



**Scottish Disability  
Sport**

# Inspiring Through Inclusion

**2021-2029  
Strategic Plan**

## **Our Vision**

**Sport and physical  
activity in Scotland  
are welcoming and  
inclusive for participants  
with disabilities.**



# Inspiring Through Inclusion

2021-2029

## Our Vision

Sport and physical activity in Scotland are welcoming and inclusive for participants with disabilities.

## Our Mission

Through strong leadership and effective partnerships, we will engage and sustain participants, support athlete progression and influence change.

## Our Values

- **Inclusion** – addressing the needs and aspirations of all individuals
- **Respect** – considering different opinions and rights of all individuals: participant centred
- **Integrity** – underpinning all actions by what is morally right and honest
- **Ambition** – finding innovative and creative solutions



# Key Successes

Progress made in the areas of participation and performance development over the last four years.

## Young Persons Sports Panel

continues to be the voice of young people with disabilities in Scottish sport

## Young Start Programme

established, developing coaching and leadership skills in young people with disabilities



Working in partnership with, and supporting inclusion in, **37** Scottish Governing Bodies of Sport and all **32** local authorities

## Get Out Get Active Programme

established in partnership with the health sector – NHS Tayside – supporting the inactive to become active



# 18

para-athletes selected for Team Scotland at the 2018 Gold Coast Commonwealth Games



# 30

events attracting over **2,500** participants held annually

# 41%

of the ParalympicsGB team at the 2018 Pyeong Chang Winter Paralympic Games were Scots



## Response to Covid

# 491

 opportunities involving

# 6,284

 participants

# Key Successes continued

Progress made in coaching, education, learning, communication and governance over the last four years.



Achieved **100%**  
in standards for  
Child Wellbeing and  
Protection in Sport

Working with  
**31 Scottish  
Governing Bodies**  
to embed inclusive practice  
within education and  
coaching, with 8 having  
adopted the SDS Activity  
Inclusion Model



**109**  
learning  
opportunities  
involving 1,717  
participants on  
an annual basis



Achieved the  
**highest level**  
of the **sportscotland**  
development audit

Working toward  
the **advanced level**  
of the Equality Standard  
for Sport

Engagement with  
**15 Further and  
Higher Education  
establishments**  
to embed inclusion

**77%**  
increase in  
website visits



**122%** increase  
in social media followers

# Evidence

## Why we need to continue on this journey

SDS passionately believes in the power of sport and the physical, social and psychological benefits available to participants with disabilities. Research tells us that participants with disabilities remain significantly under-represented within physical activity and sport in Scotland. The journey towards a fully inclusive and accessible sport and physical activity sector continues.



**24%** of the Scottish population have a long-term limiting condition (Scottish Household Survey 2019)

**8%** of the school population have a disability (Scottish Government Implementation of Additional Support for Learning Report 2018)

**80%** of people with disabilities want to take part in more sport and physical activity (Activity Alliance 2019)



**2%** of the qualified coaching workforce have a disability (sportscotland 2018)

**8%** of sports club members in Scotland report having a disability (sportscotland 2018)



Those with a long-term limiting condition were less likely to be physically active (**54%**) compared to those with no condition (**88%**) (Scottish Household Survey 2019)

### There are still unique challenges

**47%** of people with disabilities fear losing benefits if they are seen to be more physically active (Activity Alliance 2019)

**48%** of those living in poverty are people with disabilities and their families (Social Metrics Commission 2019)



# SDS Member Branches

The SDS branch network provides the first engagement with physical activity and sport for participants with disabilities.

Each branch works uniquely to meet the needs of the local community and support participants with disabilities throughout their physical activity and sport journey.



**40** branch learning opportunities involving **531** participants, coaches, officials and volunteers accessing national education and training on an annual basis.

**13** member branches achieving Minimum Operating Requirements from the Highlands to the Borders

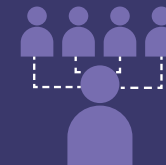


**Engaging participants** to take their first step their into physical activity and sport

**Offering support** and signposting into sport

SDS member branches delivering

**466** sessions on a weekly basis



Over **60,000** volunteer hours every year



**Developing local partnerships** with local authorities and leisure trusts



**245** events run to provide access to local competition

# Boccia

## Vision

A vibrant boccia community inspiring everyone to reach their own potential.

## Mission

Increase access and participation at all levels by creating an infrastructure that supports the promotion and development of boccia, which inspires players, coaches, and officials.



44%

of the Boccia UK World Class Programme are Scottish (7/16)

286%

increase in participants playing boccia in Scotland

### Scottish Disability Sport

is the governing body for boccia in Scotland and must continue to grow and develop the sport across the country.

215

boccia coaches, officials and tutors trained and accessing ongoing learning and development opportunities on an annual basis



47%

of Scottish national players attained either a coaching or officiating qualification (9/19)



social



media

platforms launched

# Inclusion Wheel

SDS must strive to keep the profile of physical activity and sport for participants with disabilities high within the inclusion and equality agenda. SDS must also take into consideration strategic guidance and legislation such as the United National Convention of Rights of Persons with Disabilities 2006, the Equality Act 2010 and the Equality Standard for Sport.

