PRIMARY DATA COLLECTION

Research Project

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STUDENT NUMBER: 1702973

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Aim and Objectives

Aim

A critical evaluation of the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing Mixed Ability rugby programme.

Objectives

- Assess different IMAS stakeholder motivations, perceptions and attitudes.
- Explore the impacts of the Mixed Ability Rugby on participants and clubs.
- Analyse the benefits that this new model can deliver on sports participation.

Contact Details

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Consent Form

The following consent agreement was attached in questionnaires and interviews, therefore participants gave verbal and written consent by reading and agreeing these terms:

My name is Pablo Elipe and I am studying BA International sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders' motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing Mixed Ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form, you consent for the researcher to use the data on the research project.

Interviews Transcriptions

In the following transcriptions, Speaker 1 refers to the interviewer (Pablo Elipe) and Speaker 2 to the interviewees.

Interviewees

- Fabian Sainz Modinos - Coordinator of MA in the University of Salamanca
- Oier Barruso – Coordinator of IMAS Madrid and San Isidro RC Coach
  - Separate Question 1
  - Separate Question 2
- Juan Ignacio Pita – Ingenieros Industriales RC Coach
- Martino Corazza – IMAS director and co-founder
- Anthony Geimne – Swansea Gladiators RC Coach
- Andrew Harris – Port Talbot Panthers RC Coach

Fabian Sainz Modinos - Coordinator of MA in the University of Salamanca

Original Transcription (Spanish)

***Speaker 1*:** Bueno pues buenos días, mi nombre es Pablo Elipe y he venido a la Universidad de Salamanca y tengo aquí conmigo a Fabian Sainz Modinos al que vamos a entrevistar. Primera cuestión es cómo está implicada la Universidad de Salamanca en el proyecto MIXAR?

***Speaker 2*:** Bueno pues la implicación del INICO tiene que ver con evaluar el impacto del efecto que tiene la participación en el Mixed Ability rugby, de los jugadores con y sin discapacidad que lo practican. Digamos que la misión fundamental o el papel que nos tocaba en este proyecto, era evaluar básicamente el proyecto y la decisión consensuada con la gente de evaluar el efecto que tienen en las personas. Y lo hacemos desde un modelo de calidad de vida, que es un modelo bastante contrastado en el ámbito de la… no sólo de la discapacidad también en otros ámbitos sociales, pero desde luego también en este campo.

***Speaker 1*:** Y en cuanto a calidad de vida cuáles crees que son los beneficios que Mixed Ability pueden aportar?

Speaker 2: Bueno pues por no extendernos mucho, lo primero que hay que decir es que los efectos que el Mixed Ability rugby o el deporte Mixed Ability proporcionan, son obviamente los que proporciona el deporte en general, es decir toda la parte que tiene que ver con el bienestar físico incluso con el bienestar emocional. Hay evidencias de que practicar deporte nos mejora el ánimo y el autoestima, y en eso no quiero insistir porque yo creo que es bastante conocido. La diferencia del Mixed Ability, digamos el factor diferencial, que entiendo que es por lo que me preguntas, tiene que ver con que se practica en un entorno integrado en dos sentidos. Uno es que los equipos de Mixed Ability rugby son un equipo más en los clubes de rugby. Hay un mi primer equipo filial, hay un equipo femenino, hay equipo de veteranos, y los equipos de cantera y luego hay un equipo Mixed Ability. En el sentido de pertenencia, que es algo demandado por las personas con discapacidad, y un objetivo que tenemos todos, a todos nos gusta jugar en el equipo del barrio o de la ciudad etc. Y eso lo permite. Y luego el juego con personas con y sin discapacidad en el mismo equipo. De manera que la inclusión en ese sentido, se hace efectiva por dos vías.

Speaker 1: Y Mixed Ability no es un deporte adaptado como se dice o si lo es?

Speaker 2: Básicamente lo que se hace es hacer las adaptaciones mínimas, claro el concepto de adaptación es…

***Speaker 1*:** Claro yo he estado hablando con Corazza y me ha dicho que no es.

***Speaker 2*:** El concepto de adaptación es muy elástico, precisamente es una parte también de lo que estamos evaluando, el concepto de adaptación es muy elástico. Me explico, y de hecho se utiliza constantemente, por ejemplo, en las categorías inferiors, a mí me gusta llamarlas anteriores por mi edad. En las categorías anteriores se adaptan los tiempos de juego se adapta y no pasa nada, se adapta el contacto que está permitido, es decir hay cierto tipo de contacto pero reducido. Las meles en principio son pactadas, luego tienen un tiempo limitado y se va llegando al contacto. Entonces, hay una cierta adaptación? Si, la mínima posible, eso es importante.

***Speaker 1*:** Vale, entonces es un deporte adaptado o no?

***Speaker 2*:** Es un deporte adaptado, pero claro el rugby sub-12 es un deporte adaptado?

***Speaker 1*:** Bueno claro, ya te entiendo.

***Speaker 2*:** Es un deporte adaptado, pero como todos los deportes, es decir, yo trabajo como psicólogo deportivo en otros deportes y en fútbol, por ejemplo hasta Futbol Alevín, en otras comunidades, por ejemplo en Madrid cambia antes pero aquí en Castilla León hasta alevines se juega fútbol 7, eso es una adaptación, del tamaño, desde campo el número de jugadores y las normas de juego, el fuera de juego es distinto. Es decir, se producen unas adaptaciones que llamamos ajustes razonables o acomodaciones razonables, ese es el concepto. Si las personas no están cualificadas para los placajes de contacto total pues eso se previene, se garantiza la seguridad física. Por ejemplo, y perdón te digo el ultimo ejemplo, en rugby de veteranos se empiezan a hacer cosas de esas, para alargar la vida deportiva de los jugadores de rugby, los jugadores más veteranos no se les hace placajes.

***Speaker 1**:* Por lo tanto estos riesgos se tienen en cuenta no? Por ejemplo, las personas con diversidad funcional pueden tener menos reflejos…

***Speaker 2**:* O no, depende.

Speaker 1: Bueno ya, pero puede ser un caso, tener un brazo menos, u otra desventaja.

***Speaker 2**:* Si, eso es importante, tener un brazo menos no hace que seas más flojo en los placajes por ejemplo. Hay situaciones y situaciones y aquí básicamente el Mixed Ability lo que hace es decidir qué puede hacer un jugador y que no, y que ayudas necesita durante el juego para jugar al rugby. Que pueda hacer y que no básicamente tiene que ver con recibir el placaje o no. Básicamente hablando de seguridad.

***Speaker 1*:** Y si esa persona por ejemplo tiene menos reflejos porque los tiene y yo no lo sé? Y le hago un placaje fuerte?

***Speaker 2*:** Pero el placaje fuerte no depende sólo de los reflejos depende de muchas cosas. Mira te voy a contra una anécdota, en este tema nosotros por ejemplo como técnico del proyecto y un compañero Borja, jugamos unos partidos de Mixed Ability rugby, y en teoría…bueno yo soy aficionado al deporte pero nunca había jugado al rugby, en mi vida. Y entonces, yo en teoría no era susceptible de placaje, porque yo no sé como recibir un placaje, ni estoy entrenado, y en una de esas estaba corriendo por la banda, que debí correr cinco metros no más y de repente me hicieron un placaje y de repente estaba viendo el cielo. En fin, hubo un cierto riesgo que por suerte quedó la cosa en nada no? Pero en realidad, ya no se trata solo de reflejos, sino también de saber como recibir los placajes.

Speaker 1: Claro de enseñar a las personas como…

Speaker 2*:* Claro, entonces no tiene que ver…la capacidad para recibir un placaje tiene que ver con algunos aspectos de salud y luego con saber cómo entrenarlo. Básicamente, es verdad que las distintas capacidades que tenemos pueden facilitar que unos con el entrenamiento le saquen más partido y aprendan a recibir los placajes muy bien y otros no tanto.

Speaker 1: Eso está claro, como cualquier persona.

Speaker 2: Claro, pero no es la discapacidad de ciertos tipos la que nos habilita o no. Sino al final es el conjunto de todas nuestras capacidades y nuestras limitaciones para las personas con discapacidad y sin discapacidad.

Speaker 1: Y eso los entrenadores lo tienen en cuenta?

Speaker 2: Claro claro, digamos que si la pregunta es: se vela por la seguridad los participantes? La respuesta es clarísima, sí. Pero matizo, al igual que con el resto de jugadores de rugby. Si la pregunta es se garantiza la integridad física? No, porque tu en una de esas te das un mal golpe. La idea es, que esto nos pasa a todos, que elegir el deporte que más nos apasiona y elegir el deporte más seguro, pues a veces entra en contradicción, porque desde luego es más seguro hacer una obra benéfica.

***Speaker 1*:** Y qué es lo que suele motivar a la gente con diversidad funcional cuando participan en rugby?

Speaker 2*:* Bueno básicamente lo primero que me encantaría decirte, en el modelo de calidad de vida que el INICO ha desarrollado, ha evaluado e investigado. Lo primero que me gustaría decirte es que lo mismo que a todo el mundo, aunque ahora lo detallamos un poco más.

Speaker 1: Ya pero cómo esta gente se ha visto menos integrada, por lo tanto…?

Speaker 2: Claro, pero el modelo de calidad de vida que Ángel Verdugo y otros investigadores del INICO han desarrollado durante este tiempo, tiene algunas premisas. Y una es que los factores relevantes en la calidad de vida de las personas con discapacidad (o las dimensiones relevantes) son los mismos que para el resto de la población. Entonces, les gusta lo mismo que a todo el mundo. Pero matizamos un poquito, efectivamente de donde históricamente las personas con discapacidad han estado excluidas, muchas veces es de participación en eventos de la comunidad. Es decir, su educación era segregada, su empleo era segregado, los centros en los que viven a veces son segregados, los servicios residenciales etc. Y la diferencia es que esto les permite formar parte de un club de rugby, Como te decía antes de su barrio, de su ciudad, y no del club de rugby adaptado, del rugby especial que puedan montar en su ciudad. Y eso sí que les aporta. Que aporta? Sentido de pertenencia, al final tú vas con la camiseta de tu club, y se la enseñas a otros chavales jóvenes, y al final tú juegas con unos y con otros, y tú puedes desarrollar relaciones y amistades más allá de con los jugadores de tu equipo (entre los que ya hay jugadores con y sin discapacidad) pero además de eso te da acceso a un club de rugby, con todas las peculiaridades y valores que conlleva este deporte. Yo insisto siempre en que el rugby y los valores que lo hacen muy adecuado para esto pero que en cualquier deporte. Es decir que si las personas con discapacidad pueden interactuar de manera cotidiana tanto en el campo de juego, como fuera con personas sin discapacidad su vida se enriquece, igual que enriquece la de todos los demás.

Speaker 1*:* Y para la gente con diversidad funcional que todavía no se ha enterado de este nuevo modelo. Cómo crees que los proveedores pueden captar a más gente?

Speaker 2*:* Claro, hay un aspect, en realidad el movimiento de Mixed Ability tampoco necesita captar más gente, más allá de que una de sus misiones es hacer saber a todo el mundo que son un club de puertas abiertas, por decirlo así. Es decir, un club que tiene vocación, que tiene un equipo concreto en el que se facilita todo eso y que está dispuesto y con voluntad de admitir a todo el mundo en el club. Entonces, es bueno que se sepa que existen los clubes, pero realmente no tenemos que ganar más gente, ellos tienen que saber que el club está abierto pero sin hacerlo distinto.

Speaker 1: Claro, no hacerlo como algo especial

Speaker 2*:* Claro. Sobre todo es, lo que la gente debe saber para que pueda decider, efectivamente en el tema de la autodeterminación de las personas con discapacidad. La gente tiene que saber que hay este tipo de rugby. Pero simplemente se trata de difundir, es decir de difundir y de que sepan que tienen las puertas abiertas. Porque, el Mixed Ability marca una diferencia personal humana muy grande y es que normalmente las personas con discapacidades y sus familias tienen un historial de ir a…lo llamamos así, tocando puertas de clubes preguntando oye mi hijo puede jugar en este club de fútbol? Y muchas veces al tener discapacidad, dicen, no lo sentimos pero no se puede. Entonces, conocer que en tu zona, en tu barrio, hay un club de rugby que está abierto a personas con discapacidad, o con distintos tipos de capacidades, es muy relevante que lo conozcan, pero el Mixed Ability rugby no hace captación persee, no es su objetivo que vayan los más posibles. El objetivo es que vayan los que quieran, por decirlo de alguna manera.

Speaker 1: Y ya que incrementa las relaciones interpersonales de los individuos, sabes si ha incrementado su oportunidad laboral gracias a Mixed Ability?

Speaker 2*:* Sí, tenemos algunos ejemplos. Digamos que como modelo previo, la idea es que… en fin hay varios estudios sobre el tema del empleo integrado y muchos dicen que en muchos países en muchas culturas que el empleo se consigue mediante contactos. Está claro, es decir conozco a alguien que tiene un negocio, esta persona le interesa y a veces el conocimiento directo facilita que conozca las características de la persona, más allá de tener un currículum o de una entrevista. En ese sentido sí ocurre, tenemos algunos ejemplos de personas que están jugando en el mismo equipo de rugby y los potenciales empleadores ven en algunos de los jugadores características que les parecen muy adecuadas para que les hacen buenos candidatos a puestos de trabajo. Y una vez que ocurre, y que tú entrenas con esa persona un día, otro y otro, y ves que por ejemplo que su puntualidad, que su energía, que sus ganas de hacer las cosas, que su buena disposición son algo constante, pues eso facilita que te parezca un empleado interesante y esas cosas ocurren.

Speaker 1: Y ha habido algún caso de que el club haya contratado?

Speaker 2: De clubes no te se decir, si que me consta de gente que juegan juntos y los que los que pueden ofrecer puestos de trabajo, se lo ofrecen a esos compañeros de equipo que tienen discapacidad.

Speaker 1: Vale, pues me ha quedado todo clarísimo. Muchisimas gracias por tu tiempo.

Speaker 2*:* Nada, muchísimas gracias.

Translated Transcription (English)

***Speaker 1*:** Well, good morning, my name is Pablo Elipe and I have come to the University of Salamanca. I have Fabian Sainz Modinos here with me, whom I am going to interview. The first question is how is involved the University of Salamanca in the MIXAR project?

***Speaker 2*:** Well, the implication of the INICO has to do with assessing the impact on the effect of participation in Mixed Ability rugby players with and without disabilities who practice it. Let's say that the fundamental mission, or role that we played in this project, was basically to evaluate the project. and the decision agreed with people to assess the effect on people. And we do so from a model of quality of life, which is a pretty model proven in the field of... not only disability, also in other social areas, but of course also in this field.

***Speaker 1*:** And regarding quality of life, what do you think are the benefits that Mixed Ability can provide?

Speaker 2: Well, not to extend much, the first thing to say is that the effects of Mixed Ability rugby or that Mixed Ability sports provide, are obviously those that sport in general provides. In other words, is all that has to do with the welfare, even physical and emotional well-being. There is evidence that practicing sports improves our spirits and self-esteem. I do not want to insist more on this because I think it is well known. The difference of Mixed Ability, let's say the differential factor, which I understand is about what you ask me, has to do with practicing in an integrated environment in two ways. One is that Mixed Ability rugby teams are just another team in rugby clubs. There is a first team, there is a women's team, a veteran team, and youth team and then, there is a Mixed Ability team. Then, in the sense of belonging, which is something demanded by people with disabilities, and a goal that we all pursue. Because we all would like to play in the team of the district or city etc. And this allows it. And then, the game with people with and without disabilities on the same team. So the inclusion in this sense, is effectively done in the two ways.

Speaker 1: And Mixed Ability is not an adapted sport as they say, or it is?

Speaker 2: Basically, what it does is make the minimum adjustments, of course the concept of adaptation is ...

***Speaker 1*:** Sure, I've been talking to Corazza and told me it is not.

***Speaker 2*:** The concept of adaptation is very elastic, precisely is also part of what we are evaluating, the concept of adaptation is very elastic. I explain myself, and in fact it is constantly used, for example, in the lower categories, I like to call them "earlier" because of my age. In the earlier categories the game times are adapted, and nothing happens, the contact that is allowed is adapted, i.e. there is a certain type of contact but reduced. The scrums are uncontested, then they have a limited time and then the contact is reached. So, is there a certain adaptation? Yes, as little as possible, that's important.

***Speaker 1*:** Okay, then is it an adapted sport or not?

***Speaker 2*:** Is an adapted sport, but of course, is the year 12 in rugby an adapted sport?

***Speaker 1*:** Well of course, I understand you.

***Speaker 2*:** It is an adapted sport, but like all sports, that is. I work as a sports psychologist in other sports and in soccer, for example until juvenile category in Football, in other communities, for example in Madrid it changes before, but here in Castilla and León even till juvenile category is football, that's an adaptation, the size of the field, the number of players and the rules of the game, the offside is different. That is, there are adaptations that we call reasonable adjustments or reasonable accommodations, that is the concept. If people are not qualified for total contact tackles as this is prevented, physical security is guaranteed. For example, and excuse me, I tell you the last example, in veteran rugby, things like that begin to be done, in order to extend the sporting life of rugby players, the most veteran players are not tackled.

Speaker 1: Therefore, these risks are taken into account, right? For example, people with disabilities may have fewer reflexes...

Speaker 2: Or not, it depends.

***Speaker 1*:** Well yeah, but it may be a case having an arm less, or another disadvantage.

Speaker 2: Yes, that's important, for example having an arm less does not make you weaker in tackles. There are situations and situations and here the Mixed Ability basically what it does is decide what a player can do and what not, and what aids are needed during the game to play rugby. I can do and do not basically have to do with receiving the tackle or not. Basically, talking about security.

***Speaker 1*:** And if for example that person has less reflexes, and I do not know? And therefore, I make a strong tackle?

***Speaker 2*:** But the strong tackle depends not only on the reflexes depends on many things. Look I will tell you an anecdote on this subject. For example, Borja and I as the coaches of the project, play a few games of Mixed Ability rugby, and in theory ... well I'm fond of sports but had never played rugby in my lifetime. And then, in theory I was not susceptible to receive a tackle, because I do not know how to receive a tackle, nor am I trained. In one of those I was running through the band, I had to run five meters, no more, and suddenly they did a tackle. Suddenly I was looking at the sky. Anyway, there was a certain risk that luckily the thing came to nothing, right? But in reality, it is no longer just about reflections, but also about knowing how to receive tackles.

Speaker 1: Sure, to teach people how to...

Speaker 2: Sure, so it doesn't have to do with... The ability to receive a tackle has to do with some aspects of health and then with knowing how to train it. Basically, it is true that the different capacities can make it easier for some with training to get more out of them, and therefore, learn to receive tackles very well and others not so much.

Speaker 1: That is clear, like anyone.

Speaker 2: Sure, but it is not the disability of certain types that enables us or not. But in the end, it is the set of all our capacities and our limitations for people with disabilities and without disabilities.

Speaker 1: And do coaches take that into account?

Speaker 2: Of course, let's say that if the question is: Are participants safe? The answer is clear, yes. But to clarify, like other rugby players. If the question is physical integrity is guaranteed? No, because you can always get a strong hit, just like in normal rugby. The idea is that this happens to all of us, because choosing the sport that we are most passionate about and choosing the safest sport, sometimes is in contradiction, because of course it is safer than doing a charity work.

Speaker 1: And what usually motivates disable people to participate in rugby?

Speaker 2: Well basically the first thing I would like to tell you, is that in the quality of life model that INICO has developed, evaluated and investigated. The same as for everyone, although now we detail it a little bit more.

Speaker 1: Right, but as you know these people been less integrated, therefore…?

Speaker 2: Sure, but the quality of life model that Ángel Verdugo and other INICO researchers have developed during this time, has some premises. And one is that the relevant factors in the quality of life of people with disabilities (or the relevant dimensions) are the same as for the rest of the population. So, they like the same things as everyone else. But let's specify it a little bit. Indeed, from where people with disabilities have been excluded historically, is from the participation in community events. That is, their education was segregated, their employment was segregated, the centres in which they live are still sometimes segregated, residential services etc. And the difference is that this model allows them to be part of a rugby club, as I told you before, in their neighbourhood, their city, and not the usual adapted rugby club, the special rugby they can set up in their city. And that does contribute. What does it contribute? Sense of belonging, because you go with your club's shirt, and you show it to other young kids, and moreover you play with each other. Therefore, you can develop relationships and friendships beyond the players of your team (among which there are already players with and without disabilities). But in addition, it gives you access to a rugby club, with all the peculiarities and values that this sport entails. I always insist that rugby and its values make it very suitable for this model, but it can be translated to any sport. In other words, if people with disabilities can interact on a daily basis, both on the playing field and with people without disabilities, their lives are enriched, as well as enriching the lives of everyone else.

Speaker 1: And for people with functional diversity who have not yet found out about this new model. How do you think providers can recruit more people?

Speaker 2: Right, there is one aspect, in reality the Mixed Ability movement does not need to attract more people either, beyond one of its missions is to let everyone know that they are an open-door club. That is, a club that has a vocation, that has a specific team in which all of this is facilitated and that is willing and willing to admit everyone to the club. So, it is good to know that clubs exist, but we really don't have to attract more people, they have to know that the club is open but without doing it differently.

Speaker 1: Sure, so don't do it as something special

Speaker 2: Yeah. Above all, what people must know so that they can decide, indeed, on the issue of self-determination of people with disabilities. People have to know that there is this type of rugby. But it is simply about spreading, that is, spreading and letting them know that their doors are open.

Because, Mixed Ability makes a very big personal human difference and that is, that normally people with disabilities and their families have a history of going to ... we call it, knocking on club doors asking: hey, can my son play in this football club? And many times, having a disability, they say, we sorry but you cannot play here. So, knowing that in your area, in your neighbourhood there is a rugby club that is open to people with disabilities, or with different types of abilities it is very relevant. But the Mixed Ability rugby does not do mass collection, it is not their objective that as many as possible go. The objective let the people know that if they want to go, they can, to say it somehow.

Speaker 1: And as the interpersonal relationships of individuals increased, do you know if their job opportunity has increased as well thanks to Mixed Ability?

Speaker 2: Yes, we have some examples. Let's say that as a previous model, the idea is that… finally there are several studies on the subject of integrated employment, and many say that in many countries and in many cultures, employment is achieved through contacts. It is clear, that is, I know someone who has a business, this person interests him, and moreover, sometimes direct knowledge makes it easier for him to know the characteristics of the person, beyond having a resume or an interview. In that sense it does happen, we have some examples of people who are playing on the same rugby team and the potential employers see in some of the players characteristics that they think are suitable to make them good candidates for jobs.

Once it happens, and that you train with that person one day, another and another, and you see that for example that their punctuality, that their energy, that their desire to do things and that their good disposition are something constant, that makes it easier for you to look like an interesting employee and those things happen.

Speaker 1: And has there been any case that the club has hired any disable people?

Speaker 2: I don't know about clubs, but I do know of people who play together and those who can offer jobs, they offer it to those teammates who have disabilities.

Speaker 1: Okay, so everything is very clear now. Thank you very much for your time.

Speaker 2*:* No worries, thank you very much.

Oier Barruso – Coordinator of IMAS Madrid and San Isidro RC Coach

Original Transcription (Spanish)

***Speaker 1**:* Bueno, buenos días Oier, vengo desde la Universidad de Wales Trinity Saint David a Madrid para entrevistarte. Bueno primero de todo que es para ti Mixed Ability.

***Speaker 2**:* Mixed Ability es un modelo que aglutina a personas con y sin discapacidad. Donde a estas personas con discapacidad se les da la oportunidad por primera vez de practicar deporte de una forma realmente inclusiva.

***Speaker 1**:* Hay algún tipo de adaptación?

***Speaker 2**:* Hay adaptaciones mínimas por el tema de la seguridad. Pongamos un ejemplo la mayoría de los partidos no suelen exceder los 60 minutos, porque World Rugby ha demostrado que a partir del minuto 60 las lesiones crecen de manera exponencial, hay varios artículos publicados. Y debido a posibles problemas cervicales sobre todo enfocado a las personas con síndrome de Down las melés son pactadas.

***Speaker 1**:* Entonces cómo se definiría Mixed Ability? Como un deporte adaptado?

***Speaker 2**:* A mi me gusta definir Mixed Ability como un equipo dentro de los clubs ordinarios que ya existen, y sería más parecido a un "Saturday Team" que a cualquier otra cosa. Donde no prima la competitividad sino prima la participación.

***Speaker 1**:* Vale perfecto, pero a la vez hay algo de competitividad?

***Speaker 2**:* Obviamente la competitividad es inherente al deporte y nosotros sí que hacemos una distinción en los torneos que organizamos. Por ejemplo el próximo IMART 2020 en Cork, solemos diferenciar claramente dos trofeos, el competitivo que es como cualquier otra competición, por puntos, con las mismas normas como el rugby. Y luego a través de los valores de rugby: integridad, pasión, respeto y demás, son cinco pilares, y repartimos tres puntos por cada...reparten los árbitros tres puntos por cada pilar de esos. Entonces puede ser desde cero hasta tres y serían como 15 puntos que en cada partido los árbitros ponen su puntuación y luego se reparte el premio al spirit of Mixed Ability

***Speaker 1**:* Vale, y como esta dividido más o menos? o sea durante el IMART dividís a la gente?

***Speaker 2**:* No, durante el torneo jugarán todos como cualquier otro torneo, con una fase previa y una fase posterior de semifinales y final. Durante el partido se va puntuando a cada equipo para la evaluación competitiva y con la puntuación de Spirit.

Speaker 1: Y como está implicado IMAS? Bueno se que tu llevas todo el tema de IMAS en Madrid Sur. Por lo tanto, como estás implicado en este nuevo modelo?

Speaker 2: Yo soy miembro de IMAS desde 2017 a raíz del torneo de Vitoria, del IMART en Vitoria. Y mi implicación es favorecer junto con David, solemos ir a clubes o asociaciones que nos llaman a dar formación en nombre de IMAS. Y luego por otra parte formación, apoyarles en sus jornadas y demás. Recientemente hemos estado en las Rozas (Madrid), una jornada que han tenido de puertas abiertas para captación de gente. Aparte de eso yo soy coordinador de inclusión en el San Isidro Rugby Club de Madrid.

Speaker 1: Y en Madrid, como estamos hablando, con qué diferentes sectores colabora IMAS?

Speaker 2: A qué te refieres?

Speaker 1: Me refiero a si trabajais con diferentes tipos de sectores, como puede ser de educación, etc. no tanto sectores enfocados al deporte sino otro tipo de sectores.

Speaker 2: Estamos sobretodo enfocados a la inclusión en el deporte, la inclusión a través del deporte.

Speaker 1: Y no hay ningún otro sector con el que colaboreis aparte del de la inclusion y el del deporte?

Speaker 2: Actualmente en IMAS estamos intentando trabajar con otros movimientos, como puede ser centros de presos, en centros penitenciarios y demás. Pero todavía está muy verde como para adelantar nada.

Speaker 1: Vale perfecto. Y cuáles crees que son los beneficios que Mixed Ability aporta a este tipo de personas con discapacidad?

Speaker 2: Los beneficios son bidireccionales, no son solo hacia las personas con discapacidad que obviamente está enfocado y son los protagonistas de este modelo. Pero también hacia romper las barreras que tiene la sociedad respecto a la discapacidad y las capacidades de las personas con discapacidad. Cualquier persona que haya tenido discapacidad se ha visto apartada y obligada a no participar de muchas cosas, de no ser parte de nada. Y esto les da una oportunidad de sentirse parte de un club, de un equipo, de un sentido de pertenencia que es muy importante para el desarrollo de las personas. Les da también actividad física, eso también lo puedes encontrar en el deporte adaptado. Pero la diferencia, es que aquí es en igualdad de condiciones cada uno con el apoyo que necesita. Basado todo en el paradigma de apoyo de la Universidad de Salamanca. Y es eso, son los beneficios que aporta a una sociedad donde todas las capacidades sean parte de esta sociedad.

