

# Impact Areas 2017-2021

Scottish Disability Sport passionately believes in leading and developing inclusive opportunities and improving performance. This will ensure that any child, young person or adult with a disability can participate in sport and physical activity – no matter ability, geography or age. SDS will consolidate, develop and work in partnership to transform lives through the power of sport, focusing on five key areas:

### ENGAGE AND PARTICIPATE

Identify, engage and sustain participant involvement through quality sporting opportunities

- Increased quality opportunities through SDS Branches, local, regional and national partnerships.
- Increased opportunities to participate and compete through the delivery of a comprehensive calendar of events, projects and programmes.
- Building capacity to support clubs and sessions to become inclusive.

### PROGRESS AND PERFORM

Supporting athletes to achieve their potential in performance sport

- More athletes supported to progress on a sporting pathway to Scottish / UK / International level.
- Increase number of Scottish athletes progressing to UK World Class Programmes.
- More para athletes selected for Team Scotland 2018 than at any other away Commonwealth Games.

### COACHING, EDUCATION AND LEARNING

Supporting quality assured training, development and learning opportunities

- Providing quality and inclusive learning opportunities.
- Supporting the embedding of disability inclusion for Scottish governing bodies of sport in policy, education, development and delivery.
- Supporting disability inclusion training within the tertiary and education sectors.
- Developing and educating Scotland's boccia workforce.

### GOVERNANCE

Building a robust and accountable organisation with sound planning, policy and procedures

- Ensure sound governance through good practice from Branch to Board.
- Ensure a quality workforce and sufficient finances are in place to deliver this plan.

### COMMUNICATION

Targeted, effective communication to all partners and individuals

- The right information, in the right amount, at the right time, to the right person, using the right medium.
- Success is recognised, celebrated, shared and publicised.
- Influence, inspire and inform our key partners.



## Scottish Disability Sport

### Scottish Disability Sport

Caledonia House  
South Gyle  
Edinburgh  
EH12 9DQ

0131 317 1130

admin@scottishdisabilitysport.com  
www.scottishdisabilitysport.com



Scottish Disability Sport is a registered Scottish Charity.  
Charity No. SC009609 Company No. SC246327

**sportscotland**  
the national agency for sport

Photos courtesy of:  
British Paralympic Association; Commonwealth Games Scotland; Rebecca Lee; Scottish FA; Royal Caledonian Curling Club; Mark Shearman.

## Scottish Disability Sport



## Scottish Disability Sport Inspiring Through Inclusion: 2017-2021

Leading inclusive sport in Scotland for participants and athletes with physical, sensory or learning disabilities



## Building On Our Success

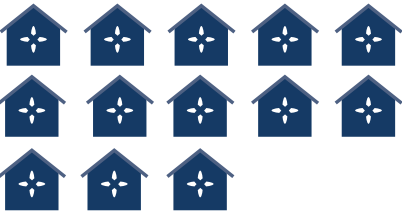
Scottish Disability Sport (SDS) passionately believes in the power of sport to transform lives and bring lifelong social, physical and psychological benefits for participants and athletes with a disability.

The current profile of equality and inclusion is high, however there is still a need to adopt an explicit approach

to the development of strategy, policy and operational practice. For inclusion to become a reality, SDS with its member Branches and key partners must build on progress already made and continue to lead the development of inclusive sport in Scotland.

Inclusive sport milestones in the last five years include:

**13 SDS BRANCHES**  
achieve minimum operating requirements.



**32** SCOTTISH GOVERNING BODIES AND LOCAL AUTHORITIES, AND **60 LOCAL CLUBS** SUPPORTED TO BE INCLUSIVE.



**33 ATHLETES**  
(12.5% OF PARALYMPICSGB TEAM) selected across **12 sports** for the **2016 Summer Paralympic Games** winning **17 medals**.

**40%** OF PARALYMPICSGB at the **Winter Paralympic Games** were **Scottish**, with the wheelchair curlers winning a bronze medal.



**60% of ParalympicsGB** boccia team for Rio 2016 were **Scottish**.

**5 SPORTS**  
**22 EVENTS**  
**21 ATHLETES**  
**7 MEDALS**

The most successful Commonwealth Games ever for Scottish para athletes.



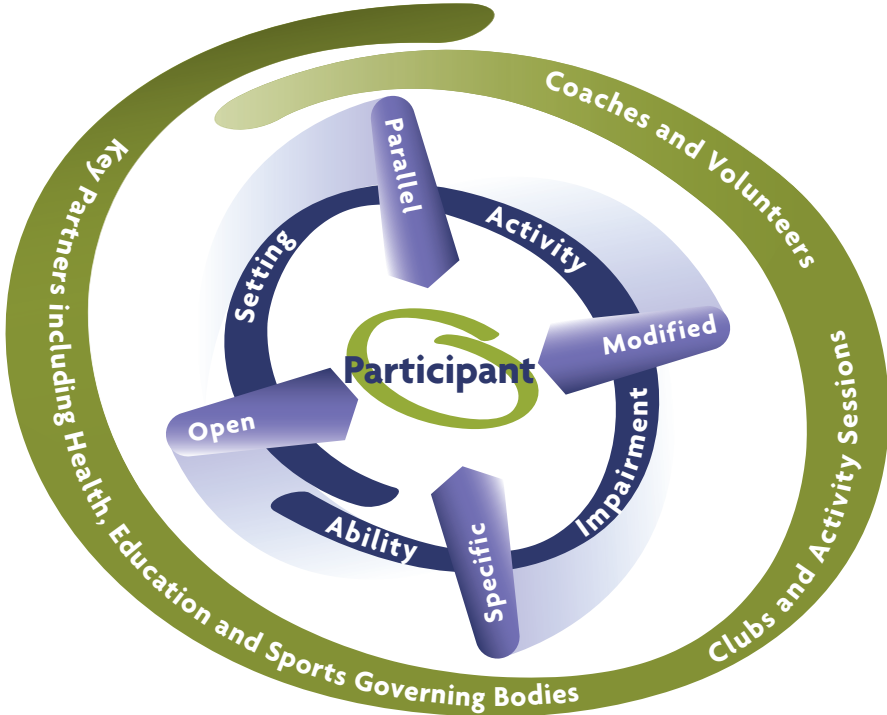
**66** SDS ACADEMY ATHLETES supported across **12 sports**, with **25** transitioning to UK funded programmes.



**1,848** YOUNG PEOPLE involved in Regional Parasport and Engagement Days.

## Sports Inclusion Model

The Sports Inclusion Model (SIM) drives inclusion within physical education, physical activity and sport. The SIM provides open, modified, parallel and specific activity options appropriate to individual needs, abilities and settings.



The four factors that influence inclusion and inform the structure of provision for each individual participant are:

- **Ability**
- **Activity**
- **Impairment**
- **Setting**

### METHODS OF INCLUSION

**Open activity:** Everyone can take part – based on what everyone can do and does not include any modification.

**Modified activity:** People do the same activity in different ways.

**Parallel activity:** Organised in ability groups, everyone takes part in a variation of the same activity, but with different targets, equipment or challenges.

**Specific activity:** People take part in unique activity specific to the (disability) sport.

### THE SIM DRIVES INCLUSION WITHIN

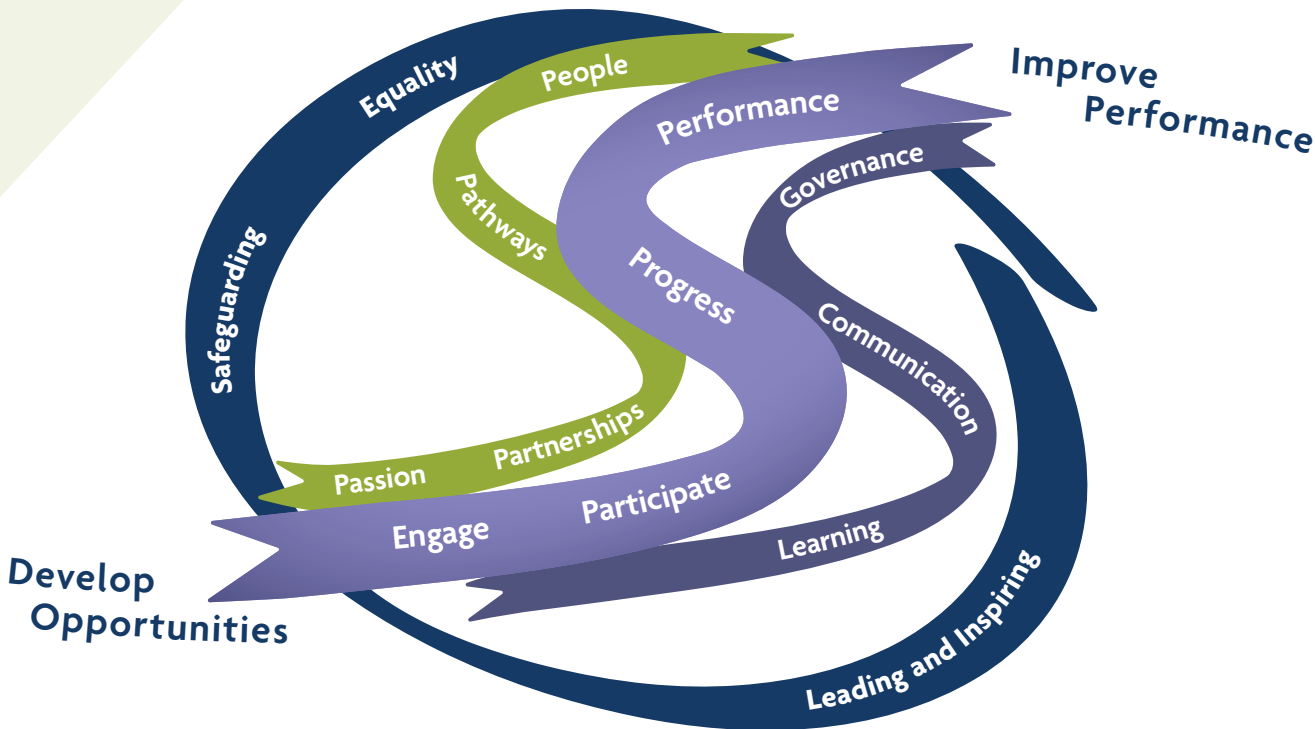
**Clubs and activity sessions:** Clubs and activity sessions that promote inclusive principles.

**Coaches and volunteers:** Ensuring coaches and volunteers are prepared, confident and competent.

**Health and education sectors:** Supporting policy makers and practitioners to be confident and competent to meet the needs of all participants with a disability.

**Key partners:** Adopting policies and procedures that impact on delivery and ensure that participants with a disability are considered and included.

## Strategic Pathway



Leading inclusive sport in Scotland for participants and performers with physical, sensory or learning disabilities.