Research and evidence tell us the lag between policy and operational practice remains. SDS, with its member branches and key partners (highlighted in the Inclusion Wheel opposite), must build together on progress made and continue to lead the development of inclusive sport in Scotland.

As the sector lead, SDS is working towards a culture of full inclusion and must continue to drive, collaborate and influence at local, regional and national levels.



SDS contributes significantly to the outcomes of both the sportscotland Sport for Life Corporate Plan and the Scottish Government's Active Scotland Outcomes Framework.

The Inclusion Wheel provides the context and strategic direction of inclusion for participants with disabilities.

The wheel reflects the key partners and sectors which will enable inclusive strategies to become a reality in policy and practice.

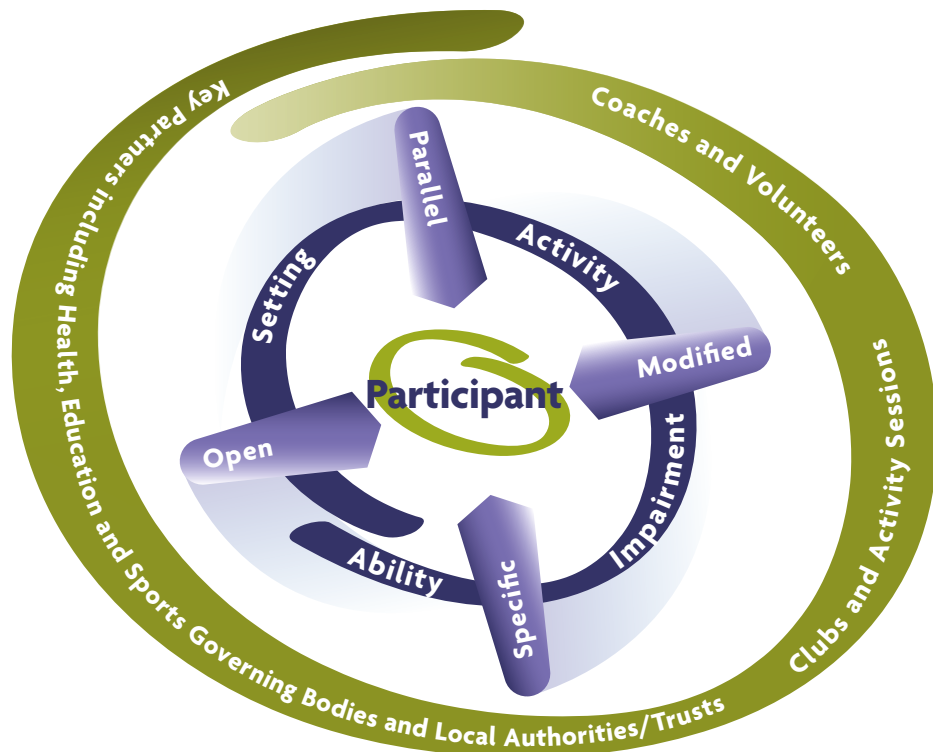


# The Activity Inclusion Model (AIM)

The AIM model can be viewed here:

<https://vimeo.com/502374897>

## 5th Generation: the Activity Inclusion Model 2020



**AIM** evolved from Black & Stevenson's Inclusion Spectrum and aligned to the WHO's International Classification of Functioning Disability and Health.



The Activity Inclusion Model (AIM) continues to drive and underpin inclusion within physical education, physical activity and sport. The AIM supports open, modified, parallel and specific activity options appropriate to the participants' needs and abilities.

The adoption of the AIM by all sectors is crucial to achieving meaningful inclusion for participants with disabilities.

# Key Impact Areas 2021-2029

For inclusion to be truly embedded in physical activity and sport, SDS will work with the partners listed in the Inclusion Wheel to ensure a fully inclusive physical activity and sport sector for participants with disabilities. Over the next eight years our key impact areas will be:

## Engage and Participate

Identify, enable and sustain participation

- Address inequalities experienced by participants with disabilities
- Identify and enable participants with disabilities to become more active more often
- Quality, needs-led opportunities provided in partnership with SDS branches and clubs at local, regional and national level

## Leadership and Governance

A well-led organisation, driving inclusive physical activity and sport at all levels

- Lead the Scottish sports sector through strong partnerships to ensure inclusive policy and practice for participants with disabilities
- Ensure financial security for SDS and deliver good governance from branch to board
- Lead and govern the sport of boccia

## Partnerships and Communication

Work in partnership to embed inclusion and deliver the right information to the right people, at the right time using the right format

- Effectively communicate and advocate SDS key messages
- Promote best practice and celebrate success
- Build and maintain successful partnerships

## Progress and Perform

Support athletes to achieve their potential

- Ensure inclusive pathways are in place to enable athletes, coaches and officials to progress
- Drive the development of inclusive performance programmes across Scottish sport
- Progression of Scottish boccia players to the World Class Programme

## Education and Learning

Influence an inclusive culture through coaching, learning and development

- Enable branches and partners to influence inclusive practice
- Influence communities to use the Activity Inclusion Model to ensure inclusive practice for participants with disabilities
- Educate and develop Scotland's coaching, officiating, teaching and volunteering workforce



# Scottish Disability Sport

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**sportscotland**  
the national agency for sport

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Laurence Bissett, Scottish FA, Disability Sport Fife

**For alternative languages and formats please get in touch.**