Speaker 1: Perfecto. Pues si como bien dices muchos autores han recalcado que este tipo de actividades son desafiantes ya que las personas se han visto excluidas de los entornos integrados por

lo tanto cuáles son los elementos esenciales que los proveedores de Mixed Ability tienen que considerar para así involucrar al máximo de personas con diversidad funcional?

***Speaker 1**:* Es importante fijarse en la persona y no en las barreras que tiene esa persona. Obviamente hay que fijarse cuáles son las barreras que la sociedad le impone para darle el apoyo donde lo necesita. Pero hay que fijarse en la persona para que todo el mundo pueda participar de ello. Obviamente nosotros estamos sobre todo enfocados en el rugby. El rugby es un deporte de contacto, que también tiene otras barreras y otras sombras no reales, sobre la violencia y además que también son barreras que tenemos que tirar. Pero en este modelo va mucho más allá, aquí en España estamos empezando a intentar desarrollarlo en otros deportes, pero todavía no ha cuajado del todo debido a la sobreprotección de las personas con discapacidad y demás. Pero sí es verdad, que por ejemplo, en rugby al ser un deporte de contacto puede que haya gente que no quiera practicarlo. Entonces lo que queremos es expandirlo a los demás deportes donde todas las personas puedan participar en igualdad de condiciones, sin necesidad de cambiar las reglas.

***Speaker 1**:* Y cuál es cuáles son los factores que se deberían mejorar para así atraer a más gente a Mixed Ability?

***Speaker 2**:* Hay que...insisto en romper las barreras que tanto las familias, como la sociedad tienden a sobreproteger a las personas con discapacidad y no darles la oportunidad de ser persona. Es algo muy fuerte, la ONU en 2006 firmó un acuerdo sobre los derechos de las personas con discapacidad y actualmente si una persona con discapacidad quiere practicar deporte, las ofertas que tiene son deporte adaptado en clubes aparte y demás. Mixed Ability lo que hace que dentro de los clubes ordinarios exista la posibilidad de que practiquen deporte como cualquier otra persona.

***Speaker 1**:* La Eurostat identificó que el 29% de la gente con discapacidad está en riesgo de pobreza y eso es una barrera muy grande. Entonces cómo considera Mixed Ability este tipo de barreras? Da descuentos...? porque jugar al rugby en España es caro

***Speaker 2**:* Si, es un deporte de pijos. Si por que en España la ficha de rugby es bastante cara. La idea, que por ejemplo yo te voy a hablar del caso del club actual en el que estoy, pero cada club lo gestiona una forma. La idea principal es que no tengan ningún descuento distinto al de otras personas. Si que el club por ejemplo, el San Isidro sí que si una persona tiene una necesidad de que no puede pagarlo, tienen becas entrenando a la escuela o con otro tipo de servicios al club. Pero la idea es que sean como cualquier otra persona dentro del club, sin que no sea del todo gratis, todo vale porque tengo discapacidad.

***Speaker 1**:* Pero si por ejemplo si esa persona tiene menos ingresos se da algun tipo de beca?

***Speaker 2**:* Depende. Depende del club. Esto es gestión interna de cada club. Si que siempre cualquier persona podrá apoyar (además el rugby es un deporte muy familiar) vendiendo merchandising o haciendo cualquier cosa que sí que les facilitará el pago de la ficha.

***Speaker 1**:* Hay algún caso que puedan incrementarlas las relaciones interpersonales a través de Mixed Ability?

***Speaker 2**:* Sí, sí...

***Speaker 1**:* Pero al igual que otro tipo de deporte inclusivo, o más?

***Speaker 2**:* Es que la inclusión real todavía no se está dando en esta sociedad. Entonces Mixed Ability lo que hace es que cada persona tenga los apoyos que necesita para poder desarrollarse. Te puedo contar un caso de una persona en concreto en Vitoria (del Gaztedi), que no se podía acercar a las personas porque no le apetecía. Entonces cuando hacíamos cualquier sesión él estaba aparte y al principio ni tocaba balón. Poco a poco, viendo la dinámica del grupo empezó a coger balón, a coger confianza en si mismo y poder acercarse al grupo. Hoy en día, cuando conoce a alguien nuevo le da un abrazo. Osea la evolución, y estamos intentando contrastarlo con evidencias científicas, es clara, es clara para nosotros que lo vemos. Pero obviamente necesitamos evidencia científica para poder demostrarlo a las federaciones.

***Speaker 1**:* Vale perfecto. Muchos autores dicen que al incrementar las relaciones interpersonales la oportunidad laboral también crece. Sabes algún caso?

***Speaker 2**:* Te puedo hablar de varios casos. En Almería, un jugador con discapacidad, debido a las herramientas que da para que se empoderen esas personas, ha conseguido que alguien del entorno del rugby le dé un trabajo. En Valencia hay un club que trabaja con un modelo muy similar. También muy cerca de la inclusión real y tienen una asociación que es un restaurante donde dan empleo a personas en riesgo de exclusión social, tanto con discapacidad como otras necesidades.

***Speaker 1**:* El club en sí?

***Speaker 2**:* Es una asociación. Y el primer caso que te comentaba es a través de contactos, no del club, sino del entorno del club que ha conseguido que esa persona tenga un contacto y le pueda dar un trabajo.

***Speaker 1**:* Y desde su experiencia cuáles consideras que son las razones por las cuales una persona con diversidad funcional se anima a formar parte de Mixed Ability?

***Speaker 2**:* Porque no nos fijamos en los estigmas sociales que hay ahí, no nos fijamos en esa discapacidad sino en las capacidades que esa persona tiene. Por lo tanto esa persona se ve integrada, se ve incluida realmente en un entorno donde se le trata como una persona y no se le trata como esa pobre persona o ese pobre niño siendo un adulto. Sino que se le trata como uno más, con su necesidad de apoyos al igual que lo tenemos todos los demás en otros ámbitos de la vida.

***Speaker 1**:* Y no crees que este modelo puede tener riesgos adicionales? por ejemplo en caso de

discapacidad el individuo puede tener menos reflejos o incluso ser ciego o tener menos condiciones físicas. Por lo tanto, al haber más riesgos de lesionarse que respecto a una persona sin discapacidad y sin ningún tipo, como esto los proveedores del modelo Mixed Ability?

***Speaker 2**:* Eso lo tratamos en las formaciones y es tan sencillo como que obviamente los deportes tienen un riesgo, el deporte hay gente que dice que no es sano. Entonces el deporte de la alta competición no es sano, se puede ver en los deportistas las lesiones que tienen. Es sano ser parte de ello y hacer deporte de forma moderada. Obviamente todos los deportes tienen un riesgo de lesión pero lo tienen todas las personas. Entonces personas que son más vulnerables, lo que hay que hacer es fomentar los apoyos donde ellos lo necesitan, donde tienen más necesidad, para que estén en equidad con el resto de las personas. Si los entrenamientos se tienen que adaptar al igual que a cualquier otra persona a su nivel de psicomotricidad, a su nivel de comprensión del juego y demás. Y en el momento de participar en una competición es el staff, los entrenadores y demás, y el propio individuo el que decide si está en condiciones de participar o no. Sería absurdo exponer a una persona que no está preparada para el rugby a ponerlo a placar, cuando no se le ha enseñado a recibir la técnica y demás.

***Speaker 1**:* Y si esa persona por ejemplo quiere formar parte pero no está capacitada?

***Speaker 2**:* Se le tendrán que ir dando las herramientas poco a poco hasta el punto en el que le capacitamos y se capacite el o ella mismo a esa posibilidad.

***Speaker 1**:* Y por ejemplo con una persona ciega? como lo maneja Mixed Ability?

***Speaker 2**:* Con personas ciegas hay herramientas, como balones con sonido o que la persona que hace de apoyo este más cerca. Hace poco, no se si tenemos vídeos, en las Rozas hay una chica que no es ciega total pero tiene para que se entienda fácilmente, tiene ojos de mosca. Entonces hay una persona que le da el apoyo, que está muy cerca en el campo, entonces a la hora de transmitir el balón hay prácticamente contacto continuo y es dar los apoyos a la persona dependiendo de sus necesidades.

***Speaker 1**:* Vale perfecto. Pues muchas gracias, encantado de conocerte y nos vemos en la próxima.

***Speaker 2**:* Gracias a ti.

Separate Question 1

Speaker 1*:* Qué tipo de apoyo económico recibís en IMAS?

Speaker 2*:* A través de IMAS en España, todavía no recibimos nada puesto que no tenemos ningún patrocinador que apoye el proyecto. Sí que cuando damos formación, cobramos por la formación y recibimos unas dietas, que nos ayudan a pagar nuestro traslado hacia el lugar de formación y la estancia y demás. Pero actualmente no recibimos ningún salario ni nada parecido desde IMAS.

Separate Question 2

Speaker 1: Qué barreras o ayudas presentan las federaciones?

Speaker 2: En principio las Federaciones dicen que están abiertas a cualquier tipo de apoyo, pero en la realidad no es así. Ahora se acaba de crear el Programa Nacional de Rugby inclusivo por parte de la FER, CSB y el CEDI. Pero es verdad que hasta ahora no permitían la licencia, depende de la Administración autonómica respectiva, de personas con discapacidad en competición. Como puede ser el caso de Euskadi, donde había varias personas que hasta este año no podían licenciarse, porque alegaba las federaciones que el seguro no les cubría y demás. Tras cierta lucha y reclamando al Gobierno vasco, los clubes han conseguido generar la Bulcha liga. Y que las personas menores de edad jueguen en federado. Pero aún así es un trayecto largo y una cruzada que tenemos en contra de todas esas barreras que nos ponen las federaciones.

Translated Transcription (English)

Speaker 1: Well, good morning Oier, I have come from the University of Wales Trinity Saint David to Madrid to interview you. Well first of all, what is for you Mixed Ability?

Speaker 2: Mixed Ability is a model that brings together people with and without disabilities. Where these people with disabilities are given the opportunity for the first time to practice sport in a truly inclusive way.

Speaker 1: Is there some kind of adaptation?

Speaker 2: There are minimal adaptations for the security issue. Let's take an example, most games do not usually exceed 60 minutes, because World Rugby has shown that from minute 60 the injuries grow exponentially, there are several published articles. And due to possible cervical problems, especially focused on people with Down syndrome, scrums are uncontested.

Speaker 1: So how would Mixed Ability be defined? As an adapted sport?

Speaker 2: I like to define Mixed Ability as a team within ordinary clubs that already exist, and it would be more like a "Saturday Team" than anything else. Where competitiveness does not prevail, but participation prevails.

Speaker 1: Okay perfect, but at the same time is there some competitiveness?

Speaker 2: Obviously competitiveness is inherent in sport and we do make a distinction in the tournaments we organize. For example, the next IMART 2020 in Cork, we usually clearly distinguish two trophies, the competitive one that is like any other competition, for points, with the same rules as rugby. And then through the values of rugby: integrity, passion, respect and others, there are five pillars, and we distribute three points for each ... the referees distribute three points for each pillar of those. So, it can be from zero to three and it would be like 15 points in each game. The referees put their score in each game and then the prize for the spirit of Mixed Ability is distributed.

Speaker 1: Okay, and how is it divided more or less? That is, did you divide people during IMART?

Speaker 2: No, during the tournament everyone will play like in any other tournament. With a preliminary phase and a subsequent phase, the semi-finals and final. During the game each team is scored for the competitive evaluation and with the Spirit score.

Speaker 1: And how is IMAS involved? Well, I know you run the whole IMAS issue in south Madrid. Therefore, how are you involved in this new model?

Speaker 2: I have been a member of IMAS since 2017 as a result of the Vitoria tournament, of the IMART in Vitoria. And my implication is to promote together with David, we usually go to clubs or associations that call us to give training on behalf of IMAS. And then, on the other hand, training, supporting them in their days and so on. We have recently been to Las Rozas (Madrid), a day that has had open doors to attract people. Apart from that I am an inclusive coordinator at the San Isidro Rugby Club in Madrid.

Speaker 1: And in Madrid, as we are talking about it, with what different sectors does IMAS collaborate?

Speaker 2: What do you mean?

Speaker 1: I mean if you work with different types of sectors, such as education, etc. not so much sectors focused on sport but other types of sectors.

Speaker 2: We are above all focused on inclusion in sport, inclusion through sport.

Speaker 1: And there is no other sector with which you collaborate apart from that of inclusion and sports?

Speaker 2: Currently at IMAS we are trying to work with other movements, such as prison centres, correctional facilities and others. But it is still too early to anticipate anything.

Speaker 1: Okay perfect. And what do you think are the benefits that Mixed Ability brings to disabled people?

Speaker 2: The benefits are bi-directional, they are not only for people with disabilities, who are obviously the focus and are the protagonists of this model. But also, towards breaking the barriers that society has regarding with disability and the capacities of people with disabilities. Anyone who has been disabled has been withdrawn and forced not to participate in many things, not to be part of

anything. And this, gives them an opportunity to feel part of a club, of a team, of a sense of belonging, that is very important for the development of people. It also gives them physical activity, you can also find that in adapted sports, but the difference is that here it is on equal terms, each one with the support needed. All based on the support paradigm of the University of Salamanca. And that is, those are the benefits it brings to a society, in order to give the chance of all capabilities to be part of this society.

Speaker 1: Perfect. Well, as you say, many authors have emphasized that these types of activities are challenging, because people have been excluded from integrated environments. Therefore, what are the essential factors that Mixed Ability providers have to consider in order to fully involve people with functional diversity to take part?

Speaker 1: It is important to look at the person, and not at the barriers that person has. Obviously, you have to pay attention on the barriers that society imposes disabled people, to give them the support where it is need. But you have to pay attention to the person so that everyone can participate in it. Obviously, we are mainly focused on rugby. Rugby is a contact sport, which also has other barriers and other unreal shadows, on violence and also that they are also barriers that we have to throw. But this model, goes much further, here in Spain we are starting to develop it in other sports, but it has not yet fully materialized due to the overprotection in people with disabilities. But it is true, that for example in rugby, as it is a contact sport, there may be people who do not want to practice it. So, what we want is to expand it to other sports, where all people can participate on equal terms, without having to change the rules.

Speaker 1: And what are the factors that should be improved in order to attract more people to Mixed Ability?

Speaker 2: We must... I insist on breaking the barriers, that both families and society tend to overprotect people with disabilities and not giving them the opportunity to be a person. It is something very strong, the UN in 2006 signed an agreement on the rights of people with disabilities and currently if a person with a disability wants to play sports, the offers they have are just adapted sports in separate clubs and other types. Nevertheless, Mixed Ability gives them the opportunity to play within ordinary clubs where they can practice sports like anyone else.

Speaker 1: The Eurostat identified that 29% of people with disabilities is at risk of poverty and that is a very big barrier. So how does Mixed Ability consider these types of barriers? Do they give discounts...? Because for example, playing rugby in Spain is expensive.

Speaker 2: Yes, it is a posh sport. In Spain the membership rugby fee is quite expensive. The idea, for example, I'm going to talk about the case of the current club where I am, but every club is managed by themselves. The main idea is that they have no discount distinct from the others. If the club for example, the San Isidro itself, sees a person that has a need and cannot afford it, have scholarships,

school training, or other services to the club. But the idea is to be like everyone else in the club, without having in mind that because you a disabled person you are going to have everything for free.

Speaker 1: But if for example that person has less income? Is there some kind of scholarship?

Speaker 2: It depends. It depends on the club. This is internal management of each club. Yes, anyone can always help (rugby is a very familiar sport) by selling merchandising or doing anything that makes it easier for them to pay.

Speaker 1: Is there any case that interpersonal relationships has increased through Mixed Ability?

Speaker 2: Yes, yes ...

Speaker 1: But you would say as other inclusive sports, or more?

Speaker 2: It is real inclusion, is not yet occurring in this society. So, Mixed Ability, what it does is that each person has the supports they need to be able to develop. I can tell you a case of a specific person in Vitoria (Gaztedi), who could not approach people because he did not feel like it. So, when we did any session, he was apart and at first, he didn't even touch the ball. Little by little, seeing the dynamics of the group, he began to catch the ball, to gain self-confidence and to be able to approach the group. Today when he meets someone new, he gives him a hug. That is, evolution, and we are trying to contrast it with scientific evidence, it is clear, it is clear to us that we see it. But obviously, we need scientific evidence to be able to demonstrate it to the federations.

Speaker 1: Okay perfect. And many authors say that when interpersonal relationships increase, the job opportunity also grows. Do you know any case?

Speaker 2: I can tell you about several cases. In Almería, a player with a disability, due to the tools he gives to empower these people, has obtained someone from the rugby environment to give him a job. In Valencia there is a club that works with a very similar model. They are also very close to real inclusion and they have an association, that is a restaurant, where they employed people at risk of social exclusion, both with disabilities and other needs.

Speaker 1: The club itself?

Speaker 2: It is an association. And the first case that I mentioned to you is through contacts, not from the club, but from the club environment that has obtained that this person has a contact and can give him a job.

Speaker 1: And from your experience, what you consider that are the reasons why a person with disability is encouraged to be part of Mixed Ability?

Speaker 2: Because we don't look at the social stigmas, we don't look at that disability, but at the capabilities that a person has. Therefore, that person is integrated, is really included in an environment where he is treated as a person and is not treated as that poor person or that poor child as an adult. Rather, he is treated as one more, with his needs for support just like everyone else in other life problems.

Speaker 1: And don't you think that this model may have additional risks? For example, in case of disability, the individual may have less reflexes or even be blind or have fewer physical conditions. Therefore, as they may have more risks of injury than with respect to a person without disabilities, How does Mixed Ability providers consider this aspect?

Speaker 2: That is what we deal with in the formations and it is as simple as sports obviously have a risk, there are people who say that it is not healthy. So, the sport of high competition is not healthy, you can see in athletes the injuries they have. It is healthy to be part of it and do sports in a moderate way. Obviously, all sports have a risk of injury, but the same as all people have. So, for people who are more vulnerable, what is needed it to promote supports where they needed, where they have the most need, so that they are in equity with the rest of the people. If the trainings have to adapt like any other person to their level of psychomotricity, their level of understanding of the game and others. And at the moment of participating in a competition, it is the staff, the coaches and himself, who decides whether he is in a position to participate or not. It would be absurd to expose a person who is not ready for rugby to put them at risk with tackling, when they have not been taught to receive the technique and so on.

Speaker 1*:* And if that person wants to be part but it is not able?

Speaker 2*:* You will have to go slowly, giving tools to the point where you train himself or herself to the possibility of being able.

Speaker 1*:* And for example, a blind person? How does Mixed Ability handle with that?

Speaker 2*:* With blind people there are tools such as balls with sound, or that the person making support is closely. Recently, we found a girl who is not blind at all, but it has a percentage of blindness. Therefore, there is a person who gives her support, which is very close in the field, then when passing the ball there is a continuous contact and by giving the person the support depending on their needs.

Speaker 1*:* Right, perfect. Thanks, nice to meet you and see you in the next.

Speaker 2*:* Thanks to you.

Separate question 1

Speaker 1*:* What kind of financial support do you receive in IMAS?

Speaker 2*:* Through IMAS in Spain, we do not receive anything yet, since we do not have any sponsors to support the project. When we give training sessions, we charge for training and receive an allowance, to help us pay for our transportation to the place of training and accommodation and so on. But currently we do not receive any salary or anything from IMAS.

Separate Question 2

Speaker 1: What barriers or supports does federations provide?

Speaker 2: In principle federations say they are open to any kind of support, but in reality it is not. Now, the FER, CSB and CEDI just created the National Program for inclusive Rugby. But it is true that so far, they did not allow the license. It depends on the respective regional government barriers of people with disabilities in competition. Such as the case of the Basque Country, where there were several people who until this year could not play because federations argued that the insurance did not cover them. After some struggle and claiming, the Basque Government, the clubs have managed to generate the Bulcha league. And therefore, disable people can now play in federated. But it's still a long way and we have a crusade against all those barriers that federations put us.

Juan Ignacio Pita – Ingenieros Industriales RC Coach

Original Transcription (Spanish)

Speaker 1: Hola buenos dias. He venido desde la Universidad de Gales Trinity Saint David para entrevistar al coordinador Juan Ignacio Pita que lleva todo el tema de Mixed Ability en el equipo Ingenieros Industriales De Las Rozas. Buenos días Ignacio.

Speaker 2: Muy buenos días Pablo.

***Speaker 1*:** Qué es Mixed Ability para ti?

***Speaker 2*:** Es una forma de entender el deporte y en especial el rugby en el que personas con discapacidad y sin discapacidad compartimos espacio, compartimos compartimos actividad y siempre con las mismas reglas. No hacemos nada diferente a lo que hace el rugby normal. Lo único que no hay empuje en la mele, pero el resto es rugby y ya está.

Speaker 1: Cómo está Industriales implicado con IMAS?

Speaker 2: Hace seis años iniciamos un proyecto dirigido a personas con discapacidad para que pudiesen jugar con nosotros al rugby y no teníamos ni idea cómo llevarlo a cabo, contactamos con fundaciones en España, con equipos de rugby que ya tenían experiencia como el Gaztedi y fue a través de esos contactos con los que nos fuimos… a traves sobre todo con el contacto del Gaztedi y de David Izquierdo el que fuimos conociendo de primera mano lo que era IMAS, y a partir de ahí desde ese momento hasta hoy que desarrollamos la filosofía IMAS dentro de nuestro proyecto de rugby inclusivo.

***Speaker 1*:** Y recibís algún apoyo economico de IMAS?

Speaker 2: IMAS es una asociación privada sin ánimo de lucro y trabaja sobre todo para que lo que es el manifiesto IMAS Y lo que conlleva la defensa por el deporte inclusivo se extienda. Mmmm No no es una fundación que pueda ir patrocinando y además entonces no recibimos dinero, sí que de cara a eventos como por ejemplo el IMART (que se va a celebrar en breve) recibimos un… no ayudas económicas pero sí facilidades para poder ir a ese torneo

***Speaker 1*:** Y recibís algún tipo de apoyo económico por parte de algún patrocinador por parte de algún otro sector?

***Speaker 2*:** Es una de las cosas en las que estamos trabajando ahora mismo desde la parte del proyecto inclusivo de Industriales, para tener una estructura dentro del club que sea sostenible y no sea un coste para el club.

Speaker 1: Habéis pensado en algún en algún sector que esté apartado del rugby? como por ejemplo una cafeteria, etc.

Speaker 2: La primera y única vez que hemos pedido algún tipo de patrocinio ha sido para esta última

jornada que celebramos el 14 de diciembre y nuestros patrocinadores han sido muy variados. Es un proyecto que trata de la inclusión trata de fomentar que el proyecto crezca y se nutra de muchos tipos de personas y con el patrocinio vamos exactamente igual. O sea no tenemos ningún tipo de patrocinador sino el que quiera aportar será siempre bienvenido.

Speaker 1: Qué tipo de barreras o ayudas presentan las federaciones? En este caso la Federación Española de Rugby.

Speaker 2: Pues de una manera muy gratificante, tengo que decir que la Federación Española se está involucrando, de hecho se está creando ya el plan nacional de rugby inclusivo. Tuvimos un Congreso en septiembre, en breve tendremos otro casi seguro que para febrero en el que los diferentes miembros "Runners" o como quieran llamarlo, de los proyectos que se desarrollan en los diferentes equipos de España, Pues ponemos en común nuestras experiencias y de ahí se va sacando toda la información

***Speaker 1*:** Desde tu perspectiva, cuál es cuáles crees que son los factores que deberían de mejorar para así atraer a más gente a formar parte de Mixed Ability en rugby? En este caso en industrials.

Speaker 2: Pues siempre lo he dicho, el rugby y el mundo de la discapacidad se parece muchísimo, y si algo les hace semejantes es que el desconocimiento normalmente conlleva rechazo e incluso a veces el miedo, en el momento que seamos capaces de enseñar nuestro deporte a las personas interesadas, osea, de ir a los centros, de ir a las fundaciones… pero no sólo a los centros para personas adultas sino también a los centros de educación especial, a enseñar nuestro deporte y lo que nuestro deporte conlleva. Está claro que por naturaleza humana va a ser… las ganas de la gente de conocerlo va a ir en aumento seguro seguro por lo que que es lo que lo que conlleva

***Speaker 1*:** O sea que lo que IMAS quiere no es hacer una captación en masa sino que quiere dedicarlo sólo a la gente que se vea interesada?

Speaker 2: Yo personalmente voy a hablar por lo que nosotros trabajamos en Industriales. El objetivo que nosotros tenemos en Industriales es algo tan básico como que cualquier persona que quiera practicar rugby pueda hacerlo. Olvidémonos del resto de las cosas si tiene discapacidad si no tiene. Cualquier persona que quiera practicar rugby puede hacerlo. Y en eso estamos trabajando, está claro que queremos tener un equipo de rugby inclusivo para que esos chicos que quieren jugar al rugby y porque sus condiciones/capacidades no les permite jugar al rugby federado tengan un sitio donde jugarlo. Y esa es la parte del equipo de rugby inclusivo.

Speaker 1: Y a esta gente. Cuáles crees que son los beneficios que les aporta Mixed Ability?

Speaker 2: A a las personas con discapacidad, sin duda, yo creo que la parte más positiva del rugby es la parte social. El rugby es un deporte en el que la parte social la trabajamos mucho y sobre todo lo que es los valores sociales, el respeto, la educación máxima, el trabajo en equipo y muchos valores que a las personas que vienen del mundo de la discapacidad en muchos casos les ha faltado, entonces cuando entran en un equipo de rugby se van a encontrar con un entorno familiar porque en cualquier club de rugby es un entorno familiar en el que los valores están frequentemente y lo más importante

que si ellos quieren va a ser para toda la vida algo que para muchas familias es un grandísimo problema de que va a ser de nuestro hijo o hija el día de mañana cuando nosotros no estemos o cuando el dinero no esté. El rugby es un deporte que es para toda la vida hay personas con 60-70 años siguen vinculadas a la estructura.

***Speaker 1*:** y como bien dices, se han incrementado sus relaciones interpersonales así como la amistad con otros compañeros?

Speaker 2: Por supuesto, hablo de nuestro caso personal en Industriales. Nosotros empezamos con con un chaval con discapacidad hace seis años, en la actualidad tenemos a ocho adultos cinco cinco chicos y tres chicas y a cinco niños en la escuela. Todos ellos se relacionan con el resto de los compañeros de sus diferentes edades, todos son conocidos dentro del club y son tratados como lo que son, uno más dentro del club y eso creo que es algo muy positivo para ellos (personas con discapacidad), pero también para para nosotros por lo que ellos nos aportan también que eso es muy importante y muchas veces nos olvidamos. Lo que nos aportan son las enseñanzas diarias y constantes de lo que es el esfuerzo, lo que es romper barreras que para un jugador de rugby es esencial.

***Speaker 1*:** Bueno y ya que me dices que han incrementado sus relaciones interpersonales. Muchos autores han recalcado que al incrementar las relaciones interpersonales la oportunidad laboral también crece, sabes algún caso en Industriales?

Speaker 2: Tenemos el caso de un chico, que cuando empezó a entrenar con nosotros, trabajaba en un centro ocupacional, vamos está en un centro ocupacional haciendo diferentes cursos, y a través de un compañero del equipo que trabaja en una empresa en la que contratan a personas con discapacidad, pues este chico hizo su entrevista y tiene su trabajo, con el que con él hemos conseguido lo que es la inclusión total de una persona, que está trabajando que tiene un grupo de amigos tanto dentro como fuera del club y que hace su vida diaria como cualquier persona debería hacer.

Speaker 1: Siguiendo con este tema, la Eurostat identificó que aproximadamente el 29% de la gente con discapacidad está en riesgo de pobreza, por lo tanto cómo considera esto industrials, da algún tipo de ayudas a individuos que estén en riesgo de pobreza?

Speaker 2: En la actualidad no hacemos nada de eso. Primero y principal por la falta de ingresos como suele ocurrir en la mayoría de los proyectos sociales, pero sí que dentro del proyecto Industriales es una de las partes en las que más vamos a trabajar, el hecho de que personas con discapacidad que forman parte del equipo puedan trabajar en la estructura del equipo, tanto a nivel administrative, como en el campo, como posibles entrenadores o en el mantenimiento, eso es cuestión de estructurarlo y trabajarlo pero sí que es un objetivo claro del proyecto. Y es que las personas con discapacidad puedan trabajar dentro del club o relacionadas con el club.

***Speaker 1*:** Vale perfecto, muchos autores han recalcado que este tipo de actividades son más desafiantes ya que estas personas se han visto excluidas de entornos integrados por lo tanto cuáles son los elementos esenciales que los proveedores de Industriales tienen que considerar para asi involucrar al máximo de personas con diversidad funcional?

***Speaker 2*:** pues las cosas como son, la experiencia que hemos tenido durante estos seis años es que simplemente dándonos a conocer y siendo capaces de quitar los posibles miedos que genera el rugby,

las personas con discapacidad se van a ir acercando y una vez que se acercan igual que cualquiera que juega al rugby se quedan enamorados, entonces el trabajo no lo tenemos que hacer nosotros...

Speaker 1: No no, o sea como lo promocionais?

Speaker 2: Vale vale, no te habia entendido, el tema es que nosotros lo que temenos….

(Audio pausado porque ***Speaker 2*** tenía que ir al baño)

Speaker 1**:** Vale, repito la pregunta, cuales son los elementos esenciales para promocionar Mixed Ability rugby, pues cuales son los factores que industrials tiene que considerar?

Speaker 2: Vale, nosotros el el proyecto nuestro, mejor dicho el programa tiene varios proyectos, todos ellos son renovables anualmente pero en todos ellos hay jornadas en nuestro campo dirigidos a fundaciones y asociaciones que trabajan con personas con discapacidad, lo que nos permite que personas vengan a nuestro campo a conocer el rugby a través de una jornada lúdica. Sin ir más lejos la última que tuvimos el 14 de diciembre fueron noventa y tres personas con discapacidad que vinieron con nosotros. Aparte de esas jornadas pues nosotros tenemos la Escuela Municipal de rugby a la que cualquier chaval con discapacidad se puede apuntar, da igual si tiene o no tiene. Nosotros a día de hoy tenemos cinco chicos y por otro lado están los entrenamientos senior tanto masculino como femenino que los chicos entrenan como como cualquier otro. Y por ultimo, empezamos a hacerlo hace bastante tiempo, que es ir a diferentes centros, centros educativos o centros ocupacionales o de ocio de fundaciones o asociaciones y hacer rugby allí.

Speaker 1: Y en tema de seguros, ha puesto la Federación algún impedimento?

Speaker 2: La federación madrileña en este caso no nos ha puesto ninguna pega. De hecho estuve hablando hace relativamente poco con el presidente y lo que me comentaba el es que los jugadores con discapacidad lo que tienen que hacer es hacerse un reconocimiento médico más más severo pero que en un principio podrían jugar la liga normal. Y lo que nosotros hacemos es que todos los chicos que tienen discapacidad de nuestro club tienen que tener el seguro de FEMADE que es el de la Federación de Madrid de deportes inclusivos que le cubre para cualquier práctica deportiva.

Speaker 1: Perfecto, y ya por último pues en caso de tener diversidad funcional al individuo puede tener menos reflejos, o por ejemplo al tener menos condiciones físicas, como puede ser el caso de tener un brazo menos o una pierna menos o lo que sea. Cómo considera esto industrials, osea todos los jugadores conocen las habilidades de las demás personas que están en el juego?

Speaker 2: Nosotros estamos hablando de rugby, en el rugby por suerte es así hay diferentes niveles, de diferentes capacidades dentro de personas sin discapacidades. Yo por ejemplo, sin ir más lejos no puedo compararme con un jugador de mi primer equipo a nivel todo, a nivel fisico, motor y demás. Con las personas con discapacidad ocurre exactamente lo mismo. Uno de los trabajos fundamentales que tenemos en el club es que las personas (el resto de los jugadores) entiendan que son jugadores, que pueden ser más patosos, que pueden ser más cabezotas... Pero como cualquiera de los que nos hemos venido encontrando. En mi caso durante 30 años, he visto jugadores con discapacidad que

tienen unas condiciones físicas increíbles, otros que parecen patos mareados. Lo importante es ir conociéndose y eso lo único que lo hace son los entrenamientos, el roce y y poco más, entonces nosotros no le damos una importancia extra a eso.

Speaker 1: Y varias federaciones como pueden ser la Federación de Gales dicen que si la persona tiene miedos o se siente con miedo se puede poner un casco para diferenciarse de los otros. Esto aplicais en industriales o de todo el mundo va igual?

Speaker 2: Nosotros a día de hoy no nos hemos visto nunca en esa situación. No te sé cómo actuaremos en este caso, pero a día de hoy no hay ninguna diferenciación entre los jugadores, juegan como cualquiera con camiseta de su pantalón y al campo.

Speaker1: O sea ellos dicen que quieren ser igual que los demás?

Speaker 2: *Si,* además pues tenemos a chicos y chicas con diferentes discapacidades, de hecho así visiblemente nunca mejor dicho, el caso más exagerado que tenemos es con una chica que tiene defecit visual y ella es la primera que no quiere que haya distinciones.

***Speaker 1*:** Cuántos años tiene la chica?

***Speaker 2*:** Veintitantos

***Speaker 1*:** Y juega con los chicos?

***Speaker 2*:** Actualmente dado que no tenemos el suficiente número de chicas para crear un equipo femenino sí que juegan juntas. Pero el objetivo posterior, osea el objetivo futuro es que haya equipo masculino y equipo femenino, para regirnos por las reglas de la World Rugby.

***Speaker 1*:** Por eso por eso te lo preguntaba e insistía, porque el World Rugby dice que no pueden jugar hombres y mujeres hasta los 16 años.

Speaker 2: Si, de hecho por ejemplo de cara al IMART, nos encontramos en esa situación. El IMART se rige bajo las reglas del World Rugby, entonces el torneo no es rugby mixto y nosotros nuestro equipo como te he comentado antes éramos cinco chicos y tres chicas por lo cual no tenemos estructura para poder jugar como equipo, todavía, y eso nos condiciona. Pero entendemos que esas son las reglas del juego, el rugby es verdad que no es rugby mixto a día de hoy, pues si queremos igualdad es igualdad en todos los aspectos está claro.

***Speaker 1*:** Vale perfecto, muchas gracias por su tiempo Ignacio y nos vemos en la proxima.

***Speaker 2*:** Espero no haber sido muy pesado.

Translated Transcription (English)

Speaker 1: Hi good morning. I came from the University of Wales Trinity Saint David to interview the coordinator Juan Ignacio Pita leading the whole issue of Mixed Ability in the team Ingenieros Industriales De Las Rozas. Good morning Ignacio.

Speaker 2: Good morning Pablo.

***Speaker 1*:** What is Mixed Ability for you?

***Speaker 2*:** Is a way of understanding the sport and especially rugby, in which people with disabilities and without disabilities share space, we share activity and always with the same rules. We do nothing differently than what makes normal rugby. The only thing is that scrums are uncontested, but the rest is rugby and that's it.

Speaker 1: How is Industriales involved with IMAS?

Speaker 2: Six years ago we started a project aimed at people with disabilities, so they could play rugby with us. We had no idea how to do this, we contacted foundations in Spain, with rugby teams that already had experience as Gaztedi and it was through these contacts that we went... through especially with the contact of the Gaztedi and David Izquierdo who got to know first-hand what was IMAS, and from there until today we develop IMAS philosophy within our project of inclusive rugby.

***Speaker 1*:** And do you receive any financial support from IMAS?

Speaker 2: IMAS is a non-profit private organisation and works especially for what is manifest and what it entails IMAS defence in extending inclusive sport. It is not a foundation that can go sponsoring everyone and also do not get money back. In events such as IMART (to be held shortly) received a... no economic aid, but facilities to go to that tournament.

***Speaker 1*:** And do you receive some kind of financial support from any other sponsor?

***Speaker 2*:** It is one of the things we're working on right now, from the part of the Industriales inclusive project, to have an structure within the club that is sustainable and not a cost to the club.

Speaker 1: Have you thought in any other sector apart from rugby? such as a coffee shop, etc.

Speaker 2: The first and only time we have asked for some sort of sponsorship has been for this last day we celebrate on December 14 and our sponsors have been very varied. It is an inclusive project to promote the team's growth and relies on many kinds of people and with the sponsors we will do exactly the same. We do not have any sponsor but who wants to contribute, is always welcome.

Speaker 1: What kind of barriers or supports does Unions present? In this case the Spanish Rugby Federation.

Speaker 2: Well, in a very gratifying way, I have to say that the Spanish Federation is getting involved, in fact, that the national plan for inclusive rugby is already being created. We had a Congress in September, soon we will have another one in February in which the different members, "Runners" or whatever they want to call it, of the projects that are developed in the different teams in Spain. Because we share our experiences and all the information is removed there

Speaker 1: From your perspective, what do you think are the factors that should be improved in order to attract more people to become part of Mixed Ability in rugby? In this case in Industriales.

Speaker 2: Well, I have always said it, rugby and the world of disability are very similar, and if something makes them similar it is that ignorance normally leads to rejection and sometimes even fear, the moment when we will be able to teach our sports to the interested people, that is, going to the centres, going to the foundations... but not only to the centres for adults but also to the special education centres, to teach our sport and what our sport entails. It is clear that by human nature it is going to be ... the desire of people to know about it is going to increase within time, for sure, because of what the sport entails.

Speaker 1: Therefore, what IMAS wants is not to make a mass recruitment but you want to dedicate it only to people who are interested, isn't it?

Speaker 2: I personally going to speak for what we work at Industriales. The objective that we have at Industriales is something as basic as that anyone who wants to practice rugby can do it. Let's forget about the rest of the things, if you have a disability or if you don't. Anyone who wants to practice rugby can do it. And that is what we are working on, it is clear that we want to have an inclusive rugby team so that those guys who want to play rugby can and because their conditions/capabilities do not allow them to play club level rugby, have a place to play it. And that's the part of the inclusive rugby team.

Speaker 1: And to those people. What do you think are the benefits that Mixed Ability provides them?

Speaker 2: For people with disabilities, without a doubt, I think that the most positive part of rugby is the social part. Rugby is a sport in which we work hard on the social side and above all the social values that this sport transmits, such as respect, education, teamwork and many values that people who come from the world of disability, in many cases, have been missing. So, when they join a rugby team, they will find a family environment, because in any rugby club there is a family environment. In which the values are frequently there, and the most important thing is that if they want it will be for the entire life, something that for many families is a huge problem. For example, what will be our son or daughter tomorrow when we are not anymore here, or when the money is not. Rugby is a sport that is for life, there are people with 60-70 years still linked to the structure.

Speaker 1: And as you say, have their interpersonal relationships increased, as their friendship with other team players?

Speaker 2: Of course, I'm talking about our personal case at Industriales. We started with a disabled boy six years ago, currently we have eight adults, five boys and three girls, and five boys at the club. All of them are related to the rest of the colleagues of their different ages, they are all known within the club and are treated as what they are, one more within the club and that I think is something very positive for them (people with disabilities), but also for us, so they also give us, that is very important and we often forget. What they provide us with, is the daily and constant teaching of what effort is, which is breaking barriers, that for a rugby player is essential.

Speaker 1: As interpersonal relationships have increased, have the job opportunity increase as well? Do you know any case in Industriales?

Speaker 2: We have had the case of a boy, who when he started training with us, worked in an occupational centre, well is still in that occupational centre doing different courses, and through a teammate who worked in a company, this boy did an interview and had his job. With this case we have achieved what is the total inclusion of a person, who is working, who has a group of friends both inside and outside the club and that makes his daily life as anyone should.

Speaker 1: Continuing with this topic, Eurostat identified that approximately 29% of people with disabilities are at risk of poverty, so how does Industriales consider this, do you give any kind of aid to individuals who are at risk of poverty?

Speaker 2: Currently we don't do any of that. First and foremost due to the lack of income, as is the case in most social projects, but it is one of the parts in which we are going to work the most in the Industrial project, the fact that people with disabilities who are part of the team can work on the team structure, both administratively, in the field, as potential coaches or in maintenance. That is a matter of structuring and working on it, but it is a clear objective of the project. And it is that people with disabilities can work within the club or somewhere related to the club.

Speaker 1: Okay, many authors have stressed that these types of activities are more challenging since these people have been excluded from integrated environments, therefore what are the essential elements that the suppliers of Industriales have to consider in order to fully involve them of people with functional diversity?

Speaker 2: Well, things as they are, the experience we have had during these six years is that by simply making ourselves known and being able to remove the possible fears that rugby generates, people with disabilities will get closer. And once they approach it like anybody else who plays rugby, the love it, so we don't have to do the work ...

Speaker 1: No no, I mean how do you promote it?

Speaker 2: Okay, I had misunderstood you, the issue is that we what we fear….

(Audio paused because ***Speaker 2*** had to go to the bathroom)

Speaker 1: Okay, I repeat the question, what are the essential elements to promote Mixed Ability rugby? What are the factors that Industriales have to consider?

Speaker 2: Okay, the program has several projects, all of them are renewable annually but in all of them there are workshops in our field aimed at foundations and associations that work with people with disabilities, which allows us that people that come to our field learn about rugby through a fun day. Without going any further, the last one that we had was on December 14, were ninety-three people with disabilities came to the project. Apart from those days, because we have the Municipal Rugby School, to which any kid with disabilities can join, it does not matter if they have or does not have. We currently have five boys and on the other hand there are both male and female senior training that boys train like any other. And finally, we started doing it a long time ago, which is to go to different centres, educational centres or occupational or leisure centres of foundations or associations and do rugby there.

Speaker 1: And regarding to insurance, has the Federation put any impediment?

Speaker 2: The Madrid Union in this case has not place us any impediment. In fact, I was talking relatively recently with the president and what he was telling me is that players with disabilities have to do a more severe medical examination, but that at first they could play the normal league. And what we do is that all the children who have disabilities in our club must have FEMADE insurance, which is that of the Madrid Federation of inclusive sports that covers them for any sports practice.

Speaker 1: Perfect, and lastly, in case of being disabled, the individual may have fewer reflexes, or for example, having fewer physical conditions, such as having one less arm or one less leg or whatever. Therefore, how does Industriales this, do all players know the skills of other people in the game?

Speaker 2: We are talking about rugby, in rugby luckily, it is like this, there are different levels, different capacities within people without disabilities. For example, without going any further I cannot compare myself with a player from my first team at the level of everyone, physically, motor and so on is different. Exactly, the same thing happens with people with disabilities. One of the fundamental jobs that we have in the club is that people understands that they are players, that they can be clumsier, that they can be more stubborn... But like any of those we have been encountering. In my case for 30 years, I have seen disabled players who have incredible physical conditions, others who look like dizzy ducks. The important thing is to get to know each other and that the only thing that does it is the trainings, the touch and not much more, so we do not give extra importance to that.

Speaker 1: And various Unions such as the Welsh Federation say that if the person is afraid, they can put on a helmet to differentiate themselves from others. Does this apply to Industriales or does everyone go without identifications?

Speaker 2: We have never seen ourselves in that situation today. I do not know how we will act in this case, but today there is no differentiation between the players, they play like everyone with the shirt on, their pants and on the field.

Speaker1: Then they say they want to be the same as the others?

Speaker 2: Yes, we also have boys and girls with different disabilities. In fact, the most exaggerated case we have is with a girl who has a visual defect and she is the first who does not want to use distinctions.

Speaker 1: how old is the girl?

Speaker 2: Twenty-somethings

Speaker 1: And does she play with the boys?

Speaker 2: Currently, since we don't have enough girls to create a women's team, they do play together. But it is a future objective. Indeed, the future objective is to create a men's team and a women's team, to be governed by the World Rugby rules.

Speaker 1: That's why I asked you and insisted, because World Rugby says that men and women cannot play until they are 16 years old.

Speaker 2: Yes, in fact, for example, facing IMART, we are in that situation. IMART is governed under the rules of World Rugby, so the tournament is not mixed rugby and we, our team, as I mentioned before, were five boys and three girls, so we do not have a structure to play as a team, yet, and that conditions. But we understand that those are the rules of the game, rugby is true that it is not mixed rugby today, because it is clear that if we want equality it is equality in all aspects.

Speaker 1: Okay, thank you very much for your time Ignacio. See you soon.

Speaker 2**:** I hope I haven’t been very heavy.

Martino Corazza – IMAS director and co-funder

Original Transcription (Spanish)

***Speaker 1**:* Buenas, pues si se para por alguna razón (connection problems) no te importa repetirlo no?

***Speaker 2**:* Vale, si no te preocupes, yo espero que la conexión esta bastante buena pero si se para voy a repetir.

***Speaker 1**:* Vale. Bueno pues buenos días Martino vengo desde la Universidad de Wales Trinity Saint David para entrevistarte y vamos a hacer una entrevista por Skype.

***Speaker 1**:* Primero de todo querría saber qué es que Mixed Ability para ti, bueno y para IMAS en general?

***Speaker 2**:* Pues Mixed Ability es un modelo que permite la inclusión de personas con cualquier tipo de discapacidades en el mismo deporte base. Y por lo tanto, es un modelo que favorece la inclusión social, a través de la educación y a través del deporte. Y el Mixed Ability es una filosofía si quieres, es un concepto que se destaca bastante desde lo que es el deporte para personas con discapacidad o diversidad funcional. Generalmente, porque como probablemente sabes, el deporte de personas con discapacidad es alrededor de la clasificación de la identificación de valores. El Mixed Ability quiere derrotar esas barreras. Es simplemente decir que el deporte es para todos y todos tenemos el derecho de ser incluidos de la misma manera en el deporte.

***Speaker 1**:* Sí vale, pero tengo una cuestión, porque usualmente las personas con discapacidad no se han visto integradas en este tipo de Settings y a veces pueden encontrar a veces pueden encontrarse más marginalizados o igual se pueden sentir excluidos. Bueno eso es lo que los estudios de algunos estudios dicen sobre integrate settings. Entonces que necesitan considerar los proveedores de Mixed Ability para minimizar esta marginalización que se pueda ocurrir?

***Speaker 2**:* Creo que realmente estamos hablando de un cambio cultural. Es un cambio completamente diferente y por lo tanto el primer paso (Connection problems).

***Speaker 1**:* Lo puedes repetir?

***Speaker 2**:* Si si, lo que necesitamos y lo que estamos promoviendo con el Mixed Ability, es un cambio cultural. Y no tenemos que pensar en el primer momento cómo hacer las cosas, pero cómo permitir

que las cosas se puedan. Es decir, es la educación que viene antes que el hecho de hacer deportes juntos. Y por lo tanto para el Mixed Ability necesitamos que haya un momento donde todos los que están involucrados entiendan lo que es Mixed Ability. Porque claro la exclusión puede pasar en cualquier momento, no solamente en settings integrados, pero en la sociedad, en differentes sitios y todo. Pero si nosotros no entendemos lo que tenemos que hacer todos juntos, vale? No podemos empezar a trabajar, ese es el presupuesto para nosotros, es lo que queremos que sea antes de cualquier cosa. Y ese es el motivo por el que hay IMAS como organización, las primera cosa que hacemos es crear educación en clubs, educación con los entrenadores y educación con los participantes, vale?

Speaker 1*:* Vale, pero en el tema de marginalización, me refería a por ejemplo, imagínate que en el caso de un partido de rugby, en el cual un jugador va a marcar un ensayo, puede pasársela a un jugador con discapacidad, pero no se la pasa porque el cree que él como persona jugando al rugby.

Speaker 2*:* Si, pero para mi estamos hablando de cosas diferentes, para mí estamos hablando de dos cosas diferentes. Esto es algo que pasa porque no hay un entendimiento de lo que estamos haciendo. Si tú eres un jugador de rugby y la cosa más importante para ti es ensayar, tienes diferentes opciones, puedes jugar en el primer equipo, puedes jugar en el segundo equipo. Pero en Mixed Ability estamos haciendo algo más, que no es pasarle el balón a los con discapacidad para que sean la superstar del momento, es simplemente que si tú eres la persona en la posición mejor para ensayar, ensayas, esto es. Si tu compañero que puede tener discapacidad o puede tener no discapacidad, lo que sea, está en una posición mejor, tú vas a pasar el balón porque esto es el rugby, no es que sea el rugby Mixed Ability, es que ese es el rugby en general. Pasar la pelota a las personas con la mejor posición para ensayar. Pero creo que tenemos que empezar un poquito antes. Los jugadores no marchan a la cancha con discapacidad o sin discapacidad. Hay personas físicamente o como skills, que son mejores jugadores. Por ejemplo yo no tengo discapacidad o por lo menos yo no me reconozco como persona con discapacidad, pero hay compañeros en mi equipo Mixed Ability que son mucho mejores jugadores de rugby que yo, cuando tienen discapacidad, discapacidad intelectual o dificultades de aprendimiento. Pero como jugadores de rugby yo nunca nunca me pondría en la situación de voy a pasar el balón o no. Porque pueden ser más de 20 libras, 20 stones y jugar mejor con los pies y con las manos que yo. Y por lo tanto el Mixed Ability quiere aclarar este factor antes de empezar, que no vamos a la cancha con identificación, con tarjeta que nos dicen quienes tienen discapacidad o no. Es el hecho de entender cuál es la razón porque estamos en la cancha, que es el divertimiento, que es jugar al rugby. Y si tu eres más competitivo y quieres jugar una liga tienes la posibilidad.

Speaker 1*:* Osea que Mixed Ability no es tan competitivo, es mas de cara a la inclusión social, no?

Speaker 2*:* Efectivamente, va sobre el divertimiento, la inclusión y el jugar al rugby, vale? Es social. Yo lo definiría como rugby social, pero también te ofrece la oportunidad, como el Mixed Ability es simplemente un equipo más en el club, como tienes el primer equipo, el equipo femenino y el equipo junior, también tienes el Mixed Ability. Y por lo tanto si el jugador Mixed Ability quiere jugar en la Liga competitiva, tiene la posibilidad con el primer o segundo equipo. El equipo Mixed Ability, es realmente por el hecho de divertirse y jugar socialmente.

***Speaker 1**:* Vale. Y entonces a estos individuos con discapacidad, también luego podrían jugar en modo profesional o eso no lo tocais vosotros?

***Speaker 2**:* Sí si, pasó ya aquí en Inglaterra, también pasa en Italia. Por ejemplo, lo que pasó es que como te decía hay jugadores que son muy buenos, muy muy buenos jugadores de rugby. Y fuimos a jugar un partido de Liga aquí en Yorkshire y tuvimos dos partidos el segundo equipo jugaba contra un equipo de Worcester. Y el equipo Mixed Ability en el mismo día, tenía otro partido Mixed Ability contra el mismo club. Como el segundo equipo del club no tenía bastantes jugadores, lo que hicieron es que preguntaron a algunos de los jugadores Mixed Ability a jugar con ellos en el partido de Liga. De esto hablamos hace tres años. Y claro que no nos seleccionaron a mí o a otros jugadores. Seleccionaron a los mejores jugadores y algunos de ahí cuatro o cinco tenían discapacidad. Esto ha permitido en los años, que los jugadores puedan jugar con los dos equipos. Nunca pasó con el primer con el primer equipo pero con los segundos equipos sí. Y tenemos ahora dos o tres jugadores que juegan regularmente en segundos equipos en la Liga de Yorkshire. Y por lo tanto esto pasa, y también juegan Mixed Ability, y así pueden jugar más rugby, jugar a un nivel diferente y con una intensidad diferente, pero el rugby es lo mismo, vale? Sabes que en el Mixed Ability no nos empujamos en la melé.

***Speaker 1**:* Si ya, son pactadas.

***Speaker 2**:* Si, son pactadas. Pero todo el resto es igual. Y claro que va a ser ajustado al nivel.

***Speaker 1**:* En cuanto a eso... (Connection Problems)

***Speaker 1**:* There could be more risk of injury, so how does Mixed Ability providers consider this aspect?

***Speaker 2**:* Tenemos que tener en consideración dos aspectos. El primero es que hablamos de derechos. Derechos individuales, derechos humanos y capacidad de entendimiento. El deporte, cada deporte, cuando hablas de deporte hablas de riesgos. Puede pasar cualquier momento, ya seas un atleta olímpico o que tu juegues en la liga del domingo, vale? Hay un riesgo, que es inherente al deporte y puede pasar en cualquier momento. No por tu falta, no por falta de tus compañeros, pero es el hecho de estar allá y hacer cosas juntos.

***Speaker 1**:* Y si por ejemplo esa persona es ciega, o lo que fuese?

***Speaker 1**:* Vale, pero primero quiero terminar es el primer aspecto. Y en el rugby tienes un problema más y es lo del contacto físico. Es un deporte que requiere mucha preparación y predisposición al contacto físico, como el boxeo por ejemplo. Lo que nosotros decimos es que no es un juego para todos. Primero tienes que entender los riesgos incluidos. Por lo tanto, aquí en Inglaterra por ejemplo hay la Ley Capacity Act. que dice que si tú entiendes algo, tú puedes tomar la decision de hacer algo. Esto es también lo que dicen la Convención de la ONU y también por ejemplo, la Declaración sobre los derechos de las personas con discapacidad dice que si vale, todos los goviernos y las instituciones

locales tienen que afrontar modelos de deportes para personas con discapacidad, integrados, segregados, es decir simplemente por personas con discapacidad, pero también en lugar mainstream. Vale? y eso es lo que falta y eso es lo que intentamos hacer como IMAS. Si quieres jugar al contacto lleno y entiendes el riesgo, vale, yo personalmente podría avisarte de no hacerlo, pero si eres un adulto, tienes el derecho de tomar tus decisiones. Y lo mismo pasa con personas con discapacidad. Lo que hacemos en la parte educativa de IMAS, es afrontar los recursos educativos, para que sean bastante sencillos y para que sean inmediatos y accesibles, vale? Y por lo tanto, si la gente no puede leer, tienes que tener fotografías donde expliquen el riesgo inherente al rugby. Este es el primer aspecto y seguramente el rugby tiene un aspecto más. Segundo, durante el partido necesitamos que todos los que están en la cancha/en el campo, entienden por qué están allá. Y esto pasa en Mixed Ability, hay partidos más competitivos y si bajas a ver al Swansea jugando contra el Llanelli, ves que es más competitivo que otros, cómo los que se ven en España. Porque hay una historia de rivalidad. Es importante que todos los jugadores sepan lo que están haciendo, por lo tanto que la comunicación aumenta, va a haber un aumento en el nivel de communicación. Y lo que hacemos es un protocolo antes del partido, siempre ponemos juntos los dos equipos y el árbitro, donde se conozcan donde la gente pueda ver lo que es la oposición. Y claro que si ves a alguien con parálisis cerebral que pasea en el campo con el balón no tienes que tacklearlo tán fuerte, porque está haciendo lo que puede hacer, no necesitas tacklearlo con su cabeza, eso no es rugby. Rugby es que pueda tener la oportunidad de jugar. Y claro al mismo tiempo si ves a una persona que juega por el primer equipo y que ' corre por el campo 100 metros o lo que sea, vas a tacklearlo como si tú estuvieses jugando un partido de liga. Y por lo tanto, requiere más entendimiento, requiere más comunicación y saber lo que estamos haciendo allá. Que es más el espíritu de rugby, que su competición, que es también respeto, que es integridad, que es solidaridad...

