inclusive games/sports:



- Boccia and Target Games
- Table Top Games
- Goalball
- New Age Kurling
- Zone Hockey



On completion of the course all participants will receive the Inclusive Games Resource Pack as well as a Disability Sports NI Certificate of Attendance

Duration: 4 hrs - (Day, evening or weekend)
No of participants: 12 - 24
Venue: Medium Sized Sports Hall for duration of course.
Cost: £55 per person plus venue & catering costs.

“Good fun while learning different activities. Good handout book.”

“Excellent training, you should do summer schemes for seasonal staff with council.”

“Very useful for kids in summer scheme.”

“The course was great fun and a very useful insight into simple variations that make a great difference.”



Games For All Leadership Award

A course designed to provide teachers and leaders with the knowledge and resources required, to run a series of warm up activities, core skills sessions and fun games for disabled and non disabled children aged five years and older, in a safe and fun environment.



Based on the fundamentals stage of the Long Term Athlete Development framework, the course focuses on the development of core fundamental skills such as movement, balance, catching & throwing, hitting & striking and kicking, with emphasis being placed on fun and enjoyment rather than on competition.



The award has been specifically designed to meet the needs of teachers and leaders with little or no sporting experience, as well as those with formal physical education and coaching qualifications. Accordingly the award is accompanied by a user friendly resource pack made up of 31 colourful resource cards each with clear instructions and illustrations for each activity session.

On completion of the course all participants will receive the Games for All Resource Pack as well as a Disability Sports NI Certificate of Attendance.



Duration: 4 hrs
No of Participants: 12 - 24
Venue: Medium sized sports hall for duration of course.
Cost: £65 per person plus venue & catering costs. *Reduced rates available for Special Schools, contact DSNI for further details*

“An excellent day full of practical ideas which can be used in my school P1-P7.”

“Very good, excellently delivered, very informative, keep up the good work.”

“Very informative, well presented and activities well explained and demonstrated.”

Disability Sports NI

Disability Sports NI is Northern Ireland's main disability sports organisation. Established in 1997, the organisation is representative of the vast majority of Northern Ireland's disability sports clubs and organisations and works to promote equality of opportunity for people with disabilities to take part in sport and physical activity at a level of their choice.

Disability Sports NI organises a wide range of projects, events and training courses all designed to give people with physical, sensory and learning disabilities the opportunity to lead an active life through sport and physical activity, as well as supporting more talented disabled sports people to train, compete and perform in their chosen sport.

Further information on the work of Disability Sports NI is available at www.dsni.co.uk

Booking Information

To book a course, contact the DSNI office to discuss your requirements, then simply complete a DSNI Training Course Booking Form. Courses can be hosted anywhere in NI.

Disability Sports NI, Unit 6, Ormeau Business Park,
8 Cromac Avenue,
BELFAST BT7 2JA

Tel: 028 9050 8255 **Text Phone:** 028 9050 8254

Email: email@dsni.co.uk

www.dsni.co.uk