

East of Scotland



# Para Sport Festival 2020

Friday 27<sup>th</sup> March 2020



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

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## INTRODUCTION AND BACKGROUND

This pack contains information on the upcoming Para Sport Festival for which invitations are extended to children from your school. This year's event is especially exciting as we look forward to the Paralympic Games in Tokyo between 25<sup>th</sup> August and 6<sup>th</sup> September, showcasing the considerable talents of thousands of para athletes from over 100 countries.

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.

Over the last few years, video footage has been 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=JdkfhV4KwNc>

After the event, Scottish Disability Sport Regional Manager Neal Herbert will make contact to share local opportunities and hopefully support transition into regular activity.



## Paralympic Year, Tokyo 2020



## EVENT INFORMATION

### 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. Young people will be invited from East Lothian, City of Edinburgh, Midlothian, Scottish Borders and West Lothian.

### Event Staff

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

### Location

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

### Format

The morning session will invite young people with a visual / hearing impairment and the afternoon session will invite young people with a physical impairment.

This format has been maintained 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 visual or hearing impairment*)  
**Sports:** Goalball, Judo, Swimming & Orienteering

Afternoon: 12.50pm – 4.30pm (*young people with a physical impairment\**)  
**Sports:** Athletics (inc. Race Running), Football, Swimming & Wheelchair Basketball

***\*powerchair users are encouraged and welcome to attend and sports such as boccia, powerchair football will be offered.***

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 between the morning and afternoon sessions.

### Schools Further Information

Local Authority	Contact Name	Phone	Email
City of Edinburgh	Jill Coleman	07920 768 288	<a href="mailto:Jill.Coleman@ea.edin.sch.uk">Jill.Coleman@ea.edin.sch.uk</a>
East Lothian	Anna Potter	07976 376 945	<a href="mailto:apotter@elcschool.org.uk">apotter@elcschool.org.uk</a>
Midlothian	Jenny Potts	0131 561 6520	<a href="mailto:Jenny.potts@midlothian.gov.uk">Jenny.potts@midlothian.gov.uk</a>
Scottish Borders	Alan Oliver	07887 471 137	<a href="mailto:aoliver@liveborders.org.uk">aoliver@liveborders.org.uk</a>
West Lothian	Laura Livingstone	07767 886 710	<a href="mailto:laura.livingstone@westlothian.gov.uk">laura.livingstone@westlothian.gov.uk</a>

## GUIDELINES FOR PARTICIPATION

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 senses. 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 senses. 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
- ADHD
- Aspergers Syndrome
- Asthma
- Autistic Spectrum
- Cystic Fibrosis
- Diabetes
- Dyspraxia
- Epilepsy
- Down Syndrome
- 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 .....

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Local Authority .....

Date of Birth .....

School .....

Disability Information (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 provide details below –

Wheelchair User (please tick if applicable)

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

Mobility Equipment Used. If yes, please provide further details below –



Name .....

Address .....

Contact Number .....

Contact Email .....

**SECTION C – PARTICIPANT BACKGROUND INFORMATION**

Please use the space provided below to provide further information that you feel we may need to know about your child and their disability. This will help us provide the best experience possible.

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

Please provide any specific details .....

**Sporting Activities**

We are aiming to gather information to measure the impact this event has on participants’ levels 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 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 minutes or more (*please tick*).

0	1	2	3	4	5	6	7
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On average, on those days for how many minutes did your child usually do physical activity? (please tick).

10 mins	20 mins	30 mins	40 mins	50 mins	60 mins	>60 mins
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What is / are your child’s main reason(s) for taking part in sport / physical activity?

To get more active / healthier / fitter	To learn new skills	
To lose weight	To increase confidence	
To socialise / meet people	Other	





### SECTION D – SWIMMING

Swimming is being included once again at this year’s festival and is open to swimmers of all ability levels. In order for the organisers to prepare appropriately can you please provide information below on your child’s swimming experience? Please note, if your child requires assistance with changing, parental / carer support will be required on the day.

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

Non-swimmer		Uses swimming aids (noodle, arm bands)	
Can swim 25m unaided		Competent swimmer (50m +)	
Confident in deep water		Club Swimmer	
Needs 1:1 support		Attended previously (indicate support provided)	

Additional Information:

We would encourage all participants to access the swimming opportunity however, if your child would prefer to opt out of this session please tick this box

### SECTION E – EMERGENCY CONTACT DETAILS

Name .....

Contact Number .....

Relation to applicant .....

### 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.

Additionally, there will be an opportunity to meet personnel from Scottish Disability Sport, Lothian Disability Sport, Borders Disability Sport, Active Schools and Edinburgh Leisure. 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 to 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, East Lothian, Midlothian, Scottish Borders and West Lothian) and with **sportsScotland**. The information given will be treated in confidence and held in accordance with the requirements of data protection legislation.

A full copy of our privacy notice can be seen on our website, [www.scottishdisabilitysport.com/privacy-notice](http://www.scottishdisabilitysport.com/privacy-notice).

If you would like a printed copy, please contact Scottish Disability Sport on 0131 317 1130 for more information.

Please confirm that you have read and understood our privacy notice: Yes

## PHOTOGRAPHIC CONSENT

There will be a photographer present on the day. On occasion we may use photographs for promotional materials. Please note, these photos can be obtained on request post event.

Please tick the box if you do not wish to be photographed

## PARTICIPANT T-SHIRT SIZE

Each participant will be given an event t-shirt as part of the day. Please indicate the size your child will require:

X-Small	Small	Medium	Large	X-large	
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## EVENT CONTACT DETAILS

To register for the event or to access further information, please contact Neal Herbert, Scottish Disability Sport Regional Manger (East of Scotland) on the details below.

Completed applications can be posted to the postal address below or emailed via the email address below.

Neal Herbert  
Scottish Disability Sport  
Caledonia House, South Gyle  
Edinburgh, EH12 9DQ  
[neal.herbert@scottishdisabilitysport.com](mailto:neal.herbert@scottishdisabilitysport.com)  
0131 625 4414 / 0770 939 3514

**Please note, closing date for entries is Wednesday 18<sup>th</sup> March 2020.**