***Speaker 1**:* Si, todos los valores del rugby.

***Speaker 2**:* Efectivamente. Yo creo personalmente que se está perdiendo un poquito en el nivel profesional. Porque ha venido tan veloz, con un impacto tan acelerado, que personas como nosotros, como yo, que empezamos a jugar hace 30 años, el rugby realmente ha cambiado muchísimo como deporte. Y ves que el rugby del pasado es ahora el rugby de base, es el rugby social. Y por lo tanto, yo creo que el Mixed Ability está defendiendo lo que es el espíritu de rugby inicial. Y el rugby profesional se convirtiendo en algo más más complejo, que yo no sé... pero es difícil tener los valores que ha fundado el rugby en el rugby profesional.

***Speaker 1**:* Sí si, estoy totalmente de acuerdo. Bueno y tú piensas que las relaciones interpersonales de los individuos han incrementado gracias a Mixed Ability?

***Speaker 2**:* (Connection Problems) Es es el micrófono del ordenador. Me oyes ahora?

***Speaker 1**:* Si, te vuelvo a hacer la pregunta. Piensas o no conoces algún caso en las cuales las relaciones interpersonales hayan incrementado gracias a Mixed Ability?

***Speaker 2**:* Seguro. Y no solamente una cuestión de conocimiento personal. Hicimos investigación científica sobre eso con la Universidad Leeds y hay publicaciones sobre eso. Y no es solamente el hecho

de jugar, son personas que no se conocen y personas que no hubieran interactuado si no fuese por los clubes. Y el Mixed Ability, creo que ha ofrecido la oportunidad a personas diferentes, que de manera normal cada día no se pondrían juntos, vale? Porque no van al mismo lugar de trabajo, no van al mismo lugar después del trabajo. Y ha ofrecido la oportunidad de que estas personas se encuentren y puedan establecer una relación como iguales. La primera cosa que ves en el campo con Mixed Ability es cómo es cada uno como jugador, puede correr con la pelota, puedes pasar la pelota. No es, tienes o no tienes discapacidad. Es, es un buen jugador de rugby? Como tú haces normalmente en culquier equipo. Y creo que esto derrota las barreras de ver la discapacidad antes de las personas y por lo tanto tu ves el jugador de rugby y ves cuál es su necesidad en el sentido del apoyo. Creo que tu eres bastante familiar con la Universidad de Salamanca, donde trabajan todo el modelo del apoyo. Y por lo tanto, qué tipo de apoyos necesita esta persona? Pero si tú piensas, esto es una cosa que tú haces normalmente en un equipo, porque tú conoces a tus compañeros. Y si tu juegas al fútbol y sabes que uno no puede patear el balón, no va a ser un lanzamiento de 50 metros a va a ser mucho menos.

Speaker 1*:* Sí, si todo depende de la habilidad de cada uno. Al fin y al cabo no todos somos iguales, yo igual yo soy mejor que tú o tú eres mejor que yo, y no por eso hay que excluir a nadie.

Speaker 2*:* Exacto. Y lo que Mixed Ability ofrece es que empieces inmediatamente a ver las personas de esta manera, los llamas por su nombre y no lo llamas por el chico con síndrome de Down, lo llamas Kevin, Mark o lo que sea. Y después, vas a reflexionar sobre lo que habíamos hecho juntos y vas a pensar, oh vale, es la primera vez que yo hablo con alguien que tiene síndrome de Down y nunca me pasó en mi vida porque... donde viven? donde van? Y esto creo que permite ver a las personas como personas y no como etiquetas o como discapacitados. Y creo que esto ha sido evidenciado muchísimo en todos los estudios y en la investigación. Esto ha pasado en España, ha pasado en Italia, pasó en Inglaterra, pasó en Gales. Y sí que hay personas que han progresado en su camino desde que empezaron a jugar al rugby y gracias a la oportunidad de jugar en un equipo como este, han buscado trabajo y ha incrementado el nivel de skills, de capacidad individual, gracias a la integración

Speaker 1*:* De saber comunicarse no?

Speaker 2*:* Exacto, de saber comunicarse. Y hay personas ahora...Bueno yo te lo explico como que son personas que tienen discapacidad, pero algunos juegan por los segundos equipos, algunos han hecho el curso de entrenador. Y tenemos dos chicos aquí en Bradford que hicieron el nivel 1 y el nivel 2 de la RFU para entrenar. Y esto es algo que tú puedes utilizar también en el ámbito laboral. Y todo eso ha sido apoyado por compañeros sin discapacidad. Alguien ha buscado empleo. Y por lo tanto, si, no es solamente el hecho de tener más amigos, que es muy importante, vale? Amigos diferentes...

Speaker 1*:* Si claro, por el tema del soporte emocional no?

Speaker 2*:* Exacto, y hay gente que... simplemente un ejemplo, hay un jugador que tiene un síndrome que se llama Prader-Willi que es bastante complejo y requiere mucho apoyo, no solamente físico pero también emocional como te dije. Y lo que paso es que el no hablaba de esto con su familia, no habla de eso con las personas más cercanas, habla de eso con sus compañeros. Habla de lo que implica esa situación para él emocionalmente con sus compañeros de equipo.

***Speaker 1**:* Osea que se ha abierto gracias a Mixed Ability claro.

***Speaker 2**:* Claro. Y también por otro lado, hay personas sin discapacidad que empezaron a hablar de sus problemas de salud mental, tales como depresión o otras cosas. Porque juegan Mixed Ability. Porque tradicionalmente como sabes, el entorno de un club de rugby es bastante machista. Donde no hablas de las emociones, donde no hablas de los problemas, porque vale lo mejor es que tú siga jugando y lo que pasa realmente no te importa. Pero el Mixed Ability, ofrece un ambiente que es más respetuoso de la persona, donde todos podemos encontrar problemas en nuestra vida, por qué lo hacemos, asi es la vida, vale? No es siempre estar contentos. Hay momentos duros hay momentos que son difíciles y es importante que podamos hablar de esas cosas, porque si no eso es donde la enfermedad pasa. Que no es solamente enfermedad física, puede ser enfermedad mental, puede ser que tengas problemas económicos o lo que sea.

***Speaker 1**:* Claro el tema está que cuando se excluye a alguien es cuando de verdad está discapacitado en la sociedad.

***Speaker 2**:* Claro, y el punto final para mí, es que también, de nuevo estamos hablando de comunicación, vale? Es favorecer la comunicación entre las personas, que es un acto educativo. No es un acto deportivo, es un acto educativo.

***Speaker 1**:* Y con que diferentes sectores trabaja IMAS?

***Speaker 2**:* Vale, voy a explicarte un poquito cómo trabajamos para que lo entiendas. Antes que todo el trabajo que nosotros hacemos como IMAS viene de la educación somos Mark y yo, los que tenemos una formación educativa. Hemos trabajado por muchísimos años en la educación para adultos. Y siempre hemos trabajado con personas con discapacidad. Yo trabajé en Italia, también en escuelas públicas. Y eso es un giro común, como personas como es como David en España David Izquierdo y Oier en España. Hablaste con Oier no?

***Speaker 1**:* Si si.

***Speaker 2**:* Y también con Enric en Italia. Todos tenemos una formación de enseñanza o educativa, y hemos conservado este aspecto. Cada miércoles aquí en Bradford tenemos una clase educativa con 15, más o menos, participantes en diferentes deportes Mixed Ability. Lo que hacemos con las clases, donde todos son adultos y todos tienen diversidad funcional.

***Speaker 1**:* (Connection problems) En los cursos educativos?

***Speaker 2**:* Sí, en la clase educativa que tenemos cada miércoles y son adultos con diversidad funcional y lo que hacemos con ellos cada semana, es desarollar los recursos que utilizamos para educar clubes y entrenadores y federaciones, vale?Durante las clases hacemos presentaciones, vamos a poner juntos recursos, guías y material educativo accesible, que podemos utilizar en la comunidad, en los clubs, y en las federaciones cuando vamos a hacer un entrenamiento o formación. Y esto es un aspecto

muy importante para nosotros, porque es co-producción lo que hacemos, no vienen simplemente de IMAS. Pero IMAS co-produce y recolecta todos los recursos que hacemos. Siempre hay alguien que es un formador Mixed Ability y que tiene discapacidad con nosotros. Porque son las zonas que han derrotado las barreras y que conocen cómo derrotar las barreras, y que pueden enseñar a otros cómo hacerlo.

Speaker 1*:* Claro hay que aprender de ellos, está claro.

Speaker 2*:* Es el concepto de la educación entre iguales y eso es peer education. Esta es la primera cosas que hacemos como IMAS. Con estos recursos, luego vamos a entrenar a clubs, clubes deportivos de base que puede ser clubs deportivos de rugby. El rugby siempre ha sido el deporte más importante por que fue el primero. Y ahora también trabajamos con el boxeo con el remo, con el cricket, con el tenis. Aquí en Bradford, tenemos más de 15 deportes, y en diferentes países en diferentes naciones, hay diferentes deportes. Pero el concepto siempre es lo mismo, educación para que el club sea más inclusivo, que es la filosofía del Mixed Ability, que son los derechos de las personas, que es como...no tanto adaptar tu cuerpo, pero como pensar en maneras diferente, ver las personas como son. Y hacemos este acto educativo con clubes, con entrenadores y también con federaciones. Hemos trabajado la Federación de Rugby, Federación de Remo o federación de boxeo aquí en Inglaterra. Hemos hecho proyectos europeos, como sabes, con diferentes federaciones (MIXAR). Y siempre producimos recursos para que la gente pueda utilizar material educativo y también lo ves en el sitio web, tienes guías para empezar el Mixed Ability. Y también tienes informacion científica con investigaciones y esas cosas. Pero realmente, lo que hacemos como organización es poner juntos diferentes aspectos.
Nosotros pensamos que el Mixed Ability no es solamente por el deporte, lo que aprendes en el deporte es algo que es muy importante para la sociedad en general. Y por lo tanto, si tú eres inclusivo en el deporte, no hay razón porque esto no pueda pasar en el ámbito laboral, en el trabajo. No pueda pasar en la educación, en la salud, etc. Y por lo tanto, lo que estamos haciendo ahora es de trabajar de la misma manera, es decir, a través de esa educación con por ejemplo doctores, GP´s aqui en inglaterra. Durante su formación, los doctores nunca ven realmente a personas con discapacidad. Estos, aprenden todos durante el curso sobre material, libros, pero nunca hablan con personas con discapacidad. Y qué pasa? El primer día que tú estás en tu "surgery", vale? Y tú ves a gente, pacientes que vienen a preguntarte algo, tú realmente no sabes quién es el que vas a entrar por la puerta. Y yo creo que hemos visto esto, si tú trabajo por ejemplo con fisiosterapeutas, doctores y personas que trabajan en el ámbito de la salud y tu empiezas inmediatamente a pensar que no hay nada malo con la persona, todos somos diferentes. Y por lo tanto qué es lo que necesitamos? Lo que pasa aquí y eso sí creo que es un punto muy importante, personas con discapacidad en Inglaterra fallecen 20 años antes que personas sin discapacidad y eso es porque no tienes acceso a una salud como cualquier persona. Porque la gente que maneja la salud, no entiende cuál es la necesidad, que no es tener medicaciones o esas cosas. Es tener como tú decias antes contacto, con una red social, oportunidades de trabajo, una buena vivienda, vale? todas esas cosas hacen es una parte muy importante de nuestra salud y por lo Todas estás cosas son una parte muy importante de nuestra salud. Y por lo tanto nosotros creemos que el IMAS pueda apoyar a profesionales como ellos a entender estas necesidades. Como antes estabamos hablando de los riesgos. Si tú hablas de los riesgos de inmediato vas a ver el problema, qué es el problema? Si tú piensas de manera diferente y ves las personas por igual, no piensas en los riesgos, piensas en las soluciones, piensas en oportunidades.

***Speaker 1**:* El problema está en como se comunican las cosas, si?

***Speaker 2**:* Claro. Y si tú haces eso el beneficio en términos económicos, en términos de salud social general es increíble. Porque claro que tienes personas más sanas más felices, más activas, más conectadas con los otros, tienes comunidades más interconectadas, donde la gente se ayuda, donde tú puedes llamar a alguien no solamente para beber una cerveza, pero para hacer algo juntos, si tienes un problema no vas al doctor, vas a tu amigo antes que al doctor. Y por lo tanto, nosotros creemos que el Mixed Ability, tú sabes que tenemos un manifiesto, es si por el deporte pero pensamos que el deporte viene antes y después la sociedad va a seguir. Por lo tanto, lo que estamos viendo ahora en el deporte IMAS, lo está experimentando en otros sectores como por ejemplo la salud, o como por ejemplo las empresas, hay muchas empresas.

***Speaker 1**:* Qué tipo de empresas por ejemplo?

***Speaker 2**:* Hemos hecho formación con… Por ejemplo bancos internacionales, como HSBC, estamos hablando de la senior management a nivel internacional.

***Speaker 1**:* Y han dado apoyo económico?

***Speaker 2**:* Esto es una cosa muy difícil de lograr. Nos han apoyado en maneras diferentes. Por ejemplo, nos han incluido en el esquema de voluntarios en lo interno del banco. Nosotros tenemos un acceso preferencial a los voluntarios por ejemplo. El senior management team del banco HSBC, hizo formación Mixed Ability. Y yo espero, que vale si no hay retorno económico no importa, pero espero que haya un entendimiento diferente de las de las comunidades locales. Que haya un entendimiento diferente, por ejemplo, gente con discapacidad no tiene una cuenta bancaria, por qué? Porque creen que no la necesitan. Yo creo que es tú derecho, vale? Si hablamos de la capacidad de tomar decisiones de manera independiente.

***Speaker 2**:* O sea no pueden tener cuanta bancaria?

***Speaker 2**:* Generalmente, es un poquito más complejo, depende de la situación de la capacidad. Pero el dinero, de manera usual es gestionado por otras personas, que son los padres, que lo "carers" u otras personas designadas. Yo creo que si tú tienes la capacidad de decidir que quieres jugar al rugby y tomar el riesgo, y si tú puedes decir que te quieres ir de vacaciones a Málaga es tu decision y cómo utilizar el dinero. Por qué? Porque el "carer" tienes que hacerlo, porque tus padres tienes que hacerlo, es un adulto, vale? Y el que el concepto es el mismo que en el deporte. Y lo trasladamos desde el campo a la sociedad. Pero por ejemplo qué puede hacer el Banco Santander o el HSBC? Para apoyar a estas personas, estamos hablando del 15% de la población mundial. Cuál es el retorno económico, cual es el retorno en salud, en bancada, en salud que no tenemos? Cuál es la opinión de estas pérdidas? Son cuestiones seguramente bastante complejas que no podemos solucionar simplemente como IMAS. Pero sí si la NHS, el Santander empieza a pensar y a apoyar. Y no estamos hablando solamente de personas con discapacidad, estamos hablando de personas mayores de edad, homosexuales...Y todos en algún momento de nuestra vida tenemos barreras y necesitamos apoyos.

Sí intentamos y empezamos a pensar en éste modo, con este paradigma vamos a hacer algo, porque no estamos hablando de personas otras o de terceras personas, estamos hablando de nosotros. Yo creo que tú estás involucrado tú y yo estamos involucrados las cosas empiezan a parecer un poquito diferente. Porque no estamos hablando de alguien que te encuentras en la calle o en una tienda que tiene síndrome de Down, estamos hablando de mi compañero de club, mi amigo, mi hermano, mi novia o lo que sea. Y como tú decía antes, las relaciones nos hacen ver las cosas de manera diferente.

Speaker 1*:* Claro, si totalmente de acuerdo. Y cuáles son las barreras que la Federación esos os pone o si os han dado un tipo de soporte?

Speaker 2*:* El miedo. El miedo es la barrera principal. Eso pasa en todos los lugares.

Speaker 1*:* Y en todas las federaciones?

Speaker 2*:* En todos los lugares…

Speaker 1*:* Por ejemplo lo que hablabamos de Gales, que Gales en su página Web contempla Mixed Ability como un deporte adaptado, en el cual ellos deben llevar cascos de colores o algo que les identifique.

Speaker 2*:* Preguntale a Anthony cuando empezaron a jugar al Mixed Ability rugby y cuando esta información apareció en el sitio web. Por qué empezar a jugar en 1990.

Speaker 1*:* Si porque ellos empezaron hace mucho.

Speaker 2*:* Y cuando es que la Federación Galesa puso esa noticia en el sitio web?

Speaker 1*:* Ya, seguro que hace nada no?

Speaker 2*:* Por veinte años años ese país de Gales simplemente se cubrieron los ojos, nosotros no sabemos nada. No pasa nada, no preguntes nada porque nosotros no hacemos nada sobre el Mixed Ability. Lo que pasó es que la federación inglesa empezó a invertir muchísimo en el Mixed Ability en 2015. Y esto realmente, por la situación política y también económica, como sabes la Asociación Inglesa es la federación más rica del mundo en términos económicos y en terminos miembros y de jugadores. Y también en 2015 tuvimos la Copa del Mundo aquí en Inglaterra. Y IMAS organizó el primer Mundial (IMART) y por lo tanto algo de inmediato apareció en el panorama internacional que es el Mixed Ability. Y nadie conocía nada del Mixed Ability y esto fue el momento donde todas las otras federaciones empezaron a preguntar. Pero que estamos haciendo para jugadores con discapacidad en el rugby? Porque hasta ese momento el riesgo más grande, demasiado grande. Por eso siempre el miedo. Qué pasa si alguien muere en el campo? Qué pasa si alguien con síndrome de Down tiene un infortunio?

***Speaker 1**:* Ha habido algún caso?

***Speaker 2**:* Nunca pasó. Pero si tú te das cuenta que el Gales empezaron a jugar hace 25 años y ahora tenemos más o menos más de 60 equipos Mixed Ability que juegan una media de 15-20 partidos al año. Estamos hablando de muchísimos partidos Mixed Ability con las mismas reglas que World Rugby, aparte de la melé. Hasta este momento, pasaron huesos rotos y todas esas cosas, pero nunca pasó nada diferente a lo que pasa en el rugby normal. Todas las personas están informadas de los riesgos, están fichadas como miembros en sus federaciones. Y por lo tanto el Mixed Ability no es más peligroso que jugar al rugby de veteranos, cuando juegan una vez al año y no te entrenas y es el partido que tienes que vencer a todos los costes. No es más peligroso. Por ejemplo, este es es un punto muy importante para nosotros, tú has mencionado antes las "scrum caps" con diferentes colores. Esto para nosotros (hablo como IMAS), y por ejemplo la Federación Inglesa no impone nada de este tipo, pero hay estudios que demuestran que el casco no es una protección, y esto es un estudio médicoque hizo World Rugby, y la única cosa que te permite es no tener la oreja de coliflor. Pero no va a protegerte de una concusión, no es necesario. Y ahora estamos hablando de identificar jugadores simplemente, pero hay jugadores que son mejores que yo. Y si estamos hablando de habilidades yo tendría que tener en el casco el casco rojo.

***Speaker 1**:* Claro, si yo por ejemplo soy mejor que tú, no por eso tú tienes que llevar un casco para identificarte no?

***Speaker 2**:* Claro. Pero el rugby vale, es un deporte dinámico, y hay off-side y tienes que moverte rápido en el campo. Y si tú vas vas a regresar por el off-side, por ejemplo puede pasar que te no te de tiempo y algo que te pase porque no estás mirando el balón, y es que los infortunios pasan en el campo de rugby.

***Speaker 1**:* Si, eso está más que claro.

***Speaker 2**:* Yo sé que Swansea siempre utilizaron el método de la combinación de diferentes calcetines/medias, de colores diferentes. Y el sentido es que yo personalmente creo que es un factor de protección que es falso, tienes una falsa seguridad, que no te da una protección realmente.

***Speaker 1**:* Pero una protección te da no? Porque obviamente si alguien ve a alguien con unas medias rojas no le va a a placar con la misma intensidad. Pero ahí está el tema de la inclusión, que no es una inclusión total. Pero protección hay, igual hay una sobreprotección yo diría no?

***Speaker 2**:* Yes, pero te digo por ejemplo, estamos discriminando aqui a personas que sean daltónicas. Ya sabes que el rojo y amarillo son dos colores que por ejemplo daltónicas, personas que no ven bien los colores.

***Speaker 1**:* Si bueno pero para eso se haría un estudio antes y se informaría a esas personas.

***Speaker 2**:* Pero yo lo que quiero decir es que cuando empiezas a identificar, cuando empiezas a discriminar. Dónde te parás? Es más fácil decir que todos somos diferentes y todos lo necesitamos y todos tenemos que trabajar con nuestra cabeza para reconocer dónde está la diferencia y dónde están los limites. Y empezar a decir, vale por un tema de seguridad necesitamos que los que son rubios tengan un color, los que están gordos tengan otro color los que están o que no pueden caminar tengan otro color. No estamos hablando de incluir a personas en sillas de ruedas en el campo Mixed Ability. Hay deportes diferentes que es el rugby en silla de ruedas que pueden jugar. Hay differentes oportunidades para personas ciegas para jugar al rugby. Y vemos como Mixed Ability es la entrada en el rugby de base, el rugby social. Hay diferentes oportunidades, si no te gusta el contacto y no quieres ser tackleado, hay otros tipos de rugby, como el tag al rugby, el touch rugby que son muy populares y puedes jugar a ellos. Por qué tenemos que cambiar el rugby para hacerlos venir algo que no es, el rugby es rugby.

***Speaker 1**:* Si, si estoy totalmente de acuerdo. Bueno, y otra vez de vuelta a IMAS, que tipo de soporte económico o financiero recibe IMAS?

***Speaker 2**:* Pues es diferente, somos una sociedad sin ánimo de lucro. Por lo tanto, tenemos que mirar hacia la sostenibilidad desde la organización de manera diferente. Tenemos una parte tenemos una parte que está cubierto por ejemplo con dinero público que es sport england, pero solamente trabajan en Inglaterra, es un fondo que es gestionado por el Ministerio del Deporte, que dice de la cultura espectáculo y deporte. Esto nos permite por ejemplo, ir a hacer formaciones a clubs, ir a hacer charlas y tener networking con otras organizaciones aquí en Inglaterra. Pero eso es solamente por Inglaterra, todo lo que es la parte internacional. Por ejemplo hasta este momento lo hemos cubierto con los Erasmus Plus y estamos bastante dispuestos a escribir proyectos. Estamos bastante afortunados, en este momento tenemos tres proyectos en los que uno se acaba de terminar este mes que es el MIXAR. Que es muy especifico sobre el rugby y que nos permite focalizar la atención sobre España, Italia, Irlanda y también trabajar con la Universidad de Salamanca por la investigación. Tenemos un proyecto que es para personas ciegas y también la va a cubrir en Italia, España con la municipal Municipalidad de Valencia y Francia. Y tenemos el más grande ahora que cubre parte del Mundial de Cork, que es el IMART. Y también nos permite hacer una conferencia internacional, donde vamos a cubrir estos temas, como los que estamos hablando contigo de lo que el Mixed Ability puede enseñar a la salud, a la educación, a las empresas y vamos a cubrir esto. Y en esto estamos colaborando con la Unesco. Y este es otro, otra parte la parte internacional. Y creo que IMART, como evento, como es su Mundial, también tenemos patrocinadores privados y esto pasó también en Vitoria cuando hicimos el mundial en Vitoria y también en Bradford.

***Speaker 1**:* Pero estos aportan dinero?

***Speaker 2**:* Si, son empresas que aportan dinero. Pero esto más o menos cubre lo que es el Mundial. Porque tienes que imaginarte que como IMAS, facilitamos el alojamiento, las comidas y todo para los equipos que viajan. Y por lo tanto, porque sabemos que personas y jugadores también, en Inglaterra tienen "benefits", pero por ejemplo, la situación en Italia o la situación en España es muy diferente. El Estado no ayuda tanto como aquí en Inglaterra o en el Reino Unido. Por lo tanto vamos a apoyar a todos los equipos con lo que es el alojamiento. Tenemos mil habitaciones en la Universidad de Cork, que es algo que cuesta muchísimo dinero y por lo tanto todo eso es una parte independiente. La última

parte, es que como como organización hacemos formación y lo que hacemos es acreditamos a clubs y sectores. Creemos que esto es es algo específico y que nosotros ofrecemos y por lo tanto jugar como cualquier formación que haces, tienes que pagarla y esto es algo que reinvertimos en la organización. Esto nos permite por ejemplo de contratar las personas de la clase, como entrenar como formadores o entrenadores. Y todo está reinvertido en la organización.

Speaker 1*:* Vale, y antes que me decías que el estado Español y el Italiano no aportan tanto dinero. Bueno la Eurostat identificó que aproximadamente el 29% de la gente con discapacidad estaba en riesgo de pobreza. Y diferentes autores han visto que la pobreza está relacionada con la inactividad. Entonces cómo considera esto IMAS?

Speaker 2*:* La mera razón por la que IMAS existe una cuestión de justicia social. Hablamos del deporte, porque el deporte es el vehículo más inmediato y el vehículo que nos gusta. Pero estamos hablando de justicia social, de un cambio social. Cuando estamos hablando de personas que mueren 20 años antes que viven en condiciones de pobreza y como tú dices claro hay una conexión entre la pobreza, y el acceso a recursos, acceso a la salud, acceso a una buena vivienda, y todas estas cosas. Pero no es una cuestión que podemos solucionar como organización, porque sí hacemos esto para mí perspectiva estamos haciendo de la caridad y lo hacemos no es caridad, es justicia, que es muy diferente. Lo que necesitamos es que los clubes de base que hacen el Mixed Ability, ofrezcan oportunidades de manera accesible a todos. Es decir que si tu eres un club de remo y cada año si tu quieres ser miembro tienes que pagar 300 libras, esto es una barrera y no puedes lamentarte si no tienes a la gente de la comunidad, porque claro que solamente es la gente de la clase media la que tiene bastante dinero, que tienen una formación, que sabe sobre el club, que puede viajar, que puede pagar 300 libras al año. Lo que tenemos es un sistema donde gente pueda ser un miembro pagando por ejemplo mensualmente o pagando una cuota mínima si solamente van a hacer remo una vez al mes o algo asi. Es decir, una manera más flexible y esto es lo que los que nosotros enseñamos durante la formación. Pero no es algo que por ejemplo si tú vas a hacer rugby en un equipo de Mixed Ability en España, tú vas a pagar al centro, no vas a pagar a IMAS. Nada de lo que tu pagas al clubs, aquí en Inglaterra o en España o en Italia viene a IMAS. Es decir, claro es un problema para nosotros, porque nosotros vamos a ayudar a los clubs.

Speaker 1*:* Claro, porque no es un problema que vosotros podais solucionar, es más parte de los clubs.

Speaker 2*:* Claro, pero de nuevo lo que podemos hacer y lo siento, pero voy a hablar de nuevo sobre educación es cambiar la mentalidad. Es decir, si tú quieres ser más sostenible como club de base, si tú quieres tener más miembros, tienes que mirar a los que están alrededor de tus clubs. Quiénes son? Qué quieren hacer?Cuánto pueden pagar? Cuál es la solución? Preguntales, no pienses que tienes todas las respuestas, preguntales. Y por ejemplo, algunos de los clubs de tenis aquí en Bradford, no sabían que había servicios para personas con discapacidad 200 metros en el calle. Tienes que conocer tu comunidad local y ese es el servicio que hacemos como IMAS. Poner en contacto a gente, a los clubes con las comunidades, los servicios educativos y también los servicios sociales. Porque al final, si tu eres un club exitoso, tienes que tener más miembros, tienes que tener más miembros que puedan pagar. Y también, el valor del club de rugby es que después del entrenamiento vas con los compañeros a beber y a comer juntoPero por lo menos aquí en Inglaterra, hay personas con discapacidad que tienen acceso al dinero, porque tienen los "benefits" y pueden pagar. Hay personas que están sin empleo, no tienen discapacidad, no pueden pagar. Por ejemplo, en Italia y en España, que es muy

diferente a Inglaterra, es la red de comunidad y las familias están mucho más presentes en Italia en España como podrias imaginarte. Pero también el ascenso de la comunidad, para mí y esta es mi impresión personal, es mucho más fuerte. Alrededor las redes sociales son mucho más fuertes, la red de apoyo estatal es más débil, pero la red social es más fuerte. Aquí en Inglaterra es el contrario la red estatal es más fuerte en el sentido que te dan el dinero para hacer las cosas, pero la red social es más débil. Y creo que al final no podemos solucionar todo, pero podemos instigar es el cambio cultural, es pensar que el deporte no es solamente para los atletas que van a las Olimpiadas y no es solamente para los que son muy buenos jugando. Es un recurso social, para el bienestar social, y que puede enseñar muchisimo. Como IMAS podemos hacer esto de manera educativa, no podemos ofrecer un valor económico porque no es nuestro rol. Pero podemos empezar la conversación.

Speaker 1*:* Vale, y ya por último cuáles son los factores que se deberían mejorar para atraer a más gente con discapacidad a saber del Mixed Ability rugby? Por ejemplo el tema de marketing como lo contempla IMAS.

Speaker 2*:* Hay un hecho que es la narración del rugby, y la narración de la discapacidad. Primero, el rugby aún es visto como un deporte bruta, físico, donde sí hay valores, pero hay riesgo, está la gente que se golpea todo el tiempo y todo eso. Que puede ser realidad, pero hay mucho más, y este es el problema específico. Y hay la narración sobre la discapacidad, que siempre es vista como un problema médico, es decir hay algo malo contigo tenemos que solucionarlo, hay algo que no funciona contigo tenemos que mejorarlo. Y nosotros lo que tenemos que hacer, es una diferente narración. Que es, no hay nada malo contigo, simplemente todos somos diferentes y necesitamos ayudas diferentes, uno. Y dos, el rugby es un deporte que te enseña muchísimo y si, hay riesgos, pero en la vida vivir es un riesgo y algo puede pasar en cualquier momento y por lo tanto, por qué siempre hablamos de los riesgos y no hablamos de los beneficios? Y por lo tanto, es empezar a hablar de los beneficios, que es mucho mayor que los riesgos. El beneficio en términos económicos, sociales, de salud, felicidad, bienestar y sostenibilidad. Todas esas cosas son beneficios y el riesgo es uno. Creo que no hay una comparación. Pero creo que es un trabajo muy largo, porque estamos hablando de nuevo de un cambio cultural. Es un trabajo largo y necesitamos muchísima gente. Por ejemplo, todo el trabajo que tú estás haciendo, lo que hace Oier en Madrid, lo que Orazio hace en el Quijote, la gente de Almería en España.
Las Federaciones, tenemos que trabajar a tres niveles diferentes. Tenemos que trabajar a nivel de base, haciendo educación con clubs y entrenadores, y eso lo estamos haciendo. Pero requiere y necesita tiempo y recursos que no tenemos, porque estamos todos como voluntarios. Vale, pasará en el futuro, pero necesitamos tiempo. Y también necesitamos trabajar en un nivel alto con las federaciones, porque entienden que el riesgo es un aspecto. Pero por ejemplo, imaginate cuántas personas podrían jugar al rugby y ser miembro de los clubs con capacidades differentes y habilidades diferentes. Y si tú permites que esto pase, hay gente ahora que no tienes discapacidad, que nunca había pensando que podría jugar al rugby. Pero si ve que el rugby es un deporte inclusivo, podrían ser parte de ello y el movimiento crecería. Y si tú pones juntos el nivel alto con el nivel de base, va a llegar un momento en que se junten. Esto es el momento crítico donde podemos conseguir algo. Y está pasando en España porque la Federación está apoyando, está pasando en Inglaterra. Y el nivel super alto es el nivel por ejemplo el nivel internacional de World Rugby, y estamos trabajando con ellos para que puedan venir a Cork para el IMART, para que puedan ver lo que está pasando. Y lo que necesitamos no es que World Rugby nos diga cómo hacer el Mixed Ability, porque el Mixed Ability es simplemente el rugby. Lo que nosotros necesitamos es que no pongan barreras, que pongan cosas que son necesarias, como que la gente tenga que ir al doctor y a hacer una certificación para jugar al rugby, porque esto no es necesario, es poner barreras inecesarias.

Speaker 1*:* Eso no se necesita para jugar a Mixed Ability? Por ejemplo, que haya que tener un comprobante médico para jugar.

Speaker 2*:* No aquí en Inglaterra. Por ejemplo, sé que en España hay un reglamento Mixed Ability diferente, con reglas diferentes. Pero si algo viene desde World Rugby y pueden uniformar estas cosas, sería genial. Por ejemplo, esto no pasa en Suramérica. Y por qué si en Suramérica pueden hacerlo y en Inglaterra pueden hacerlo, en Italia tiene que ser diferente? No tiene ningún sentido, el rugby es el rugby en Italia, en Inglaterra, en Gales y en cualquier sitio. Por lo tanto estos tres niveles se tienen que juntar.

Speaker 1*:* Claro, es lo que World Rugby dice, que se necesita un comprobante médico para para jugar.

Speaker 2*:* Es algo que las federaciones nacionales pueden arreglar. Pero claro que siendo World Rugby tienes un poder de influencia, y tenemos que tener ese poder de influencia. No sé, creo que estos tres niveles tienen que juntarse en cualquier momento y es lo que estamos intentando, que se pueden hacer en Cork por ejemplo, pero es un trabajo muy largo.

Speaker 1*:* Vale perfecto, pues me ha bastado con todo esto. Muchas gracias.

Speaker 2*:* Vale Pablo, espero haberte contestado con bastante información las preguntas.

Translated Transcription (English)

Speaker 1: Well, if it stops for some reason (connection problems) you don't mind repeating it, right?

Speaker 2: Okay, don't worry, I hope the connection is quite good but if it stops, I will repeat it.

Speaker 1: Okay. Well good morning Martino I come from the University of Wales Trinity Saint David to interview you and we are going to do an Skype interview.

Speaker 1: First of all, I would like to know what Mixed Ability is for you? Well and for IMAS in general.

Speaker 2: Well Mixed Ability is a model that allows the inclusion of people with any type of disability in the same base sport. And therefore, it is a model that favours social inclusion, through education and through sport. If you want, Mixed Ability is a philosophy, it is a concept that stands out quite a bit from what sport is for people with disabilities or functional diversity. Generally, because as you probably know, the sport of people with disabilities is around the classification of the identification of values. Mixed Ability wants to defeat those barriers. It is simply saying that sport is for everyone and we all have the right to be included in sports in the same way.

Speaker 1: Yes, ok, but because usually people with disabilities have not been integrated into this type of settings and sometimes, they can be more marginalized, or they can feel excluded. Well that's what studies from some studies say about integrate settings. So, what do Mixed Ability providers need to consider to minimize this marginalization that may occur?

Speaker 2: I think we are really talking about a cultural change. It is a completely different change and therefore the first step (Connection problems).

Speaker 1: Can you repeat it?

Speaker 2: Yes yes, what we need and what we are promoting with Mixed Ability is a cultural change. And we don't have to think at first how to do things, but how to allow things to be possible. That is, it is the education that comes before doing sports together. And therefore, for Mixed Ability we need to have a moment where everyone is involved and understands what Mixed Ability is. Because of course the exclusion can happen at any time, not only in integrated settings, but in society, in different places and everywhere. But, if we don't understand what we all have to do together, okay? We cannot start working, that is the budget for us, it is what we want it to be before anything. And that's the

reason why IMAS as an organization, the first thing we do is create education in clubs, education with coaches and education with participants, okay?

Speaker 1: Okay, but on the theme of marginalization, I was referring to, for example, imagine that in the case of a rugby match, in which a player is going to score a try, he can pass it to a player with a disability, but he decided not to pass it because he believes that he is better playing rugby.

Speaker 2: Right, for me we are talking about different things, for me we are talking about two different things. This is something that happens because there is no understanding of what we are doing. If you are a rugby player and the most important thing for you is to score a try, you have different options, you can play in the first team or you can play in the second team. But in Mixed Ability we are doing something else, which is not passing the ball to those with disabilities so that they are the superstar of the moment, it is simply that if you are the person in the best position to rehearse, you rehearse, this is it. If your partner who may have a disability or may have a disability, whatever, is in a better position, you are going to pass the ball because this is rugby, it is not that it is rugby Mixed Ability, it is that it is rugby usually. Pass the ball to people in the best position to score a try. But I think we have to start a little bit earlier. Players do not go to the pitch with or without disabilities. There are people physically or as skills, who are better players. For example, I do not have a disability or at least I do not recognize myself as a person with a disability, but there are teammates on my Mixed Ability team who are much better rugby players than me, when they have disabilities, intellectual disabilities or learning difficulties. But as rugby players I would never ever put myself in the position of passing the ball or not. Because they can be more than 20 pounds or 20 stones and play better with the feet's and hands than what I do. And therefore, the Mixed Ability wants to clarify this factor before starting, that we do not go to the field with identification, with something that tell us those who have disabilities or not. It is the fact of understanding what is the reason why we are on the court, which is the enjoyment, which is playing rugby. And if you are more competitive and want to play in a league you have the possibility.

Speaker 1: So Mixed Ability is not so competitive, it is more towards social inclusion, right?

Speaker 2: Sure, it's about fun, inclusiveness, and playing rugby, okay? It is social. I would define it as social rugby, but it also offers you the opportunity. The Mixed Ability is just one more team in the club, since you have the first team, the women's team and the junior team, you also have the Mixed Ability. And therefore, if the Mixed Ability player wants to play in the competitive League, he has the possibility with the first or second team. The Mixed Ability team is really about having fun and playing socially.

Speaker 1: Okay. And then these individuals with disabilities, could they also play professionally later, or is it a topic you don't talk about?

Speaker 2: Yes yes, it happened already here in England, it also happens in Italy. For example, what happened is that, as I was saying, there are players who are very good, very very good rugby players.

And we went to play a League game here in Yorkshire and had two games, the second team played against a Worcester team, and the Mixed Ability team on the same day, had another Mixed Ability game against the same club. As the club's second team did not have enough players, they asked some of the Mixed Ability players to play with them in the League match. We talked about this three years ago. And of course, they did not select me or other players. They selected the best players and some of them four or five had disabilities. This has allowed over the years that players can play with both teams. It never happened with the first team, but with the second teams it did. And we now have two or three players who regularly play on second teams in the Yorkshire League. And so, this happens, and they also play Mixed Ability, and so they can play more rugby, play at a different level and with a different intensity, but rugby is the same, okay? You know that in Mixed Ability we don't push each other in the scrum.

Speaker 1: Yes, they are uncontested.

Speaker 2: Yes, they are uncontested. But all the rest is the same. And of course, it will be adjusted to the level.

Speaker 1: In that respect... (Connection Problems)

Speaker 1*:* It could there be more risk of injury, so how does Mixed Ability providers consider this aspect?

Speaker 2: We have to consider two aspects. The first is that we talk about rights. Individual rights, human rights and capacity of understanding. Sport, every sport, when you speak of sport you speak of risks. It can occur at any time, whether you are an Olympic athlete, or if you play in the league of a Sunday. Okay? There is a risk, which is inherent in the sport and can happen at any time. Not because of your lack, not because of your teammates, but it is the fact of being there and doing things together.

Speaker 1: And if for example that person is blind, or whatever?

Speaker 1: Okay, but first I want to finish the first aspect. And in rugby you have one more problem and that is about physical contact. It is a sport that requires a lot of preparation and predisposition to physical contact, like boxing for example. What we say is that it is not a game for everyone. You first have to understand the risks involved. So, here in England for example there is the Capacity Act. Which says that if you understand something, you can make the decision to do something. This is also what the UN Convention says and also for example, the Declaration on the Rights of Persons with Disabilities says that if it is worth it, all governments and local institutions have to face models of sports for people with disabilities, integrated , segregated, that is, simply by people with disabilities, but, also in the mainstream setting. Okay? And that is what is missing, and that is what we are trying to do as IMAS. If you want to play full contact and understand the risk, okay, I could personally warn you not to. But, if you are an adult, you have the right to make your decisions. And the same goes for people with

disabilities. What we do in the educational part of IMAS, is to face the educational resources, so that they are quite simple and so that they are immediate and accessible, okay? And therefore, if people cannot read, you need to have photographs explaining the inherent risk of rugby. This is the first aspect and surely rugby has one more aspect.
Second, during the game we need everyone on the court/field to understand why they are there. And this happens in Mixed Ability, there are more competitive games, if you go down to see Swansea playing against Llanelli, you will see that he is more competitive than others, like those seen in Spain. Because there is a history of rivalry behind. It is important that all players know what they are doing, therefore as communication increases, there will be an increase in the level of communication. What we do is a protocol before the game, we always put together the two teams and the referee, where they meet, and where people can see what the opposition is. Of course, if you see someone with cerebral palsy walking on the field with the ball, you don't have to tackle it so hard, because he's doing what he can do, you don't need to tackle him too hard, that's not rugby. Rugby is so that you can have a chance to play. And of course, at the same time if you see a person who plays for the first team and who 'runs through the field 100 meters or whatever, you are going to tackle him as if you were playing a league game. And therefore, it requires more understanding, it requires more communication and knowing what we are doing there. Which is more about the spirit of rugby, that it's competition, which is also respect, which is integrity, which is solidarity...

Speaker 1: Yes, all the rugby values.

Speaker 2: Indeed. I personally believe this is missing a little bit at the professional level. Because it has come so fast, with such an accelerated impact, that people like us, like me, who started playing 30 years ago, has seen that rugby has really changed a lot as a sport. And you see that rugby of the past is now grassroots rugby, it is social rugby. And therefore, I think Mixed Ability is upholding what the initial rugby spirit is. And professional rugby becoming something more complex, which I do not know... but it is difficult to have the values that rugby has founded in professional rugby.

Speaker 1: Yes yes, I totally agree. Right, and do you think that the interpersonal relationships of individuals have increased thanks to Mixed Ability?

Speaker 2: (Connection Problems) This is the computer's microphone. Can you hear me now?

Speaker 1: Yes, I ask you the question again. Do you think or know of any cases in which interpersonal relationships have increased thanks to Mixed Ability?

Speaker 2: Sure. And not just a matter of personal knowledge. We did scientific research on that with Leeds University and there are publications on it. And it is not just the fact of playing, there are people who do not know each other and people who would not have the option to interact If it weren't for the clubs. And the Mixed Ability, I think, has offered the opportunity to different people, who normally would not get together every day, okay? Because they don't go to the same place of work, they don't

go to the same place after work. And it has offered the opportunity for these people to meet and establish a relationship as equals. The first thing you see on the field with Mixed Ability is how everyone is as a player, he can run with the ball, you can pass the ball. It is not about you do not have, or you have disability. It is about, is he/she is a good rugby player? As you normally do in any team. And I think this breaks down the barriers of seeing disability before people and therefore, you see the rugby player and you see what their needs are in the sense of support.

I think you are quite familiar with the University of Salamanca, where they work on the entire support model. And therefore, what kind of supports does this person need? But if you think, this is something that you normally do in any team, because you know your teammates. And if you for exmple play soccer and you know that someone can't kick the ball, that person it's not going to do a 50-meter throw, it's going to do much less.

Speaker 1: Yes, everything depends on the ability of each one. After all, we are not all the same, I can be better than you or you can be better than me, and not because of that we have to exclude anyone.

Speaker 2: Exactly. And what Mixed Ability offers is that you immediately start seeing people this way, you call them by their name, and you don't call them by the guy with Down syndrome, you call him Kevin, Mark or whatever. And then, you are going to reflect on what we had done together and you are going to think, oh ok, it is the first time that I speak to someone who has Down syndrome and it never happened to me in my life because... where do they live? Where are they going? And this, I think allows us to see people as people and not as labels or as disabled. I think, this has been very much evidenced in all studies and research.

This has happened in Spain, it has happened in Italy, it happened in England, it happened in Wales. And yes, there are people who have progressed on their way since they started playing rugby and thanks to the opportunity to play in a team like this, they have looked for work and increased the level of skills, of individual capacity, thanks to the integration.

Speaker 1: Knowing how to communicate, right?

Speaker 2: Exactly, knowing how to communicate. And there are people now ... Well I explain it to you as they are people with disabilities. But some play for the second teams, some have taken the coach course. And we have two guys here in Bradford who did RFU level 1 and level 2 of coaching. And this is something that you can also use in the workplace. And all that has been supported by their teammates without disabilities. Someone has looked for a job. And therefore, right, it is not just the fact of having more friends, which is very important, okay? Different friends...

Speaker 1: Yes, of course, because of the emotional support, right?

Speaker 2: Exactly, and there are people who ... just an example, there is a player who has a syndrome called Prader-Willi syndrome, that is quite complex and requires a lot of support, not only physical but also emotional, as I told you. And what happened is that he didn't talk about this with his family, he

doesn't talk about it with the closest people, he talks about it with his teammates. He talks about what that situation involves for him emotionally with his teammates.

Speaker 1: Therefore, it has been opened thanks to clear Mixed Ability.

Speaker 2: Sure. And on the other hand, there are people without disabilities who started talking about their mental health problems, such as depression or other things. Because they are playing Mixed Ability. Because traditionally as you know, the environment of a rugby club is quite close. Where you don't talk about emotions, where you don't talk about problems, because it is best if you keep playing and what happens really doesn't matter to you. But Mixed Ability, offers a more respectful environment, where we can all find problems in our life, why we do it, that's the way life is, okay? It is not always being happy. There are hard moments there are moments that are difficult, and it is important that we can talk about those things, because if not that is where the disease happens. That it, is not just physical illness, it can be mental illness, it may be that you have financial problems or whatever.

Speaker 1: Of course, the theme is that when someone is excluded, it is when they are truly disabled in society.

Speaker 2: Sure, and the bottom line for me, is that we are also talking about communication again, okay? It is to promote communication between people, which is an educational act. It is not a sporting act, it is an educational act.

Speaker 1: And with which different sectors does IMAS work?

Speaker 2: Okay, I'm going to explain a little bit about how we work so that you understand it. Before all the work that we do as IMAS comes from education. It is Mark and I who have an educational background. We have worked for many years in adult education. And we have always worked with people with disabilities. I worked in Italy, also in public schools. And that is a common turn, as people like David in Spain, David Izquierdo and Oier in Spain. You talked to Oier, didn't you?

Speaker 1: Yes yes.

Speaker 2: And also, with Enric in Italy. We all have a teaching or educational background, and we have preserved this aspect. Every Wednesday here in Bradford we have an educational lecture with 15 or so participants in different Mixed Ability sports. What we do with the lectures, where everyone is an adult and everyone has functional diversity.

Speaker 1: (Connection problems) In educational courses?

Speaker 2: Yes, in the educational lectures that we have every Wednesday, there are adults with functional diversity and what we do with them every week is to develop the resources that we use to educate clubs and coaches and federations, okay? During the classes we make presentations, we meet to put together resources, guides and accessible educational material, which we can use in the community, in the clubs, and in the Unions where we are going to do a training session. And this is a very important aspect for us, because what we do is co-production, it doesn't just come from IMAS. But IMAS co-produces and collects all the resources we do. There is always someone who is a Mixed Ability trainer and who has a disability with us. Because they are the areas that have defeated the barriers and who know how to defeat the barriers, and who can teach others how to do it.

Speaker 1: Of course, you have to learn from them, of course.

Speaker 2: It is the concept of peer education. This is the first thing we do as IMAS. With these resources, we will then train clubs, grassroots sports clubs that can be rugby sports clubs. Rugby has always been the most important sport because it was the first. And now we are also working with boxing, with rowing, with cricket, with tennis. Here at Bradford, we have over 15 sports, and in different countries, in different nations, there are different sports. But the concept is always the same, education so that the club is more inclusive, which is the philosophy of Mixed Ability, which is the rights of people, which is like ... not so much adapting your body, but how to think in different ways. In order to see people as they are. And we do this educational act with clubs, with coaches and also with federations. We have worked with Rugby Federation (rugby unions), Rowing Federation or Boxing Federation here in England. We have also done European projects, as you know, with different Unions (MIXAR). And we always produce resources so that people can use educational material and they also can see it on the website, they have guides to start with Mixed Ability. They also have scientific information with research and stuff.
But really, what we do as an organization is to place different aspects together. We think that Mixed Ability is not only about sports, what you learn in sports is something that is very important for society in general. And therefore, if you are inclusive in sports, there is no reason why this cannot happen in the workplace, at work. It cannot happen in education, in health, etc. And therefore, what we are doing now is to work in the same way, that is, through education with, for example, doctors, “GPs” here in England. During their training, doctors never really see people with disabilities. These is all learned during their course, about material, books, but they never talk to people with disabilities. And what happens? The first day that you are in your "surgery", okay? And you see people, patients who come to ask you something. You really don't know who it is that who is going to enter through the door.
I think we have seen this, if you work for example with physiotherapists, doctors and people who work in the health field, and you immediately begin to think that there is nothing wrong with that person, because we are all different. Therefore, what do we need? What happens here, and I think this is a very important point, is that people with disabilities die 20 years earlier than people without disabilities in England. And that is because you do not have access to health like anyone else. Because the people who manage health do not understand what the need is, what does not mean to have the best medications or those things. It is about having, as you said before, contact with a social network, job opportunities, a good home, okay? All these things are a very important part of our health and therefore, all these things are a very important part of our health. Therefore, we believe that IMAS can support professionals like them to understand these needs.

As before we were talking about the risks. If you talk about the risks, you will see the problem, what is the problem? If you think differently and see people in the same way, you don't think about risks, you think about solutions, you think about opportunities.

Speaker 1: The problem is how things are communicating, right?

Speaker 2: Sure. And if you do that the benefit in economic terms, in terms of general social health is incredible. Because of course you will have healthier people who are happier, more active, more connected with others, you have more interconnected communities, where people help each other, where you can call someone not only to drink a beer, but to do something together. If you have a problem you don't go to the doctor, you go to your friend before the doctor. And therefore, we believe that Mixed Ability, you know that we have a manifesto, is because of sport but we think that sport comes before, and society will continue afterwards. Therefore, what we are seeing now in the IMAS sport model, is being experienced in other sectors such as health, or for example companies, there are many companies.

Speaker 1: What kind of companies for example?

Speaker 2: We have done training with… For example, international banks, such as HSBC, we are talking about senior management at an international level.

Speaker 1: And have they given you financial support?

Speaker 2: This is a very difficult thing to accomplish. They have supported us in different ways. For example, we have been included in the volunteer scheme within the bank. We have preferential access to volunteers, for example, the HSBC senior management bankers' team did Mixed Ability training. And I hope that it is worth even if there is no economic return, it does not matter. But I hope that there is a different understanding from that within the local communities. That there is a different understanding, for example, people with disabilities do not have a bank account, why? Because they think they don't need it. I think it's your right, okay? If we talk about the ability to make decisions independently.

Speaker 2: So, they can't have a bank account?

Speaker 2: Generally, it's a little bit more complex, it depends on the capacity of the individual. But in all cases, the money is usually managed by other people, who are the parents, the "carers" or other designated people. I believe that if you have the ability to decide that you want to play rugby and take the risk, if you can decide you want to go on holidays to Malaga and how to use the money. Why? Why the "carer" has to do it? Why your parents have to do it? If he is an adult and can decide, okay?

And that the concept is the same as in sports, and we transfer it from the field to society. But for example, what can Banco Santander or HSBC do to support these people? We are talking about 15% of the world population. What is the economic return? What is the return in health? In banking, in health that we do not have. What is the opinion of these losses? These are surely quite complex issues that we cannot simply solve as IMAS. But yes, if the NHS, Santander begins to think and support. And we are not only talking about people with disabilities, we are talking about people of all legal age, homosexuals, etc... All of us at some point in our lives have barriers and need support. If we try and start thinking in this way, we will solve this paradigm. Because we are not talking about other people or third parties, we are talking about us. I think if everyone gets involved, things start to seem a little bit different. Because we are not talking about someone you meet on the street or in a store that has Down syndrome, we are talking about my clubmate, my friend, my brother, my girlfriend or whatever. And as you said before, relationships make us see things differently.

Speaker 1: Sure, I totally agree. And what are the barriers that the Unions have present? Or are they giving you any type of support?

Speaker 2: Fear. Fear is the main barrier. That happens in all places.

Speaker 1: And in all Unions?

Speaker 2: Everywhere...

Speaker 1: For example, as we were talking about Wales, Wales on their website includes Mixed Ability as an adapted sport, in which they must wear helmets with colours or something distinct in order to identify them.

Speaker 2: Ask Anthony when they started playing Mixed Ability rugby and when this information appeared on the website. Why started playing in 1990.

Speaker 1: Yes, they started a long time ago.

Speaker 2: And when did the Welsh Union put that news on their website?

Speaker 1: Yeah sure, early right?

Speaker 2: For twenty years, Wales just simply covered their eyes, acting if they didn't want to know anything. Like, nothing happens, don't ask anything because we don't do anything about Mixed Ability. What happened is that the English federation began to invest a lot in Mixed Ability in 2015. And this,

due to the political and economic situation, as you know the English Association is the richest Union in the world, in economic terms and in terms of members and players. And also, in 2015 we had the first World Cup here in England. And IMAS organized the first World Cup (IMART) and therefore something immediately appeared on the international scene that is Mixed Ability. Nobody knew anything about Mixed Ability. This was the moment when all the other Unions started asking. Asking themselves what are we doing for disabled players in rugby? Because until then the risk was higher, too risky. That is way it is always about fear. What happens if someone dies in the field? What if someone with Down syndrome has a misfortune?

Speaker 1: Has there been any case?

Speaker 2: It never happened. But if you realize that Wales started being playing 25 years ago and now, we have more or less more than 60 Mixed Ability teams that play an average of 15-20 games a year. We are talking about a lot of Mixed Ability games with the same rules as World Rugby, apart from scrums. Up until this point, broken bones and all those things has happened, but nothing different happened than what happens in normal rugby. All people are informed of the risks, they are registered as members in their Unions. And therefore, Mixed Ability is not more dangerous than playing veteran rugby (the game that you have to beat at all costs), when they play once a year and they even don't train. It is not more dangerous. For example, this is a very important point for us, you mentioned before about the "scrum caps" with different colours. This for us (I speak as IMAS), and for example the English Federation does not impose anything of this kind, but there are studies that show that the helmet is not a protection, and this is a medical study that World Rugby did. The only thing that allows you is not to have the ear of cauliflower. But it is not going to protect you from a concussion, it is not necessary. And now we are talking about simply identifying players, but there are players who are better than me. If we are talking about skills, I would have to have the red helmet.

Speaker 1: Sure, if for example I am better than you, that's not a reason why you have to wear a helmet to identify yourself, right?

Speaker 2: Sure. But rugby, is a dynamic sport, and there is off-side and you have to move fast on the field. And if you are going to return on the off-side, for example it may happen that you don't have time and something can happened to you because you are not looking at the ball, and that is, that misfortunes happen on the rugby field.

Speaker 1: Yes, that is more than clear.

Speaker 2: I know Swansea always used the method of combining different socks/stockings, in different colours. And the sense is that I personally believe that it is a protection factor that is false, you have false security, which does not really give you protection.

