



A Club Matters Guide to...

Making your activities more inclusive to disabled people

There are 11.5 million disabled people in England, accounting for almost 20 per cent of the total population.

It's vital that clubs and organisations provide a supportive and inclusive environment to all participants. Here we look at a number of tips on how to make your organisation more inclusive to disabled people and highlight some great examples of activities up and down the country supporting disabled people to be and stay active.

If you want to learn more, click [here](#) to see the 10 principles developed by the Activity Alliance with disabled people that sports providers should follow to help make their activities more appealing.



Flyerz Hockey - Access Sport

Flyerz sessions are active, fun and engage disabled people with non-disabled people on equal terms, connecting communities and improving wellbeing.

Largely sticking to mainstream hockey rules is what makes their sessions so inclusive and has resulted in Flyerz Hockey becoming a positive term for disability hockey in England.

Click [here](#) to find out more.



Surrey Canoe Club - SPORTEd

The club operates a buddy system on the water where young people who need additional support have someone with them.

Check out the Sported blog from a volunteer of the club who takes us through their approaches.

Click [here](#) to find out more.



Ikkaido - SPORTEd

By taking martial arts into Special Schools, Primary, Secondary and Colleges through their specially designed participation plan, Ikkaido offers young disabled and non-disabled people coaching, education and employment opportunities through their employABLE programme.

Click [here](#) to find out more.



Inclusion Club Hub

Inclusion is important for all under-represented groups in sport. All members need to feel valued and receive equal opportunities.

The inclusion club hub is a fantastic five minute audit tool where you can see how inclusive you are and download some helpful resources to support your organisations development.

Click [here](#) to find out more.



Getting about outside

Ensuring that disabled people can access their intended destination independently and without risk is essential in securing an inclusive environment.

It is important to consider your organisation's external paths, walkways and seating areas to make sure that parties with accessible needs feel comfortable at every stage.



Information and communication

The way in which information is relayed should be a key consideration.

Not everyone is able to read a variety of text styles, sizes and formats. Clear and concise signage is particularly important for people who find communication more difficult.

For example, block capitals or easily recognised symbols and images can help put people at ease as they are understandable and familiar.



Come inside

Making sure the social aspects of your organisation are accessible to all is an effective way of making all members feel included.

This can be achieved by providing access to buildings such as the club house, changing rooms or café areas enable disabled people to participate fully in sport.



Promote and celebrate your successes

Publicising your successes and achievements is an effective way of empowering your volunteers and members by creating an inclusive environment where people feel appreciated.

Give members and non-members access to information through your website, leaflets, posters, social media and other marketing material. Make it available in alternative formats and ensure you provide lots of different ways to contact you.



Parking and Transport

Many disabled people need to plan their journeys in advance and in more detail to ensure they are able to reach their destination in good time.

The proximity of public transport links, availability of accessible buses, trains and taxis, setting down points and parking can be critical components in ensuring they can arrive and return safely and easily.

For further information, visit any of the following resources: