



East of Scotland

Para Sport Festival

Friday 23rd March 2018



**Forrester / St Augustine's RC
High School Campus.**

212 Broomhouse Road, Edinburgh, EH12 9AE

Introduction and Background

This pack contains information on the upcoming Para Sport Festival for which invitations are extended to children from your school.

The Para Sport Festival is about providing a range of opportunities for young people with a physical, visual or hearing impairment to try new and exciting sports and learn more about the pathways that are available in the region. Furthermore, the event will highlight the opportunities for young people with disabilities to achieve at the highest level and hopefully inspire them to become our stars of the future.

The event is designed to allow young people to experience a wide range of parasports delivered by some of the best clubs and coaches available in Scotland. We have selected activities where we have strong club links so children can continue to enjoy and develop within the sports for many years to come.

During the event in 2016, video footage was captured highlighting the aims and potential impact of the event featuring testimonies from young people, parents, club coaches and professional officers. We hope this footage will prove a useful tool in providing an accurate insight to the event – please find the link to the video clip below -

Para Sport Festival promotional footage: <https://www.youtube.com/watch?v=-AzP4sztaDY&t=1s>

All children will receive a t-shirt and lots of information on further opportunities.



Target Groups

The Para Sport Festival is aimed at children who have a physical disability or a visual or hearing impairment from both primary and secondary school age groups.

Event Staff

The event will be staffed by Active Schools Coordinators, Sport Development Officers and club coaches.

Location

Forrester / St Augustine's RC High School Campus, 212 Broomhouse Road, Edinburgh, EH12 9AE.

Format

There is a change to this year's event format. The morning session will invite young people with a physical impairment and the afternoon session will invite young people with a sensory impairment (visual & hearing).

The format change has been introduced to ensure the young people are given the opportunity to experience sports which are most appropriate to their impairment.

Time (& Sports)

Morning: 9.30am – 1.10pm (*young people with a physical impairment*)
Sports: Swimming, Tennis, Triathlon & Wheelchair Basketball

Afternoon: 12.50pm – 4.30pm (*young people with a sensory impairment*)
Sports: Athletics, Goalball, Judo & Swimming

These timings are approximate at the moment and will be confirmed closer to the date. Please note the duration of these times will not increase.

High-Performance Athlete Q&A

One or two high-performance athletes will be in attendance to share their experiences through an interactive question and answering session at the end of both the morning and afternoon sessions.

Schools Further Information

For local information on the event, please find contact details for staff members in each of the local authority areas included within the event.

Local Authority	Name	Phone	Email
City of Edinburgh	Jill Coleman	07920 768 288	Jill.Coleman@ea.edin.sch.uk
East Lothian	Anna Potter	07976 376 945	apotter@elcschool.org.uk
Midlothian	Jenny Chalmers	0131 561 6520	Jenny.Chalmers@midlothian.gov.uk
Scottish Borders	Alan Oliver	07887 471 137	aoliver@liveborders.org.uk
West Lothian	Ryan Quinn	07767 886 710	Ryan.Quinn@westlothian.gov.uk

Guidelines for Pupil Selection

Below is a set of guidelines for pupils who are eligible to take part in the Para Sport Festival.

Physical Disability

- Achondroplasia (dwarfism)
- Amputees (including dysmelia)
- Arthrogryposis
- Brittle Bones
- Cerebral Palsy
- Legge-Perthes
- Multiple Sclerosis
- Muscular Dystrophy
- Polio
- Spina Bifida
- Spinal Cord injury

Deaf/Hearing Impairment

Sensory disability relates to an impairment to one (or more) of the sense. An individual may have no hearing (deaf) or a mild impairment to their hearing. Some examples include:

- Tinnitus
- Otosclerosis
- Stickler Syndrome

Blind/Visual Impairment

Sensory disability relates to an impairment to one (or more) of the sense. An individual may have no sight (blind) or a mild impairment to their sight. Some examples include:

- Tunnel vision
- Cortical visual impairment

**Please note that this list is not exhaustive, however it provides a guide.*

There are a number of conditions for which this event is **NOT** available:

- Learning Disability
- Downs Syndrome
- ADHD
- Aspergers Syndrome
- Asthma
- Autistic Spectrum
- Cystic Fibrosis
- Diabetes
- Dyspraxia
- Epilepsy
- Haemophilia
- Hydrocephalus
- Obesity
- Scoliosis
- Transplants

**Please note that this list is not exhaustive, however it provides a guide*

Application Form

Section A - Participant Details

Name

Address

.....