Speaker 1: But a protection gives you, right? Because obviously if someone sees someone in red stockings, they are not going to tackle him with the same intensity. But there is the issue of inclusion, which is not total inclusion. But there is protection, I would say there is still an overprotection, isn't it?

Speaker 2: Yes, but I tell you, for example, we are discriminating here against people who are colour-blind. You already know that red and yellow are two colours that, for example, colour-blind people who do not see colours well…

Speaker 1: Yes, but for that, a study to know how many colour blind-people are on the field would be done before, and those people would be informed.

Speaker 2: But what I mean is that when you start to identify, when you start to discriminate. Where do you stop? It is easier to say that we are all different and we all need it and we all have to work with our heads to recognize where the difference is and where the limits are. And to begin with, it's worth it for a safety issue, we need those who are blond to have one colour, those who are fat to have another colour, those who are unable to walk or whatever… have another colour. We are not talking about including people in wheelchairs in the Mixed Ability field. There are different sports which is wheelchair rugby that they can play. There are different opportunities for blind people to play rugby. And we see how Mixed Ability is the entry into the rugby and grassroots, social rugby. There are different opportunities, if you do not like contact and do not want to be tackled, there are other types of rugby, such as tag rugby, touch rugby, which are very popular, and you can play them. Why do we have to change rugby to create something that is not, rugby is rugby.

Speaker 1: Yeah, right, I totally agree. Well, and again back to IMAS, what kind of financial or economic support do you receive?

Speaker 2: Well, it is different, we are a non-profit society. Therefore, we have to look towards sustainability from the organization in a different way. We have a part that is covered for example with public money from sport England, but that only works in England. It is a fund that is managed by the Ministry of Sport, which is about culture and sport. This allows us, for example, to go and deliver trainings at clubs, go to do talks and have networking with other organizations here in England. But that is only for England, all apart is the international part. For example, until now we have covered it with Erasmus Plus and we are quite willing to write projects. We are quite lucky, at the moment we have had three projects in which one has just been completed this month, which is the MIXAR. That is very specific about rugby and allows us to focus attention on Spain, Italy, Ireland and so on. In which we also work with the University of Salamanca for research. Also, we have a project that is for blind people and will also cover it in Italy, Spain with the municipal Municipality of Valencia and France. And we have the largest now that covers part of the Cork World Cup, which is the IMART. And it also allows us to do an international conferences, where we are going to cover all these topics, like the ones we are talking right now about the fact that Mixed Ability can teach health, education, companies and we are going to cover this. In this we are collaborating with UNESCO. And this is another part the international part.

In the IMART, as an event, such as its World Cup, we also have private sponsors, and this also happened in Vitoria when we did the World Cup in Vitoria and also in Bradford.

Speaker 1: But do they contribute with money?

Speaker 2: Yes, they are companies that contribute with money. But this more or less covers what the World Cup is. Because you have to imagine that as IMAS, we provide accommodation, meals and everything for the traveling senses of every team. And therefore, because we know that people and players also have "benefits" in England. But for example, the situation in Italy or the situation in Spain is very different. The state doesn't help as much as here in England or the UK. Therefore, we will support all teams with what accommodation is. We have a thousand rooms at the University of Cork, which is something that costs a lot of money and therefore all of that is an independent part.
The last part is that as an organization we do training and what we do is to accredit clubs and sectors. We believe that this is something specific and therefore play as any training you do, you have to pay for it and this is something that we reinvest in the organization. This allows us, for example, to hire people from the lectures, to train people as trainers or coaches. And everything is reinvested in the organization.

Speaker 1: Okay, and before you told me that the Spanish and Italian states do not contribute as much money. Well, Eurostat identified that approximately 29% of people with disabilities were at risk of poverty. And different authors have seen that poverty is related to inactivity. So how does IMAS consider this?

Speaker 2: The very reason that IMAS exists is a question of social justice. We talk about sport, because sport is the most immediate vehicle and the vehicle that everyone likes. But we are talking about social justice, about social change. When we are talking about people who die 20 years before living in poverty, and as you say, there is a connection between poverty, and access to resources, access to health, access to good housing, and all these things. But it is not a question that we can solve as an organization, because if we do this, for me, we would be doing charity and we are not doing it for charity, it is justice, which is very different. What we need is that the grassroots clubs that do Mixed Ability offer opportunities that are accessible to everyone. For example, if you are a rowing club and if every year you want to be a member you have to pay £300, this is a barrier and you cannot regret if you do not have enough disable people in the community, because of course it is only the people of the middle class who have enough money, who have training, who know about the club, who can travel, who can pay those £300 a year. What we encourage is a system where people can be a member paying for example monthly or paying a minimum fee if they are only going to do rowing once a month or something like that. In other words, a more flexible way and this is what we teach in the trainings. But it is not something that… for example, if you are going to do rugby in a Mixed Ability team in Spain, you are going to pay the club, you are not going to pay IMAS. Nothing you pay to the clubs, here in England or in Spain or in Italy comes to IMAS. I mean, of course it is a problem for us, because we are going to help the clubs.

Speaker 1: Sure, because it is not a problem that you can solve, it is more part of the clubs.

Speaker 2: Right, but again what we can do and I'm sorry, but I'm going to talk about education again, is to change the mindset. In other words, if you want to be more sustainable as a base club, if you want to have more members, you have to look at those around your clubs. Who are they? What do they want to do? How much can they pay? What is the solution? Ask them, don't think you have all the answers, ask them. And for example, some of the tennis clubs here in Bradford, didn't know that there were services for people with disabilities 200 meters down the street. You have to know your local community and that is the service we do as IMAS. Connect people, clubs with communities, educational services and also social services. Because in the end, if you are a successful club, you need to have more members who can pay.
And also, the value of the rugby club is that after training you go with your teammates to drink and eat together. But at least here in England, there are people with disabilities who have access to money, because they have the "benefits" and can pay. There are people who are unemployed, have no disability and cannot pay. For example, in Italy and Spain, which is very different from England, the community network and families are much more present in Italy and in Spain as you could imagine. But also, the rise of the community, for me and this is my personal impression, is much stronger. Around it, social networks are much stronger, and the state support network is weaker, but the social network is stronger. Here in England the opposite is that the state network is much stronger in the sense that they give you money to do things, but the social network is weaker. And I think that in the end, we cannot solve everything, but we can instigate a cultural change, it is to think that sport is not only for athletes who go to the Olympics and it is not only for those who are very good at playing. It is a social resource, for social welfare, and that can teach a lot. As IMAS we can do this in an educational way, we cannot offer an economic value because it is not our role. But we can start the conversation.

Speaker 1: Okay, and lastly what are the factors that should be improved to attract more people with disabilities to know about Mixed Ability rugby? For example, the subject of marketing how is contemplated by IMAS.

Speaker 2: There is one fact that is the narrative of rugby, and the narration of disability. First, rugby is still seen as a gross and physical sport, where there are values, but there is risk. There are people who hit each other all the time and all that…That may be reality, but there is much more, and this is the specific problem. And also, there is the narration about disability, which is always seen as a medical problem. That is, there is something wrong with you, we have to solve it, there is something that does not work with you, we have to improve it. And what we have to do is a different narration. That is, there is nothing wrong with you, we are all different and we need different help, one. And two, rugby is a sport that teaches you a lot and yes, there are risks, but in life, living is a risk, and something can happen to anyone, at any time. Therefore, why do we always talk about the risks and not talk about the benefits? Therefore, let's start talking about the benefits, which is much greater than the risks. There are benefit in economic, social, health, happiness, well-being and sustainability terms. All of those things are benefits and there is just one risk. I think there is no comparison. But I think it is a very long job, because we are talking again about a cultural change. It is a long job and we need a lot of people. For example, all the work that you are doing, what Oier does in Madrid, what Orazio does in Don Quixote, the people of Almería in Spain.

The Unions, we have to work at three different levels. We have to work at the grassroots level, doing education with clubs and coaches, and we are doing that. But it requires and needs time and resources that we do not have, because we are all as volunteers. Okay, it will happen in the future, but we need time. And the second level is that we also need to work at a high level with the Unions, because they understand that risk is an aspect. But for example, imagine how many people could play rugby and be a member of clubs with different capacities and different abilities. And if you allow this to happen, there are people now who are not disabled, who have never thought they could play rugby. But if you see rugby as an inclusive sport, they could be part of it and the movement would grow. And if you put the high level together with the base level, there will come a time when they come together. This is the critical moment where we can achieve something. And it is happening in Spain because the Federation is supporting, it is happening in England.
The super high level is the international level, for example, the World Rugby level, and we're working with them so they can come to Cork for the IMART, so they can see what's going on. And what we need is not the World Rugby telling us how to do Mixed Ability, because Mixed Ability is just rugby. What we need is that they do not put up barriers, that they put things that are necessary, such as people having to go to the doctor and do a certification to play rugby, because this is not necessary, it is to put unnecessary barriers.

Speaker 1: Isn't that necessary to play Mixed Ability? For example, you need to have a medical receipt to play.

Speaker 2: Not here in England. For example, I know that in Spain there is a different Mixed Ability regulation, with different rules. But if something comes from World Rugby and they can smooth these things out, it would be great. For example, this does not happen in South America. And why if this can be done in South America and in England, why in Italy it has to be different? It doesn't make any sense, rugby is rugby in Italy, in England, in Wales and anywhere. Therefore, these three levels have to come together.

Speaker 1: Sure, that's what World Rugby says, that you need medical proof to play.

Speaker 2: It is something that the national federations can fix. But of course, being World Rugby you have a power of influence, and we have to have that power of influence. I don't know, I think these three levels have to come together at any time and that is what we are trying to do, that can be done in Cork for example, but it is a very long job.

Speaker 1: Okay, well, this has been enough for me. Thank you.

Speaker 2: Ok Pablo, I hope I have answered the questions with enough information.

Anthony Geime – Swansea Gladiators RC Coach

Original Transcription (English)

***Speaker 1*:** Hi my name is Pablo and I came from the University Trinity Saint David to interview Anthony. Hello Anthony. How are you?

***Speaker 2*:** I'm good thanks Pablo, you all right?

***Speaker 1*:** To start I would like to ask you, what is Mixed Ability for you?

***Speaker 2*:** Mixed Ability for me is, because my son has a level of learning disability and it encourages them and them to be able to you partake in a team sport along with people with a similar disability and his peers and other people who have no disabilities or no connection to disabilities who just enjoy playing rugby.

***Speaker 1*:** From experience for example, like what do you think that are the reasons why people with disabilities aims to be a part of me Mixed Ability in rugby? Like what usually motivates them to take part?

***Speaker 2*:** It gets some into a team sport, which means that they have to not be selfish they have to be part and parcel of the team. Otherwise a team doesn't work, and they have to learn that team manner ship and they also have a big social circle as well, so they get invited to more and more events. They've been to different venues different clubs' other players, able bodied, disabled and they then become blend in and become part of the environment.

Speaker 1: So, we could say that their interpersonal relationships increase.

***Speaker 2*:** Yeah, definitely.

***Speaker 1*:** And therefore, do you know if their employability has increased thanks to Mixed Ability?

***Speaker 2*:** Uncertainly does, yeah yeah.

***Speaker 1*:** Do you know any case?

Speaker 2: I can say on behalf of my son that this has helped him to become more mature from being childish to more of a man and have other people to understand the better places in the world and to make them more confident, outgoing in and always you just reason need a general awareness so what's the dominant role you know but it don't say if you go down but in the end vulnerable adults.

***Speaker 1*:** So therefore, what type of support does participants receive, like… did you get it? like maybe practical help, emotional support…

***Speaker 2*:** From local rugby clubs we get support, from of local senior clubs which play in the Welsh Premier Rugby side at the Swansea RFC, the Ospreys, in the background we are always talking to them.

***Speaker 1*:** No but I mean like what support does the club, like Swansea Gladiators gives to participants?

***Speaker 2*:** All right. Well I think we are able to encourage them to become part of the team. We have to be patient; we have to be caring and we have to allow them to express themselves as best they can. So, we just support them in basically being themselves and allowing them to have the outlet to be part of a wider part of the community.

***Speaker 1*:** And like what type of barrier does the Welsh Federation present? Because I have seen that in their webpage that Mixed Ability is an adaptation about rugby and that you use different colours to identify disabled people and that's not what IMAS understands for Mixed Ability, so what is your view about it?

***Speaker 2*:** My view is that because they are vulnerable adults we have always marked our players out with shorts until they have shown up they are able to withstand the tackle situation, because some may not understand that why they're being tackled I think it might be an assault. So, then we try and protect them a small bit, some lower achievers who have had the need of protection, so then they have to be marked out so they can't be tackled too hard on the pitch. Some teams decided not to mark their players out and then have a bit of emotional tantrum on the field because that player has got tackled. We prefer to protect them first and foremost and then if…

***Speaker 1*:** Yeah, do you let them decide what to do?

Speaker2: Aw yes, the players decide

Speaker1: And if the player does not want to wear it?

***Speaker 2*:** Yeah, the player decides, and if they feel that they're more than able to handle the situation then they go in same colours as rest of the team.

***Speaker 1*:** Okay, so back again with the question, does the Welsh Federation put any barriers into Mixed Ability?

***Speaker 2*:** Not really no, to be honest they allow us to get on with it ourselves they don't actually see that they're there, but they don't tell us what we can or can't do. We talk them we keep in touch with them but that's about it really.

***Speaker 1*:** And what kind of...Does the Welsh Federation gives you financial support? Or anything like that?

***Speaker 2*:** No, no financial support at all.

***Speaker 1*:** And do you do you collaborate with any different sectors?

***Speaker 2*:** For funding?

***Speaker 1*:** Whatever.

***Speaker 2*:** Well we are always talking to different businesses, different sectors, local authorities regarding funding and also permission to do certain things like use complexes, sports facilities…Obviously these are booked out throughout the year. So, we we're always trying to get a window in the bookings or to try and be able to do something if the weather's bad. So, it's quite difficult to get people on board.

***Speaker 1*:** What are the factors that you take in consideration to attract more people to come to the Swansea Gladiators and play. Do you do any marketing stuff?

***Speaker 2*:** Well… it is pretty much word of mouth rugby teams because when we go to teams, there's pretty much nearly always somebody in that rugby club that has a child with a disability and they always show in interest, and quite often come along, get involved as rugby players as I am sure to be players day. Then as a pattern out able to achieve something that they never thought possible to actually take in the field with his own child, which is a massive step for a lot of fathers. You know I played with all of my sons at one point and a lot of fathers is a major achievement to be able to play alongside their teenage or adult son.

***Speaker 1*:** Yeah so in case of having disability the individual may have fewer reflexes or as well as less physical conditions than the rest of their partners. Therefore, they have more risk of injury. So how does Swansea Gladiators consider this?

***Speaker 2*:** Right. Well yes people with wealth visual disabilities are not blind but the disabilities that you can see are less likely to be tackled, if you have somebody that doesn't look like they've got a disability but has learning or an understanding problem, then they are more likely to get tackled quite hard and injured. So we mark everybody out to start with a white shorts as against the rest of the players wearing black and as they progress if they feel and we feel that they've reached a level where they can go on the black shorts, then we have no argument and then that's their choice not ours.

***Speaker 1*:** And if they tell you for example: No, I don't want to wear that, I just want to play as the rest.

***Speaker 2*:** No, we won't let them play their first game until they play white shorts and as we need to see that they have the confidence and the ability to take what could possibly be a major tackle or… Because we do not play touch rugby.

***Speaker 1*:** And do they have the option to play touch rugby or tag rugby?

***Speaker 2*:** Yeah, yeah. Well when I say we don't do touch rugby that because most of rugby is contact, but we do touch rugby tournament and belt tournaments. So, we get involved in quite a wide range of different types of rugby. So, obviously if it is touch or tag there's no reason to mark anybody out but if there's a contract that's when they need to be just looked out just a little bit.

***Speaker 1*:** Okay to move on. The Eurostat identified that approximately 29% of the people with disabilities where at risk of poverty, and several authors have argued that poverty is related to inactivity. Therefore, how does Swansea Gladiators consider such barriers for participants.

***Speaker 2*:** We do feel when it comes to rugby, not just the gladiators which they shouldn't shake but with all rugby clubs, that is an element of uplifting that people when they become part of the club they come part of the team, part of a social network, which does help their self-esteem, so then they become more confident people and more able to move themselves on. So, if they are in a position where they have no funding or whatever, then people will tend to step in and try and help them.

***Speaker 1*:** Yeah, because how much is a membership?

***Speaker 2*:** We don't charge a membership. We charge two pound per week.

***Speaker 1*:** Yeah it is not…because in Spain you have to pay for a membership like 400.

***Speaker 2*:** Not for the Gladiators no. We pay the rugby club out of all our funds we've raised all year an amount of money for use of the facilities. So we don't we don't ask the individual player to pay up a membership for the club. They never actually going to play for that part of the club. You're only going to pay for the Gladiators.

***Speaker 1*:** Yeah. Okay. Just the final question. What benefits does Mixed Ability provide to people with disabilities.

***Speaker 2*:** There's no financial benefits.

***Speaker 1*:** No not financial, just any benefits

***Speaker 2*:** Well I think I've already passed all that, but this is all very much a growth process. They get a lot of people come to us they've never picked a rugby ball in their lives and within a year they're old pros they're the youths and their a part of the team, they come out with us, they socialize with us, they actually grow within themselves to become more confident and willing to go off and whereas they would just sit there with a support worker or their parents. They're now they're willing to go off by themselves. They then be able to go on and just create start up conversations with somebody they don't know.

***Speaker 1*:** Okay Anthony, nice to meet you and see you next time.

Andrew Harris – Port Talbot Panthers Coach

Original Transcription (English)

***Speaker 1*:** Hello Andrew my name is Pablo, I came from the University of Wales Trinity Saint David and I would like to interview you. How are you today?

Speaker 2: I'm good thanks, how are you?

***Speaker 1*:** So first of all, Andrew, I would like to know what is Mixed Ability for the Panthers and for you.

***Speaker 2*:** Mixed Ability for the Panthers is about participation. It's about people being able to be part of a team, a part of the family, being able to socialize, being able to change people's lives through sport, and rugby is a small part of what the Panthers do but it's a lot bigger than that.

***Speaker 1*:** Because when did the Panthers start?

***Speaker 2*:** The Panthers started in about July kind of launched, the ideas for the Panthers came... I'm involved in another local Rugby team the Aberavon stars and we played against Llanelli Warriors and Swansea gladiators of a number of years and some of our players had mixed abilities. I repeat second team rugby. But we train each week. We wouldn't have enough fixtures for them to play. So, the idea come from playing these teams and seeing the effect it had on people. So, I thought why they can't do something maybe for Port Talbot and have their own team in this area.

***Speaker 1*:** And therefore, as you have start. have you talked with IMAS or do you have any support from them, or…?

***Speaker 2*:** We have had a lot of support from the Welsh Rugby Union. We met two weeks prior to launching and they went to a kind of a time scale and a mapping process of things we had to do before we could set up, which took some time. Also, we got a lot of support from the Ospreys and from Aberaeron rugby club. Who set this up and gave us kit when we first started? We've got a lot of support from a lot of the local rugby teams, in the local areas as well, through donations, donations of kit and also some of their players as well they signposted to play as well. So, it also involved using their facilities and the grounds to play on as well.

***Speaker 1*:** So, you haven't received any support from IMAS, and you haven't had any type of contact with them?

***Speaker 2*:** No, nothing. Only as I said through some local like Swansea Gladiators, Llanelli Warriors, I think they are attending, I think the Mixed Abilities World Cup (IMART). And I have seen some information on Facebook promoting the World Cup and part of that I think we'd love to attend but maybe a little bit too soon to sign it in terms of development

***Speaker 1*:** And you told me that you received support from the Welsh Rugby Union, what type of support? Like they didn't even put any barriers or…

***Speaker 2*:** No, they did very helpful I think they're kind of, the marketing process, so they said this is stage by stage what you have to do before you could actually launch, which is probably a good thing because you could imagine to set of rugby team, you know it takes a lot of time you know in terms of promoting organisation structures in place.

***Speaker 1*:** And in terms of financial, like how do you manage?

***Speaker 2*:** Financially, we have been quite lucky, we had a lot of support from local sponsorship and also from local rugby teams.

***Speaker 1*:** And from any sector that has nothing to do with sports?

***Speaker 2*:** We have had some donations I said from a lot of fundraising ourselves. So, kind of hard work.

(Interruption)

***Speaker 2*:** So yeah in terms of finance we haven't had any money from the Welsh Rugby Union, we haven't got any from the Ospreys. And we haven't asked for any money either. We want to be trying to generate our own kind of funds. At the same times we are hoping for the Panthers to help other people, help other organisations. So, at the moment we've raised food for local food bank for young people. We also did a fundraising event at Christmas time for a local rugby player and his daughter who is ill and has difficulties herself which is a massive success that needs a lot of money for a family you know. So that's the kind of aim for the Panthers, to support other people in the community as well.

***Speaker 1*:** And as the Eurostat identified that 29% of people with disabilities are at risk of poverty, and several authors agree that poverty is related with inactivity, how does the Panthers consider such barriers to participate in Rugby?

***Speaker 2*:** Yeah yeah, we have found in a short space of time, lot of mental health issues with number of our players and we've had some other concerns, we've had one player speak about got no electric, he has got no food, he has got children, struggling financially and I mean I've tried to support them ourselves. Pay for electric, access food for him as well. You also have support from a local church as well, who have a kind of a sports pastor. We can identify you to do some one to meet up for coffee. I give some more extra help emotionally you know, but that is an ongoing problem and a lot of our players are not in work. Not all players can have benefits. I think one of my hopes for the project (for the future) is to set up an employment project through rugby, so be for example maybe be two or three days a week, players will come in, pass rugby in the morning, a bit of breakfast club and in then the afternoon, they will have to mock interviews, help them with their CV's and past employers will come in, give them skills and help motivation and confidence to help in the future.

***Speaker 1*:** Many people, as we are talking about employability have told me that Mixed Ability have helped them to gain jobs, is there any case in their Panthers? Or… like as you know in their interpersonal relationships, help people to find jobs.

***Speaker 2*:** Yeah yeah. I've made some good links with some good local partners, I've met with the Job Centre, I've met with Workways who is an organization to help people back into work, and also met with the Ospreys as well. You may have heard about a project called School of Hard Knocks, you might have seen it on TV. School of Hard Knocks It's on Sky TV. School of Hard Knocks is Scott Quinnell and Will Greenwood's, they run the project throughout the UK and is based on working with people who is unemployed mental health issues.

***Speaker 1*:** And has any player go there and work?

***Speaker 2*:** They haven't gone to our project. But we hope we set up something for ourselves in the local community to help signpost them to make that next step. And I've identified already 15 players who would want to attend such a project. So, the good thing is that we have got those relationships with the players. So, if outside agencies can put organise and fund projects, we can signpost, and I mean I've got the conference no way to come to not come into a new building. they don't know anybody. They've already got friends and a couple relationships which would help them you know so…

***Speaker 1*:** Now going more into the game set. How does the Panthers consider Mixed Ability, as an adaptive game?

***Speaker 2*:** I think when we first started, we kind of, very cautious about obviously health and safety and not players getting injured. We have had to borrow kit to start with. So, some of our player where wearing bibs when they first started but it is very conscious of people would maybe stand out and discriminated against. Which one but we did want to do so we have got to change our players would wear kind of black shorts. But the game is just a rugby team same as everybody else, you know, we train and enjoy it and play to win the best we can. Yes, so in terms of disabilities everybody's treated the same, everybody is treated equal.

***Speaker 1*:** Yeah and maybe the scrums are passive…

***Speaker 2*:** Yeah scrums are passive, there is not pushing in the scrums.

***Speaker 1*:** Do you play the same time as a normal rugby game?

***Speaker 2*:** We normally play on Sundays. Normally I would say.

***Speaker 1*:** No, I mean the timing. I mean the whole game, is usually 80 minutes?

***Speaker 2*:** It can be quite flexible. You know, it depends on the level of the game, if it is a closed game, if two teams go a lot of players, will extend the game so everybody have equal game time so be quite flexible.

***Speaker 1*:** Okay, and what type of support does participants receive. Like for example practical help and support or information support, informational support, emotional support.

***Speaker 2*:** Yeah, information advice, lot of emotional support, we have a kind on WhatsApp group. A lot of players sometimes post they are struggling mentally. We had one-person post to speak said he was feeling suicidal so we offered as much support as we can, linking it with the Welsh Rugby Union.

***Speaker 1*:** Well but is good also because he opens to, not? to tell those things to the team.

***Speaker 2*:** Yeah, and we have some issues of safeguarding which contact the Welsh Rugby Union. Saying we got concerns about a particular player and they were very good in terms of information and offering advice. He went to the GP and you know I think is ongoing for this particular player you know. I think it's going to create the family value and also the Panthers we've also linked in with the female local rugby team. Colby Talbot Reds so the conscious of the game in the past being diverse. We have got a number of women now in our WhatsApp group. We have women who help out.

***Speaker 1*:** Do you have women's that play, disabled woman that play?

***Speaker 2*:** That may be the next epidemic disabled women. But there were the women's team we also trained together on a Wednesday, the last few weeks together. There were men and women

together which quite knew, and we're going to play a game against them in touch rugby in a couple of weeks as well. I would also be linking in with a local mixed abilities football team called Soccer Ability. And we are going to play them in touch rugby in a few weeks and also play them in Football as well so I'm hoping to possible placement football in the future possibly a place to play rugby. Also, perhaps it is just a way of extending new friendships relationships.

***Speaker 1*:** Okay, and what are the factors that the Panthers are improving in order to attract more people to know this sport? Like to gain more disabled people, like any marketing staff.

***Speaker 2*:** We use Facebook, we also made a short video. Have you seen our short video?

***Speaker 1*:** Yeah, I've seen it yeah.

***Speaker 2*:** Doing a launch this was a really good way of sharing, over 150 shares which is huge you know. And then I am conscious of not doing enough past work in the community with organizations who work with people with disabilities, in terms of, they could be signposted a number of people to ourselves. It's time, it's time consuming. You perhaps need more people who work in the statutory sector to get involved and support us and signposts. We probably not good enough with people with disabilities if I'm honest, and there's a lot more work we could be doing. So, I am kind of conscious of that.

***Speaker 1*:** Yeah, so in terms of like, as we talk afterwards about wearing bibs and about the risk. Disabled people can have like few reflexes or can have fewer physical conditions. So therefore, how does Mixed Ability providers consider these aspects?

***Speaker 2*:** We have qualified first aiders, and really conscious of the challenges of physical contact sport, having first qualified first aiders, and also people at hand in and around the team on a match day in case that they have any incidents, so like today for example, one of our players hurt his shoulder and went to hospital, so thankfully his friend could drive, who was playing today and also had his girlfriends as well you know, but any kind of issues i would transport them myself or worst case scenario call an ambulance and I'm glad to know that that's happening.

***Speaker 1*:** Yeah but that can happen in every Rugby match.

***Speaker 2*:** Yes, that's unfortunate part of the game, but health and safety and well-being are paramount, so it's just really important. It's difficult sometimes, sometimes for example our first players may pull out on the day of the game, or on the night before saying they are ill or in work in except which puts a lot of pressure on ourselves, but we try to get somebody in and try to manage it as best we can.

***Speaker 1*:** And last question, what are the reasons you think that people with disabilities aim to be part of Mixed Ability in Rugby? Like what usually motivates them to take part?

***Speaker 2*:** I think gives them the chance to participate. I think it also gives them a voice and a voice they won't probably get it. Perhaps in a so-called mainstream team they won't get opportunities to speak and have their voice and be conscious so I can set it up. I don't see a great deal I told him that they'd be led particularly by the people who've got involved you know, and people want to get involved so it's all kind of peer led. You know I try to support it. I do support as best I can and steer it but I don't get too involved you know and then for example picking teams example that the coaches pick teams you know give more responsibility, I think yeah think responsibility is one key thing.