Local Authority

D.O.B

School

Disability (please tick)

Cerebral Palsy	<input type="checkbox"/>	Dwarfism	<input type="checkbox"/>	Blind	<input type="checkbox"/>
Amputee	<input type="checkbox"/>	Spinal Injury	<input type="checkbox"/>	Hearing Impairment	<input type="checkbox"/>
Muscular Dystrophy	<input type="checkbox"/>	Spina Bifida	<input type="checkbox"/>	Deaf	<input type="checkbox"/>
Brittle Bones	<input type="checkbox"/>	Visual Impairment	<input type="checkbox"/>	Other	<input type="checkbox"/>

If other, please state.....

Wheelchair User (please tick)

Manual Wheelchair	<input type="checkbox"/>
Power Wheelchair User	<input type="checkbox"/>

Mobility equipment used

Section B – Parental Details

Name

Address

.....

Telephone Mobile.....

Email

Section C – Participant background information

Please provide further information that you feel we may need to know about your child's disability. This will help provide the best sporting experience for you.

.....

Does your child take any medication (*please circle*): Yes No

Please give specific details

Sporting Activities

We are aiming to gather information to measure the impact this event has on participants level of physical activity – to do so, can you please complete the required information below.

We may contact you after the event to ask whether levels of activity have been increased as a result of attending the event.

In a typical week over the last month, how many days did your child do any physical activity for 10 mins or more?

0 1 2 3 4 5 6 7

On average, on those days for how many minutes did your child usually do physical activity?

10 mins 20 mins 30 mins 40 mins 50 mins 60 mins More than 60 mins

What is / are your child's main reason(s) for taking part in sport / physical activity?

To get more active / fitter / healthier

To learn new skills

To lose weight

To increase confidence

To socialise / get out more/ meet people

Other reason(s).....

Section D - Swimming

Swimming is being included again due to the positive feedback received at last year's event and is open to swimmers of all ability levels. In order for the organisers to prepare appropriately can you provide information below on your child's swimming experience? Please note, if your child needs assistance getting changed, parental / carer support will be required on the day.

Non-Swimmer	<input type="checkbox"/>	Uses swimming aids (i.e. armbands)	<input type="checkbox"/>
Can swim 25m unaided	<input type="checkbox"/>	Competent swimmer (50m +)	<input type="checkbox"/>
Confident in deep water	<input type="checkbox"/>	Needs 1:1 Support	<input type="checkbox"/>

Please ensure all appropriate boxes are ticked. This will allow for accurate groupings on the day.

Additional Information

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We would encourage everyone attending to experience swimming however, if your child would prefer to opt out of this session, please tick

We will endeavour to provide another sports option for those who opt out of swimming.

Section E - Emergency Contact Details

Name

Tel No

Relation to applicant

On occasion we may use photographs for promotional materials please tick the box if you do not wish to be photographed

Would you like information on future sporting opportunities for your child? Yes No

Section F – Parental Opportunity

On the day we will be providing the opportunity for parents to stay in order to watch some of the activities and meet the club coaches and their athletes. In addition, there will be a chance to meet personnel from Scottish Disability Sport, Lothian Disability Sport, Edinburgh Leisure and Edinburgh Active Schools. Parents will be able to share their experiences and learn more about disability sport in the area.

Would you like to take up this offer? Yes No

Name.....

Signature.....

Data Protection

The information gathered on this form will be used provide sports opportunities on the day and provide you with information on other events we think may be of interest to you and your child/ren.

These details will be held by Scottish Disability Sport and will be shared by the local authority partners in the East of Scotland (City of Edinburgh Council, East Lothian, Midlothian, Scottish Borders & West Lothian) and with **sportsScotland**. The information given will be treated in confidence and held in accordance with the requirements of data protection legislation.

Please indicate whether you are happy for this information to be shared as described? Yes No

A full copy of our privacy notice can be seen on our website, www.scottishdisabilitysport.com/privacy-notice.

Contact Details

To book or for further information on the event please contact: Neal Herbert, Scottish Disability Sport Regional Manager (East of Scotland) on the details below:

Closing date for entries is Wednesday 14th March 2018.

Neal Herbert
Scottish Disability Sport
Caledonia House, South Gyle
Edinburgh
EH12 9DQ
neal.herbert@scottishdisabilitysport.com or Tel: 0131 625 4414.