***Speaker 1*:** Do you think that also because they haven't been taking part of this type of sport before? Because we have put them to many limitations overtime?

***Speaker 2*:** Yeah, they have not had an opportunity before. Yeah, I think that it can be a focus sometimes in Rugby teams to get away from our values, is not winning, t's not about getting a top the league or winning cups and sometimes you get away about enjoyment participation having fun. What it does for people you know see a lot of children's teams as well it's about being the best team player the best team you know playing for the Ospreys you know, passes a child and it's great for some children and some parents, but I think perhaps some of these people with mixed abilities It's not about that. You know I just want to play and try and win as well as it is important but it's a lot more to it than that. We're going to Worcester on tour, in two weeks' time for some of these boys they haven't go out of Port Talbot, we played in some game some people haven't even played here before and they live in Port Talbot. So, this is getting out of the house is probably giving some of their perhaps some of their parents and carers a bit of a break as well,

***Speaker 1*:** Yeah, as we've said before getting them to this something that they haven't do before, or they have put them limitations into doing it.

Speaker 2: Yeah, so it's game for the communities meeting people.

***Speaker 1*:** Yeah so make it more inclusive.

***Speaker 2*:** Yeah yeah, definitely. Yeah. As I said I'm going to Worcester to play mixed abilities teams in Worcester which I was looking forward to staying for one night. We got about 40 people going which is fantastic. I'm hoping that in summer maybe going to Colwyn Bay in north Wales and do something similar like camping and get a lot of players out of the area and have a bit of a holiday break. With rugby being a part of it as well.

***Speaker 1*:** Okay thank you so much for your time Andrew. I'll see you next time yeah.

Speaker2: Thank you, thank you.

Questionnaires

- Wales rugby clubs: Port Talbot Panthers and Swansea Gladiators
- Spain rugby clubs: Ingenieros Industriales and San Isidro RC

Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- (●) 18 - 25
- ( ) 26 - 34
- ( ) 34 - 44
- ( ) 44 +

2. What is your gender?

- ( ) Female
- (●) Male
- ( ) Prefer not to say
- ( ) Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ◉ Moderate
- ○ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☑ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- (●) Neither Agree nor Disagree
- ( ) Disagree
- ( ) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [x] Family
- [x] Improve fitness / Health
- [x] Competition
- [x] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

.....

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [x] Transport
- [ ] Equipment
- [ ] Facilities
- [x] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

16. How much risk do you think is associated with mixed ability rugby? Why?

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [ ] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- (•) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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- (●) 18 - 25
- ( ) 26 - 34
- ( ) 34 - 44
- ( ) 44 +

2. What is your gender?

- ( ) Female
- (●) Male
- ( ) Prefer not to say
- ( ) Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- ( ) Neither Agree nor Disagree
- ( ) Disagree
- (●) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [x] Family
- [ ] Improve fitness / Health
- [ ] Competition
- [ ] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [ ] Enjoy Competition and challenge
- [x] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Everyone no matter ability will put 110% in every game

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

All kinds of help

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

None

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- (•) 1
- ( ) 2
- ( ) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

There is a lot of risks as a lot of players are not fully aware on how to play the game

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

I play nearly every week

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [ ] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (●) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Yes, I would change the fact that it is not massively supported or known about

20. Do you have any further comments about mixed ability rugby?

Ni

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Mixed Ability Rugby Evaluation

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- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
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5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
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6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [ ] Family
- [x] Improve fitness / Health
- [x] Competition
- [x] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Supporting players of all ages and ability to play the best team sport ever! Love the banter both and off the pitch, before and after games.

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Emotional and practical getting me to games so I can enjoy a beer with my fellow teammates after each game.

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

None at all

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ◉ 3
- ○ 4
- ○ 5

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- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes in varying degrees of severity

16. How much risk do you think is associated with mixed ability rugby? Why?

Only from those those not familiar with the laws or limits to player contact etc

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

I'm 55 years old, but I'm getting fitter in training as playing each week when I can

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [ ] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (•) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Financial support from WRU or respective Rugby Unions

20. Do you have any further comments about mixed ability rugby?

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- ○ Female
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3. How would you identify your level of disability?

- ○ Severe
- ◉ Moderate
- ○ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☑ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☑ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [ ] Enjoy Competition and challenge
- [x] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Being able to take part in a sport we love and to play along side my son who thought he'd never play the sport he loves again!!🏈🏴

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Huge support from family, team mates !!!

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ○ 3
- ◉ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

Just a bit on the old side , keeping up with the pace , being able to assist my son!!!!

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No

20. Do you have any further comments about mixed ability rugby?

Phenomenal concept , life changing, love it !!!!!

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Google Formularios

Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☑ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ◉ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☑ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [ ] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Helping players who are new to the game.

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ○ Usually
- ◉ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Help with my mental health. Feeling able to open up more.

11. How many friends have you made at the club?

- ○ 0
- ◉ 1 - 5
- ○ 6 - 10
- ○ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [x] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes.

16. How much risk do you think is associated with mixed ability rugby? Why?

A high degree, due to the low skill level of most of the players.

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

It's slower than mainstream rugby. Which I have played until recently.

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [ ] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (•) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Better standard of coaching.

20. Do you have any further comments about mixed ability rugby?

No.

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Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☑ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [ ] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Great people

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ○ Usually
- ○ Sometimes
- ○ Rarely
- ◉ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

_____

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ○ 3
- ◉ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Same as any sport

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- (•) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☑ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- (●) Neither Agree nor Disagree
- ( ) Disagree
- ( ) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [x] Family
- [x] Improve fitness / Health
- [x] Competition
- [ ] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [ ] Friendship groups
- [ ] Improve fitness
- [x] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

_____

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [x] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- (•) 1
- ( ) 2
- ( ) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [ ] Muscular strains
- [ ] Contusions sprains
- [x] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

16. How much risk do you think is associated with mixed ability rugby? Why?

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [ ] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (●) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- ( ) Neither Agree nor Disagree
- (●) Disagree
- ( ) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [ ] Family
- [x] Improve fitness / Health
- [ ] Competition
- [ ] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [x] Other

If other please explain what:

Being able to Help others

8. What do you enjoy most about your mix ability rugby team?

The inclusiveness and the enjoyment for both our mixed ability team and the opposition.

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ◉ Usually
- ○ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Not needed much support personally, but practical, physical and emotional support is always available not just match days. It's about being able to support as much as receiving support.

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

.....

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- (•) 1
- ( ) 2
- ( ) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

No more than any other form of Rugby

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

I have played Rugby in various forms (7s ,10s , 9s union and league)since school age,

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- (•) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

More teams, as there is great interest and appetite with players travelling some distance to play.

20. Do you have any further comments about mixed ability rugby?

None

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Mixed Ability Rugby Evaluation

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- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- ( ) Neither Agree nor Disagree
- ( ) Disagree
- (●) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [ ] Friends
- [x] Family
- [ ] Improve fitness / Health
- [ ] Competition
- [ ] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Taking part and being apart of a trulely amazing group of people

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Emotional

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- (●) 6 - 10
- ( ) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

None

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Don't know

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [x] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No

20. Do you have any further comments about mixed ability rugby?

No

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Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- (●) Severe
- ( ) Moderate
- ( ) Mild
- ( ) No disability

4. What is your current employment status? (Circle all that apply)

- [ ] Employed
- [ ] Self-employed
- [x] Unemployed
- [ ] In education
- [ ] Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ( ) Strongly agree
- ( ) Agree
- (●) Neither Agree nor Disagree
- ( ) Disagree
- ( ) Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☑ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

To help with my mental health

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [x] Enjoy Competition and challenge
- [ ] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

The brother hood.the feeling of belonging.anf being excepted

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

I recently received emotional support from team mates.

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [x] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

The only barrier I face is getting out to participate.but I'm getting there

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes definitely

16. How much risk do you think is associated with mixed ability rugby? Why?

I don't think it's as much of a risk as mainstream

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

Depends on the state of my mental health at the time

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [x] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Sense of achievement

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- (•) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ◉ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☐ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

Encouraged to get involved with the coaching by a fellow rugby lunatic Me Andrew Harris

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [x] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

Pass on knowledge and skills

8. What do you enjoy most about your mix ability rugby team?

Seeing the other players develop

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ○ Usually
- ◉ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Lifts etc no real need for other levels of support

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

Shift work

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- (•) 2
- ( ) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Less of a risk than normal rugby

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Reasonably fit despite age

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

More information ie different shirts for players with different abilities

20. Do you have any further comments about mixed ability rugby?

Great idea and hopefully will go from strength to strength

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Mixed Ability Rugby Evaluation

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- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☑ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ○ Usually
- ◉ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

_____

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ◉ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

16. How much risk do you think is associated with mixed ability rugby? Why?

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- (•) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- (●) Neither Agree nor Disagree
- ( ) Disagree
- ( ) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [ ] Family
- [x] Improve fitness / Health
- [x] Competition
- [x] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Supporting players of all ages and ability to play the best team sport ever! Love the banter both and off the pitch, before and after games.

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Emotional and practical getting me to games so I can enjoy a beer with my fellow teammates after each game.

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

None at all

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes in varying degrees of severity

16. How much risk do you think is associated with mixed ability rugby? Why?

Only from those those not familiar with the laws or limits to player contact etc

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

I'm 55 years old, but I'm getting fitter in training as playing each week when I can

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [ ] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (•) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Financial support from WRU or respective Rugby Unions

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☑ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- ( ) Neither Agree nor Disagree
- (●) Disagree
- ( ) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [x] Family
- [x] Improve fitness / Health
- [x] Competition
- [x] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

It's inclusive

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Motivational

11. How many friends have you made at the club?

- ( ) 0
- (●) 1 - 5
- ( ) 6 - 10
- ( ) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

None

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- (•) 1
- ( ) 2
- ( ) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Just as much as any form of rugby, it's a tough sport

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

I've played rugby for a while but not mixed ability before

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [ ] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- (•) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Nothing

20. Do you have any further comments about mixed ability rugby?

No further comments

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- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ◉ Female
- ○ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ◉ Moderate
- ○ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ◉ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☐ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☑ Other

If other please explain what:

Inspired by watching the team play

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

The friendships

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ◉ Usually
- ○ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

All

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [x] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

Sometimes my disability

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- ( ) 3
- ( ) 4
- (•) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Less risk when players who cannot be tackled wear a bib or diff colour shorts

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Yes

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- (•) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ◉ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

I enjoy all aspects of training and matches but also love the teams social ethos off the field.

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ◉ Usually
- ○ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

None required as such but i can always speek to my team mates in relation to my day to day problems in life.

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Its dfficult to quantify but with all rugby there is an element of risk. Some of the injuries I have seen have been the result of able bodied players partaking in a game when the are under prepared or have underestimated the risks involved. Training and prepration is essential not just in leraning how ro play the game but helps minimising the risks of injury.

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

I'm a several kilos overweight at the moment. I've not always been this heavy , my excess weight somewhat hinders my ability to play.

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [x] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- (•) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

I would like to introduce a law whereby elite level players cannot be brought in to represent a MA team in order to secure a 'win'.

20. Do you have any further comments about mixed ability rugby?

Its awesome

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Google Formularios

Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☑ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- ( ) Neither Agree nor Disagree
- ( ) Disagree
- (●) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [x] Family
- [x] Improve fitness / Health
- [ ] Competition
- [x] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [ ] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

_____

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [x] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ◉ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [ ] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Non

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Playing teams who claim mixed ability but are not

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☑ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☑ Family
- ☐ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [x] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ○ Usually
- ○ Sometimes
- ○ Rarely
- ◉ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

_____

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ◉ 6 - 10
- ○ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [x] Equipment
- [x] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ◉ 2
- ○ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Very low level, due to the nature of the environment

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

I have played for over 25 years

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [ ] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- (•) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

The ruling on how many disabled players should be on the field at once!

20. Do you have any further comments about mixed ability rugby?

There needs to be more funding from each rugby union

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ◉ Moderate
- ○ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ◉ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- ( ) Neither Agree nor Disagree
- ( ) Disagree
- (●) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [ ] Family
- [ ] Improve fitness / Health
- [x] Competition
- [ ] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [x] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Contributing

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Emotional

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- (•) 1
- ( ) 2
- ( ) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [ ] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Modrate

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [ ] Optimistic
- [ ] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

I don't play I coach

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ◉ Female
- ○ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ◉ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☑ Family
- ☑ Improve fitness / Health
- ☑ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [ ] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Friendly they like family

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

I'm a supporter and support service user if they need help

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [x] Equipment
- [x] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ◉ 2
- ○ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

They need to identify a rugby player with learning disability

16. How much risk do you think is associated with mixed ability rugby? Why?

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

I support an individual with learning disability

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [x] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

For other clubs they should play the learning disability way

20. Do you have any further comments about mixed ability rugby?

What a great sort

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ○ £100 a £249
- ◉ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ◉ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☐ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [ ] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Seeing the development and confidence it brings.

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

None

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Low risk due to training and support.

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Training and support

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [ ] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (●) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

More support financial from WRU.

20. Do you have any further comments about mixed ability rugby?

I am able bodied and have been a part of the Gladiators from the start. 28 years. I have seen the difference it has made to people's lives for the better.

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Google Formularios

Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☑ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ◉ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ○ £100 a £249
- ◉ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☑ Family
- ☑ Improve fitness / Health
- ☑ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Friendship

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Practical information

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [x] Lack of confidence
- [x] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- ( ) 3
- ( ) 4
- (•) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Because of training and friendship

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (●) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Universal indentification

20. Do you have any further comments about mixed ability rugby?

Its brilliant

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Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☑ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

It's so much fun

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ◉ Usually
- ○ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Practical help and information.

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ○ 3
- ◉ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

As with anything, there is an element of risk. But it's worth the risk for what you get out of playing.

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

Good days bad days and all that

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [ ] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No

20. Do you have any further comments about mixed ability rugby?

It is such a worth while experience and would recommend it to anyone.

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Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ◉ Moderate
- ○ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☑ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ○ £100 a £249
- ◉ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☑ Family
- ☑ Improve fitness / Health
- ☑ Competition
- ☑ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Team spirit ,camardery , friendship

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

All of the above

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ◉ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

It's made safer especially when we wear different colour shorts or are wearing scrum caps. I don't like wearing hi viz bibs

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

I do a lot of training, learning moves and positions

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☑ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ○ £100 a £249
- ◉ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☑ Family
- ☑ Improve fitness / Health
- ☑ Competition
- ☑ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [ ] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Meeting up with friends, new and old, welcoming new players, seeing the satisfaction on the players faces after a game or training session

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

All the above

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

None

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- (•) 2
- ( ) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Almost as much as senior rugby

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Training, attitude, knowing where your at on the pitch

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [x] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

The level of identification would always depend on the players disability level and/or their ability on the pitch

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ◉ Moderate
- ○ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☑ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ○ £100 a £249
- ◉ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☑ Other

If other please explain what:

My support worker told me about it

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Getting to play rugby and not having to do the tackling element of it

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Getting me to practices picking me up from games and dropping me off if I need it encouragement on and off the pitch

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [x] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

When I was doing Samba Band practice if it was raining I couldn't come because I couldn't get soaking wet and muddy

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

No but most of them yes

16. How much risk do you think is associated with mixed ability rugby? Why?

There can be a bit of Rick to play in mixed ability rugby because if you get tackled you could get knocked out or injured there is Always a risk when playing mixed ability rugby like there is with all types of rugby

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

Because my fitness is not as it should be but it could be improved

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [ ] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (●) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Just making it very clear who is contacting you with noncontact and making sure both teams are the same so every team should wear a babe if you're noncontact if you're contact you shouldn't

20. Do you have any further comments about mixed ability rugby?

Just making it very clear who is contacting you with noncontact and making sure both teams are the same so every team should wear a babe if you’re noncontact if you’re contact you shouldn’t

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Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ◉ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☐ Improve fitness / Health
- ☐ Competition
- ☑ Societal changes
- ☐ School / College
- ☑ Other

If other please explain what:

Played "normal" rugby but had to step back due to facial injuries.

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [x] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Seeing friends develop into better players and more confident people

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ◉ Usually
- ○ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Baby sitting duties

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ○ 3
- ◉ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Less risk than other versions of rugby as it tends to be played at a slower pace. Using the non-contact bibs also makes players more aware of the disabilities of some players.

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [x] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- (•) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Making the rules around ruck a mauls more structured to incorporate non-contact players

20. Do you have any further comments about mixed ability rugby?

It has opened my eyes to the difficulties faced by friends in day to day life as well as the sporting arena.

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☑ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [ ] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

The camaraderie and inclusiveness

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Moral support, for both myself and other team members on match days and at training

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

Adverse weather conditions

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes.... just because it is for mixes abilities the effort put in by all is the same as an able bodied sports team

16. How much risk do you think is associated with mixed ability rugby? Why?

No different risk associated in my mind to Ability rugby

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

I'm supported well by my team mates to keep pushing myself

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- (•) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

That it would be more prominent, and supported more by the government at grassroots level. All financial backing appears to go to able bodied sports team, which causes issues when raising funds.

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☑ Other

If other please explain what:

Saw the team on social media and was curious about it.

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

It gives me something to do and look forward too where I had nothing before. Team work and comradery are also big factors.

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Help with childcare as a single parent and sometimes costs.

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [x] Financial expenses
- [ ] Discrimination
- [x] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes.

16. How much risk do you think is associated with mixed ability rugby? Why?

There is always a risk with rugby as it's a contact sport but reduced somewhat because of non contact players and older players like myself.

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- (•) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No. Just hope it becomes more mainstream.

20. Do you have any further comments about mixed ability rugby?

No.

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Mixed Ability Rugby Evaluation

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- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☑ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Playing

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Practical

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ◉ 2
- ○ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

A little as with any physical activity

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [ ] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

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- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☑ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☑ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [ ] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

To play rugby at an exceptional progress. Really flexible to play around my daily life. Improves my social life and personal fitness when I use my gym

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Emotional support or Social support

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ◉ 3
- ○ 4
- ○ 5

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- [ ] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Mainly if play contact rugby. But not if your doing non-contact. It could apply if the intensity increases whilst training or playing. I get strains on my Achilles heel because I have not trained on them enough.

16. How much risk do you think is associated with mixed ability rugby? Why?

It can get frustrated for teams who try to win badly during matches depending on what disabilities they have. This means scuffles break our easily if something bad happened during the match. We try to have more discipline and understanding to stop these scuffles, but it can be hard at times.

17. Do you feel fit and well prepared to play mixed ability rugby?

- (•) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

It's at a good level of intensity of training and playing as it's difficult to train at highest levels or hard to get into train with senior sides as they play on a weekly basis.

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [x] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- (•) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

None

20. Do you have any further comments about mixed ability rugby?

None

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- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ◉ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ◉ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☑ Competition
- ☑ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [x] Enjoy Competition and challenge
- [ ] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

The friends I've made that I never would have met otherwise.

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Verbal encouragement

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

Initial misconceptions regarding what mixed ability rugby is

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes, all of them.

16. How much risk do you think is associated with mixed ability rugby? Why?

Less than mainstream Rugby Union, players are more conscious of their surroundings.

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Have played rugby union for 15 years.

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [x] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (●) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Clearer guidance from the NGB explaining what it is. This doesn't mean regulation, simply an acceptance that different teams have slightly different formats.

20. Do you have any further comments about mixed ability rugby?

It's changed my life!

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Google Formularios

Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- (●) 18 - 25
- ( ) 26 - 34
- ( ) 34 - 44
- ( ) 44 +

2. What is your gender?

- ( ) Female
- (●) Male
- ( ) Prefer not to say
- ( ) Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☑ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☑ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

The Social aspect/challenge of learning rugby

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ◉ Usually
- ○ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Encouragement

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ◉ 6 - 10
- ○ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ◉ 2
- ○ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Potentially alot due to the nature of rugby in general.

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

previous experience of cardio based sport

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [ ] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- (•) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

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Google Formularios

Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☑ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ◉ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☑ Societal changes
- ☐ School / College
- ☑ Other

If other please explain what:

Fun

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [ ] Enjoy Competition and challenge
- [x] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Cameradery

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ◉ Usually
- ○ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

None. I have a minor hearing impairment.

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ◉ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes. Less to us because scrums are uncontested

16. How much risk do you think is associated with mixed ability rugby? Why?

Minor risk easily outweighed by the be benefits

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

It's the right level for me

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [ ] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (●) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No

20. Do you have any further comments about mixed ability rugby?

It's changed rugby clubs and people's perceptions about disability and disabled people

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Mixed Ability Rugby Evaluation

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1. What is your age?

- (●) 18 - 25
- ( ) 26 - 34
- ( ) 34 - 44
- ( ) 44 +

2. What is your gender?

- ( ) Female
- (●) Male
- ( ) Prefer not to say
- ( ) Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ◉ Moderate
- ○ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ◉ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☑ Family
- ☐ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [x] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ◉ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

16. How much risk do you think is associated with mixed ability rugby? Why?

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- (•) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ◉ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☑ Family
- ☑ Improve fitness / Health
- ☑ Competition
- ☑ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

_____

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ◉ 2
- ○ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Less than community rugby, because people know why they are playing Mixed Ability. More emphasis on the social aspects, less on winning at all costs.

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (●) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

no.

20. Do you have any further comments about mixed ability rugby?

It's just rugby.

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Mixed Ability Rugby Evaluation

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- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☑ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [ ] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

_____

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [ ] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

16. How much risk do you think is associated with mixed ability rugby? Why?

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [ ] Proud
- [x] Tired
- [x] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- (•) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ◉ Female
- ○ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☑ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ◉ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- ( ) Neither Agree nor Disagree
- (●) Disagree
- ( ) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [ ] Family
- [x] Improve fitness / Health
- [ ] Competition
- [ ] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

The team are very caring and good at team work

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Counciling

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ○ 3
- ○ 4
- ◉ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [ ] Muscular strains
- [x] Contusions sprains
- [ ] Dislocations
- [x] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Fractures

16. How much risk do you think is associated with mixed ability rugby? Why?

High cos you can get hurt

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

To improve my fitness

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [ ] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (•) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No

20. Do you have any further comments about mixed ability rugby?

No

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Google Formularios

Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☐ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

I missed rugby . This was the opportunity to rugby competion again .

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

The friendship & rugby attitude

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

I support my teammates

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

No

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ○ 3
- ◉ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [ ] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes . I know what can happen of you play rugby .

16. How much risk do you think is associated with mixed ability rugby? Why?

No more then with normal rugby

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

You train & maintain your fitnesslevel

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- (•) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No

20. Do you have any further comments about mixed ability rugby?

No . I love it

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☑ Competition
- ☐ Societal changes
- ☐ School / College
- ☑ Other

If other please explain what:

I had too much time on my hands and it was getting me down. i'd coached rugby before and found a team in worcester who needed a coach.

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [x] Other

If other please explain what:

The difference it makes to people's lives, including my own.

8. What do you enjoy most about your mix ability rugby team?

I enjoy the brotherhood and family it's created

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ◉ Usually
- ○ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

My wife helps make time for me to train and play

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

.....

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ◉ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

yes

16. How much risk do you think is associated with mixed ability rugby? Why?

there's always some risk with any form of sport.

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

i keep physically fit and we train twice a week.

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

The rules need to be set in stone. Too many teams play different versions. it doesnt help players as they get frustrated or referees. i believe a 2 tier colour system would be best. 1 for 'fragile' and 1 for 'returning from injury/mild disability'

20. Do you have any further comments about mixed ability rugby?

see the above. it's amazing but the only thing holding it back is the above. people using some / different / no identification doesnt work. it needs to be uniform to grow more as a sport and receive further recognition. identifying by diff colour shorts DEFINTITELY Doesnt work.

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ○ £100 a £249
- ◉ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☑ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ○ Usually
- ○ Sometimes
- ◉ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ◉ 6 - 10
- ○ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ◉ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

16. How much risk do you think is associated with mixed ability rugby? Why?

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [x] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- (•) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ◉ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ◉ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Friendship

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Practical , skill based and support

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ◉ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [x] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Same risk depending on ability

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Coaches training sessions are geared towards game day

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- (•) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

One rule book for all

20. Do you have any further comments about mixed ability rugby?

Playing MA Rugby is the best thing I've ever done

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Mixed Ability Rugby Evaluation

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- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ◉ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ◉ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☑ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Friendship

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Practical physical and emotional

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

None

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ◉ 2
- ○ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

A small amount

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Keep myself fit physically and mentally
Good coaching on technical side

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- (•) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Better identification of m a players

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ○ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ◯ £50 or less
- ◯ £50 a £99
- ◯ £100 a £249
- ◯ £250 o más

Statement - I find playing mixed ability sport expensive.

- ◯ Strongly agree
- ◯ Agree
- ◯ Neither Agree nor Disagree
- ◯ Disagree
- ◯ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☐ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Friendship

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ◯ Always
- ◯ Usually
- ◯ Sometimes
- ◯ Rarely
- ◯ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Practical physical and emotional

11. How many friends have you made at the club?

- ◯ 0
- ◯ 1 - 5
- ◯ 6 - 10
- ◯ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

None

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ○ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [ ] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

A small amount

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Keep myself fit physically and mentally
Good coaching on technical side

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [ ] Optimistic
- [ ] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ○ Strongly disagree
- ○ Disagree
- ○ Neither agree or disagree
- ○ Agree
- ○ Strongly agree

19. Is there anything you would change about mixed ability rugby?

Better identification of m a players

20. Do you have any further comments about mixed ability rugby?

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Google Formularios

Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☑ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

_____

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- (•) 1
- ( ) 2
- ( ) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [ ] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yed

16. How much risk do you think is associated with mixed ability rugby? Why?

Depends on your levels of ability and your opposition

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

We operate a 'one club' system so I get to play and train alongside players from the different senior XVs within the club

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (●) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Tidy up the rules regarding contact areas and scrummaging

20. Do you have any further comments about mixed ability rugby?

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Google Formularios

Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- (●) 18 - 25
- ( ) 26 - 34
- ( ) 34 - 44
- ( ) 44 +

2. What is your gender?

- ( ) Female
- (●) Male
- ( ) Prefer not to say
- ( ) Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- ( ) Neither Agree nor Disagree
- ( ) Disagree
- (●) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [ ] Friends
- [ ] Family
- [x] Improve fitness / Health
- [ ] Competition
- [ ] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [ ] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Seeing the face of the disability players doing something they love

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ○ Usually
- ○ Sometimes
- ○ Rarely
- ◉ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ◉ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [ ] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- (•) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ◉ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☐ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ○ Usually
- ○ Sometimes
- ◉ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

_____

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [x] Financial expenses
- [ ] Discrimination
- [x] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- ( ) 3
- ( ) 4
- (•) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

16. How much risk do you think is associated with mixed ability rugby? Why?

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ◉ Moderate
- ○ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☑ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☑ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Camaraderie

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Help getting to training and games

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

Nothing

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ◉ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [ ] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Moderate

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Keeps me fit and healthy

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [ ] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- (•) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No

20. Do you have any further comments about mixed ability rugby?

No

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Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- (●) 18 - 25
- ( ) 26 - 34
- ( ) 34 - 44
- ( ) 44 +

2. What is your gender?

- ( ) Female
- (●) Male
- ( ) Prefer not to say
- ( ) Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ◉ Moderate
- ○ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☑ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- ( ) Neither Agree nor Disagree
- ( ) Disagree
- (●) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [ ] Family
- [x] Improve fitness / Health
- [x] Competition
- [x] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Friends for life

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Support, loyalty, trust

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [x] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

Anxiety and depression

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- (•) 2
- ( ) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

The same as most forms of contact rugby - it's still physical but part and parcel of rugby

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

I make sure being diabetic my sugar levels are in correct range preparing for contact sport. Also I know I have my team mates behind me on the field and I have their backs

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

Joining the panthers has saved my life!

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Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- ( ) Neither Agree nor Disagree
- ( ) Disagree
- (●) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [ ] Family
- [x] Improve fitness / Health
- [ ] Competition
- [ ] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [ ] Enjoy Competition and challenge
- [x] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

The social side, and banter with people of all ages and backgrounds.

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Encouragement to get out there and play again.

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

Nine at all

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ○ 3
- ◉ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Less so but still in issue.

16. How much risk do you think is associated with mixed ability rugby? Why?

Some may not recover from heavy tackles etc.

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Despite being nearly 56 years old, and coaching U13's kids, my level of fitness is improving each game.

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

More funding from National Governing Bodies like WRU, RFU etc.

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☑ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ◉ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☐ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [ ] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Rugby

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

_____

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [x] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- (•) 2
- ( ) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

16. How much risk do you think is associated with mixed ability rugby? Why?

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [ ] Optimistic
- [ ] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (•) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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1. What is your age?

- (●) 18 - 25
- ( ) 26 - 34
- ( ) 34 - 44
- ( ) 44 +

2. What is your gender?

- ( ) Female
- (●) Male
- ( ) Prefer not to say
- ( ) Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ◉ Moderate
- ○ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☑ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- ( ) Neither Agree nor Disagree
- ( ) Disagree
- (●) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [x] Family
- [x] Improve fitness / Health
- [ ] Competition
- [ ] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [ ] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

My friends

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Practical

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ○ 3
- ○ 4
- ◉ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

No

16. How much risk do you think is associated with mixed ability rugby? Why?

Little as others playing know my ability

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ◉ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ◉ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☐ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

The social aspect, tours and being a part of something that provides opportunities for all.

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Fitness and skills

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ○ 3
- ◉ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

The same risk as another version of the code. Other than passive scrums it is full contact and encouraged to play your strongest game.

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Regular training sessions and encouragement from coaches to continue fitness additionally to training in own time

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (●) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No, nothing if identification isn't used.

20. Do you have any further comments about mixed ability rugby?

LOVE IT!!!

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☑ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ◉ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- ( ) Neither Agree nor Disagree
- ( ) Disagree
- (●) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [ ] Family
- [x] Improve fitness / Health
- [ ] Competition
- [ ] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [x] Enjoy Competition and challenge
- [ ] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Good bunch of team mates and always got each others back

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ○ Usually
- ○ Sometimes
- ○ Rarely
- ◉ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

None

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

No barriers

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- (•) 1
- ( ) 2
- ( ) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yesn

16. How much risk do you think is associated with mixed ability rugby? Why?

About 40%

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Cause we work on our fitness and preparation in training

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [ ] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No

20. Do you have any further comments about mixed ability rugby?

No

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☐ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☑ Other

If other please explain what:

Learn to play rugby

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [ ] Enjoy Competition and challenge
- [x] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Variety in personalities

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ◉ Usually
- ○ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Information/coaching

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ◉ 6 - 10
- ○ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ○ 3
- ◉ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Risk is lower than regular rugby because the intensity is not as high

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [x] Other

If other explain what:

Part of a great team

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- (•) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

More people should play it :-)

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Google Formularios

Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- (●) Severe
- ( ) Moderate
- ( ) Mild
- ( ) No disability

4. What is your current employment status? (Circle all that apply)

- [ ] Employed
- [ ] Self-employed
- [x] Unemployed
- [ ] In education
- [ ] Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ( ) Strongly agree
- ( ) Agree
- (●) Neither Agree nor Disagree
- ( ) Disagree
- ( ) Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- (●) Neither Agree nor Disagree
- ( ) Disagree
- ( ) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [ ] Friends
- [ ] Family
- [x] Improve fitness / Health
- [ ] Competition
- [ ] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [ ] Friendship groups
- [x] Improve fitness
- [ ] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Seen my teammates who haven't played rugby , improve in skills like passing and also enjoy playing rugby

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ○ Usually
- ◉ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Information on my position on the field

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [x] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

Finding the correct boots to wear because of my disability

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- ( ) 3
- (•) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [ ] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

All ,rugby is physical

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- ( ) Sometimes
- (•) No

Please explain why:

Not fit enough

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Love rugby so much

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (•) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Players with a disability who like a tackle should wear red , people can smother tackle him , so they can enjoy abit of the rough stuff

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ◉ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- ( ) Neither Agree nor Disagree
- ( ) Disagree
- (●) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [ ] Family
- [x] Improve fitness / Health
- [ ] Competition
- [ ] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [ ] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Like a family

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Motivation

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [x] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Alot. Still physical and aggresive

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- ( ) Sometimes
- (•) No

Please explain why:

Overweight and unfit

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No

20. Do you have any further comments about mixed ability rugby?

No

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ◉ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☑ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [ ] Increased confidence
- [x] Other

If other please explain what:

To help people who in normal circumstances not be able to play have team mates so they can compete each game and enjoy the sport

8. What do you enjoy most about your mix ability rugby team?

The bond of friendship that has been built

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Physical and emotional

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

None

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ◉ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes regardless of the level I believe it applies to all

16. How much risk do you think is associated with mixed ability rugby? Why?

The same at any level of the sport

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Because we have good trading and coaches

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- (•) Strongly agree

19. Is there anything you would change about mixed ability rugby?

More coverage of the sport

20. Do you have any further comments about mixed ability rugby?

Nope

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Google Formularios

Mixed Ability Rugby Evaluation

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- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☑ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ◉ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ◉ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☑ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☑ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

To be accepted and to learn more about what people can contribute

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [x] Other

If other please explain what:

To change the world by example

8. What do you enjoy most about your mix ability rugby team?

Meeting different people

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ◉ Usually
- ○ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Emotional support and encouragement

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [x] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- ( ) 3
- (•) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes, but Mixed Ability Rugby is safer

16. How much risk do you think is associated with mixed ability rugby? Why?

Slightly less than ordinary rugby with matched teams at amateur level. Greater situational and contextual awareness of ability of fellow players means that the spirit of Mixed Ability Rugby leads to greater safety in the contact area.

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

Rugby fitness is different to other types of fitness and sometimes it's been a while since I played, so I feel less confident and less "match fit"

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [x] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [x] Other

If other explain what:

Stronger, more part of something (I don't just mean the team but the global movement of Mixed Ability sports)

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (●) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Encourage more clubs to experience and participate by playing Mixed Ability teams.

20. Do you have any further comments about mixed ability rugby?

Support between clubs and across sports is string in the mixed ability movement

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Mixed Ability Rugby Evaluation

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- (●) 18 - 25
- ( ) 26 - 34
- ( ) 34 - 44
- ( ) 44 +

2. What is your gender?

- ( ) Female
- (●) Male
- ( ) Prefer not to say
- ( ) Prefer to self-describe

3. How would you identify your level of disability?

- (●) Severe
- ( ) Moderate
- ( ) Mild
- ( ) No disability

4. What is your current employment status? (Circle all that apply)

- [x] Employed
- [ ] Self-employed
- [ ] Unemployed
- [ ] In education
- [ ] Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ( ) Strongly agree
- (●) Agree
- ( ) Neither Agree nor Disagree
- ( ) Disagree
- ( ) Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- (●) Agree
- ( ) Neither Agree nor Disagree
- ( ) Disagree
- ( ) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [x] Family
- [ ] Improve fitness / Health
- [ ] Competition
- [ ] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

Friends being nice each other My mum always looking after me increase getting hurt myself

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [ ] Friendship groups
- [x] Improve fitness
- [ ] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

Play well at rugby team getting performance good results

8. What do you enjoy most about your mix ability rugby team?

I like to play rugby the boys great have fun after match go to pub the drink

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

I don't like getting hurts myself

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [x] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

I went to rugby tour in the Ireland IE it is corks in the town

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [ ] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

I not sure about the scrum not allowing pushing the player

16. How much risk do you think is associated with mixed ability rugby? Why?

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Always make me happy

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- (•) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No

20. Do you have any further comments about mixed ability rugby?

I will say thank you to mixed ability rugby team always make me happy all time

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☑ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☑ Societal changes
- ☐ School / College
- ☑ Other

If other please explain what:

To learn my sons how to deal with life (rugby as a metaphore, get up after a tackle, always go forward, support your friends, respect the ref)

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

The mixture of bckgrounds and the unification by the sport

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Practical on and off the pitch, social support

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

I was 1 of the first to introduce this in Belgium. So the barriers were "how to start explaining what mixed ability rugby is"

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- ( ) 3
- (•) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Less then rugby union. As a player you analyse and identify your opponent. Force is used as needed. So if you have no problems taking a tackle, you brace yourself because you will be tackled.

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

Because of my work in a healthcare profession, time used to prepare my coaching (mixed ability rugby team and youth) and my time used to help in the house, I don't allways have time to do sports as often as I would like to do.

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [x] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (●) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Mixed genders is common with us. Anglosaks seem to have a problem with mixed teams...

20. Do you have any further comments about mixed ability rugby?

Do try it at least once in your life. So heartfilling

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Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ◉ Female
- ○ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ◉ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☑ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [ ] Enjoy Competition and challenge
- [ ] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Acceptance

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ◉ Usually
- ○ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

_____

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [x] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- ( ) 3
- (•) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Not more than any other sport

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

It's my moment of "letting go" all the troubles in my head

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- (•) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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1. What is your age?

- (●) 18 - 25
- ( ) 26 - 34
- ( ) 34 - 44
- ( ) 44 +

2. What is your gender?

- ( ) Female
- (●) Male
- ( ) Prefer not to say
- ( ) Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- ( ) Neither Agree nor Disagree
- (●) Disagree
- ( ) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [x] Friends
- [x] Family
- [x] Improve fitness / Health
- [ ] Competition
- [ ] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

The Respect and how much fun it is.

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

_____

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [x] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- ( ) 3
- ( ) 4
- (•) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

yes

16. How much risk do you think is associated with mixed ability rugby? Why?

depends But you always can have risks its normal.

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

its fun you learn alot

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [x] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- (•) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

noo

20. Do you have any further comments about mixed ability rugby?

nooo

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Mixed Ability Rugby Evaluation

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1. What is your age?

- (●) 18 - 25
- ( ) 26 - 34
- ( ) 34 - 44
- ( ) 44 +

2. What is your gender?

- ( ) Female
- (●) Male
- ( ) Prefer not to say
- ( ) Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☑ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ◉ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☑ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

The variety it gives each player, and the challenges that come with them

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

practical help

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [x] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [x] Other

If other please explain what:

employment status

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

very

16. How much risk do you think is associated with mixed ability rugby? Why?

less then with all other versions of rugby, because the game (teamplayers and opposite, speed and impact, ...) adapts to the player.

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Because i feel healthy and ready to go

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [ ] Good
- [x] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- (•) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Depending on the level of disability and the level (experience) of the game of rugby there could be a visual aid for indicating buddies. However this quickly becomes unnecessary due to players adapting to each other.

20. Do you have any further comments about mixed ability rugby?

It helps a lot with social inclusion for a lot of people, keep this alive please!

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Mixed Ability Rugby Evaluation

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- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☑ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☑ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

Less pressure than competitive rugby

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ◉ Usually
- ○ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Emotional on the road to recovery

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [x] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- (●) 1
- ( ) 2
- ( ) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [ ] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes!

16. How much risk do you think is associated with mixed ability rugby? Why?

Fewer than non mixed ability

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

The fitness level required for mixar is lower so sometimes I don't do warming up not properly

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [x] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- (•) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Defitinely not

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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1. What is your age?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ◉ Moderate
- ○ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☐ Employed
- ☐ Self-employed
- ☑ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☐ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ◉ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [ ] Concussion
- [x] Muscular strains
- [ ] Contusions sprains
- [ ] Dislocations
- [ ] Fractures
- [ ] Lacerations

15. Do you think these risks apply to all versions of rugby union?

Yes

16. How much risk do you think is associated with mixed ability rugby? Why?

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [x] Optimistic
- [x] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- ( ) Disagree
- (•) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

No

20. Do you have any further comments about mixed ability rugby?

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Mixed Ability Rugby Evaluation

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1. What is your age?

- (●) 18 - 25
- ( ) 26 - 34
- ( ) 34 - 44
- ( ) 44 +

2. What is your gender?

- ( ) Female
- (●) Male
- ( ) Prefer not to say
- ( ) Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ◉ Mild
- ○ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☑ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ◉ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- (●) £50 or less
- ( ) £50 a £99
- ( ) £100 a £249
- ( ) £250 o más

Statement - I find playing mixed ability sport expensive.

- ( ) Strongly agree
- ( ) Agree
- ( ) Neither Agree nor Disagree
- ( ) Disagree
- (●) Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- [ ] Friends
- [x] Family
- [ ] Improve fitness / Health
- [ ] Competition
- [ ] Societal changes
- [ ] School / College
- [ ] Other

If other please explain what:

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [ ] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [ ] Other

If other please explain what:

8. What do you enjoy most about your mix ability rugby team?

The social side of rugby, meeting up with friends.

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ○ Usually
- ○ Sometimes
- ○ Rarely
- ◉ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

_____

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- (•) 1
- ( ) 2
- ( ) 3
- ( ) 4
- ( ) 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

I do, the MA model is as risky as regular rugby. But it's all part of the game. It's our choice to make.

16. How much risk do you think is associated with mixed ability rugby? Why?

It's as risky as regular rugby, but that's a good thing.

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

I've played MA rugby for ten years.

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [ ] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (●) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

I dont believe identification should be allowed in the game as it is discriminatory.

20. Do you have any further comments about mixed ability rugby?

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Google Formularios

Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ◉ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ○ £50 a £99
- ◉ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☑ Friends
- ☐ Family
- ☑ Improve fitness / Health
- ☐ Competition
- ☐ Societal changes
- ☐ School / College
- ☑ Other

If other please explain what:

Encouraged through work

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [x] Improve fitness
- [x] Enjoy Competition and challenge
- [x] Improvements in ability
- [x] Increased confidence
- [x] Other

If other please explain what:

Challenging the perception of disabled people

8. What do you enjoy most about your mix ability rugby team?

Friendly, pressure free rugby, seeing integration take place, seeing personal development

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- (●) Always
- ( ) Usually
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Encouragement

11. How many friends have you made at the club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ○ 2
- ◉ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

yes

16. How much risk do you think is associated with mixed ability rugby? Why?

Minimal: players are smaller and game slower than most rugby matches. Emphasis is on participation before winning.

17. Do you feel fit and well prepared to play mixed ability rugby?

- (●) Yes
- ( ) Sometimes
- ( ) No

Please explain why:

Regular training and a lifetime playing rugby

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [x] Optimistic
- [x] Proud
- [x] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- (●) Strongly disagree
- ( ) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

Less bibs

20. Do you have any further comments about mixed ability rugby?

Gwilym for President

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Mixed Ability Rugby Evaluation

My name is Pablo Elipe and I am studying BA international sports management at the University of Wales Trinity Saint David. I would like to invite you to participate in my research project. The aim of this project is to assess different IMAS stakeholders motivations, perceptions and attitudes, explore the impacts of Mixed Ability Rugby on participants and clubs and analyse the benefits that this new model can deliver on sports participation. With the aim to critically evaluate the challenges and impacts on inclusivity sports faced by rugby clubs and participants whilst developing mixed ability rugby programme. There are no right or wrong answers, and this is totally confidential. If you are unable to complete the questionnaire yourself, ask for help assistance. By answering this form you consent the researcher to use the data on the research project.

1. What is your age?

- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. What is your gender?

- ○ Female
- ◉ Male
- ○ Prefer not to say
- ○ Prefer to self-describe

3. How would you identify your level of disability?

- ○ Severe
- ○ Moderate
- ○ Mild
- ◉ No disability

4. What is your current employment status? (Circle all that apply)

- ☑ Employed
- ☐ Self-employed
- ☐ Unemployed
- ☐ In education
- ☐ Retired

Statement – Mixed ability rugby helped me with my current employment status.

- ○ Strongly agree
- ○ Agree
- ◉ Neither Agree nor Disagree
- ○ Disagree
- ○ Strongly disagree

5. What are the total costs associated with playing mixed ability rugby on a yearly basis?

- ○ £50 or less
- ◉ £50 a £99
- ○ £100 a £249
- ○ £250 o más

Statement - I find playing mixed ability sport expensive.

- ○ Strongly agree
- ○ Agree
- ○ Neither Agree nor Disagree
- ◉ Disagree
- ○ Strongly Disagree

6. What encouraged you to get involved in mixed ability rugby? (Circle all appropriate)

- ☐ Friends
- ☐ Family
- ☐ Improve fitness / Health
- ☐ Competition
- ☑ Societal changes
- ☐ School / College
- ☐ Other

If other please explain what:

Involved in erasmus+ project to spread mixar in Belgium

7. What motivates you to continue playing mixed ability rugby? (Circle all appropriate) *

- [x] Friendship groups
- [ ] Improve fitness
- [ ] Enjoy Competition and challenge
- [ ] Improvements in ability
- [ ] Increased confidence
- [x] Other

If other please explain what:

add value to my club and invoierment and peoples live

8. What do you enjoy most about your mix ability rugby team?

Bring fun and joy to players, family and club

9. Do you receive support from your family, friends and team members when practicing mixed ability rugby?

- ○ Always
- ◉ Usually
- ○ Sometimes
- ○ Rarely
- ○ Never

10. What kind of support do you receive? (Practical help, physical and emotional support, information, etc.)

Practical help, financial

11. How many friends have you made at the club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. Have you faced any barriers preventing you from participating in mixed ability rugby? (Circle all appropriate)

- [ ] Transport
- [ ] Equipment
- [ ] Facilities
- [ ] Financial expenses
- [ ] Discrimination
- [ ] Lack of confidence
- [ ] Difficulties to adapt
- [ ] Other

If other please explain what:

no

13. On a scale of 1 to 5 (5 being the most challenging and 1 the least) how challenging is mixed ability rugby for you?

- ○ 1
- ◉ 2
- ○ 3
- ○ 4
- ○ 5

14. What do you consider to be the risks associated with playing mixed ability rugby? (Circle all appropriate)

- [x] Concussion
- [x] Muscular strains
- [x] Contusions sprains
- [x] Dislocations
- [x] Fractures
- [x] Lacerations

15. Do you think these risks apply to all versions of rugby union?

yes

16. How much risk do you think is associated with mixed ability rugby? Why?

the same there are risk like in every sport

17. Do you feel fit and well prepared to play mixed ability rugby?

- ( ) Yes
- (•) Sometimes
- ( ) No

Please explain why:

we only train 1 time a week, to be fit we need to train more frequent (2or3times)

18. How are your feelings after playing mixed ability rugby? (Circle all that apply)

- [x] Good
- [x] Optimistic
- [ ] Proud
- [ ] Tired
- [ ] I would like to play with less contact (such as tag rugby)
- [ ] Other

If other explain what:

Statement: I believe that Mixed Ability Rugby should be played with identifications (using different colors) for people with disability

- ( ) Strongly disagree
- (•) Disagree
- ( ) Neither agree or disagree
- ( ) Agree
- ( ) Strongly agree

19. Is there anything you would change about mixed ability rugby?

20. Do you have any further comments about mixed ability rugby?

It's a great tool to keep people involved in the club, spreading the joy of the sport. Its good to give the wright example of inclusion to the community.

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Evaluación Mixed Ability Rugby

Mi nombre es Pablo Elipe y estoy estudiando BA en gestión deportiva internacional en la Universidad de Gales Trinity Saint David. Me gustaría invitarles a participar en mi proyecto de investigación. Este proyecto consiste en identificar las diferentes motivaciones, percepciones y actitudes de las partes interesadas del IMAS, explorar los impactos de Mixed Ability Rugby en los participantes y clubes, y analizar los beneficios que este nuevo modelo puede ofrecer en la participación deportiva. Con el objetivo, de evaluar críticamente los desafíos e impactos en los deportes de inclusión que enfrentan los clubes de rugby y los participantes mientras se desarrolla el programa de Mixed Ability rugby. En este questionario no hay respuestas correctas o incorrectas, y esto es totalmente confidencial. Si no puede completar el cuestionario usted mismo, solicite ayuda. Al responder a este formulario, usted autoriza al investigador a utilizar los datos del proyecto para la investigación.

1. ¿Cuál es su edad?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. ¿Cuál es su género?

- ◉ Femenino
- ○ Masculino
- ○ Prefiero no decirlo
- ○ Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- ○ Grave
- ○ Moderada
- ○ Leve
- ◉ Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- ☑ Empleado
- ☐ Autónomo
- ☐ Sin empleo
- ☑ En educación
- ☐ Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- ○ 50€ o menos
- ◉ 50€ a 99€
- ○ 100€ a 249€
- ○ 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ Desacuerdo
- ○ Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- ☑ Amigos
- ☐ Familia
- ☑ Mejora del estado físico / Salud
- ☐ La competición
- ☑ Cambios sociales
- ☐ La escuela / Universidad
- ☐ Me animó otra cosa

Si te animó otra cosa, explica que:

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [x] Grupos de amistad
- [x] Mejorar el estado físico / Salud
- [x] Disfrutar de la competición y el desafío
- [x] Mejoras en la capacidad
- [x] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

Compañerismo, ejercicio, magnífico ambiente

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- (●) Siempre
- ( ) Generalmente
- ( ) A veces
- ( ) Raramente
- ( ) Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

Emocional y física

11. ¿Cuántos amigos has hecho en el club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [ ] Gastos financieros
- [ ] Discriminación
- [ ] Falta de confianza
- [ ] Dificultades para adaptarse
- [x] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

Ninguna

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ( ) 1
- ( ) 2
- ( ) 3
- (•) 4
- ( ) 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Conmoción cerebral
- [x] Tensiones musculares
- [ ] Esguinces de concusión
- [ ] Dislocaciones
- [ ] Fracturas
- [ ] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

Puede. Según la intensidad

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

Poco

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- ( ) Si
- (•) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Mucho tiempo sin hacer ejercicio

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- ○ Totalmente de acuerdo
- ◉ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- ☑ Bien
- ☑ Optimista
- ☑ Orgulloso
- ☐ Cansado
- ☐ Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- ☐ Siento otra cosa

Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

Necesita más promoción para tener más seguidores y participantes

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

Un gran descubrimiento

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Evaluación Mixed Ability Rugby

Mi nombre es Pablo Elipe y estoy estudiando BA en gestión deportiva internacional en la Universidad de Gales Trinity Saint David. Me gustaría invitarles a participar en mi proyecto de investigación. Este proyecto consiste en identificar las diferentes motivaciones, percepciones y actitudes de las partes interesadas del IMAS, explorar los impactos de Mixed Ability Rugby en los participantes y clubes, y analizar los beneficios que este nuevo modelo puede ofrecer en la participación deportiva. Con el objetivo, de evaluar críticamente los desafíos e impactos en los deportes de inclusión que enfrentan los clubes de rugby y los participantes mientras se desarrolla el programa de Mixed Ability rugby. En este questionario no hay respuestas correctas o incorrectas, y esto es totalmente confidencial. Si no puede completar el cuestionario usted mismo, solicite ayuda. Al responder a este formulario, usted autoriza al investigador a utilizar los datos del proyecto para la investigación.

1. ¿Cuál es su edad?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. ¿Cuál es su género?

- ◉ Femenino
- ○ Masculino
- ○ Prefiero no decirlo
- ○ Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- (●) Grave
- ( ) Moderada
- ( ) Leve
- ( ) Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- [ ] Empleado
- [ ] Autónomo
- [ ] Sin empleo
- [x] En educación
- [ ] Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ( ) Totalmente de acuerdo
- ( ) De acuerdo
- ( ) Ni de acuerdo ni en desacuerdo
- ( ) En desacuerdo
- (●) Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- (●) 50€ o menos
- ( ) 50€ a 99€
- ( ) 100€ a 249€
- ( ) 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ( ) Totalmente de acuerdo
- ( ) De acuerdo
- ( ) Ni de acuerdo ni en desacuerdo
- (●) Desacuerdo
- ( ) Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- [x] Amigos
- [ ] Familia
- [x] Mejora del estado físico / Salud
- [x] La competición
- [ ] Cambios sociales
- [ ] La escuela / Universidad
- [ ] Me animó otra cosa

Si te animó otra cosa, explica que:

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [x] Grupos de amistad
- [x] Mejorar el estado físico / Salud
- [x] Disfrutar de la competición y el desafío
- [x] Mejoras en la capacidad
- [x] Aumento de la confianza
- [x] Me motiva otra cosa

Si te motiva otra cosa, explique que:

El entrenamiento

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

Los viajes

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- ○ Siempre
- ◉ Generalmente
- ○ A veces
- ○ Raramente
- ○ Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

Compañero que juega conmigo

11. ¿Cuántos amigos has hecho en el club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [ ] Gastos financieros
- [ ] Discriminación
- [ ] Falta de confianza
- [ ] Dificultades para adaptarse
- [ ] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

.....

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- (•) 1
- ( ) 2
- ( ) 3
- ( ) 4
- ( ) 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Conmoción cerebral
- [ ] Tensiones musculares
- [x] Esguinces de concusión
- [ ] Dislocaciones
- [ ] Fracturas
- [ ] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

Si

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

Menos de lo normal porque la gente tiene en cuenta la discapacidad, en principio

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- (•) Si
- ( ) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Porque tengo entrenamiento duro

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ◉ Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- ☑ Bien
- ☑ Optimista
- ☑ Orgulloso
- ☐ Cansado
- ☐ Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- ☐ Siento otra cosa

Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

No

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

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Evaluación Mixed Ability Rugby

Mi nombre es Pablo Elipe y estoy estudiando BA en gestión deportiva internacional en la Universidad de Gales Trinity Saint David. Me gustaría invitarles a participar en mi proyecto de investigación. Este proyecto consiste en identificar las diferentes motivaciones, percepciones y actitudes de las partes interesadas del IMAS, explorar los impactos de Mixed Ability Rugby en los participantes y clubes, y analizar los beneficios que este nuevo modelo puede ofrecer en la participación deportiva. Con el objetivo, de evaluar críticamente los desafíos e impactos en los deportes de inclusión que enfrentan los clubes de rugby y los participantes mientras se desarrolla el programa de Mixed Ability rugby. En este questionario no hay respuestas correctas o incorrectas, y esto es totalmente confidencial. Si no puede completar el cuestionario usted mismo, solicite ayuda. Al responder a este formulario, usted autoriza al investigador a utilizar los datos del proyecto para la investigación.

1. ¿Cuál es su edad?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. ¿Cuál es su género?

- ○ Femenino
- ◉ Masculino
- ○ Prefiero no decirlo
- ○ Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- ○ Grave
- ○ Moderada
- ◉ Leve
- ○ Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- ☑ Empleado
- ☐ Autónomo
- ☐ Sin empleo
- ☐ En educación
- ☐ Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ○ Totalmente de acuerdo
- ◉ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- (●) 50€ o menos
- ( ) 50€ a 99€
- ( ) 100€ a 249€
- ( ) 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ( ) Totalmente de acuerdo
- ( ) De acuerdo
- (●) Ni de acuerdo ni en desacuerdo
- ( ) Desacuerdo
- ( ) Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Amigos
- [ ] Familia
- [ ] Mejora del estado físico / Salud
- [ ] La competición
- [ ] Cambios sociales
- [x] La escuela / Universidad
- [ ] Me animó otra cosa

Si te animó otra cosa, explica que:

en el centro

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [x] Grupos de amistad
- [ ] Mejorar el estado físico / Salud
- [ ] Disfrutar de la competición y el desafío
- [ ] Mejoras en la capacidad
- [ ] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

los entrenamientos

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

El tercer tiempo

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- (●) Siempre
- ( ) Generalmente
- ( ) A veces
- ( ) Raramente
- ( ) Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

Muchas cosas

11. ¿Cuántos amigos has hecho en el club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [ ] Gastos financieros
- [ ] Discriminación
- [ ] Falta de confianza
- [ ] Dificultades para adaptarse
- [x] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

Hacer mas deporte

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ( ) 1
- ( ) 2
- ( ) 3
- ( ) 4
- (•) 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Conmoción cerebral
- [ ] Tensiones musculares
- [x] Esguinces de concusión
- [ ] Dislocaciones
- [ ] Fracturas
- [ ] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

Si

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

Todo

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- (•) Si
- ( ) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Porque me gusta mucho

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ◉ En desacuerdo
- ○ Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- ☐ Bien
- ☐ Optimista
- ☑ Orgulloso
- ☐ Cansado
- ☐ Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- ☐ Siento otra cosa

Si sientes otra cosa, explica qué:

Muchas cosas

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

No

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

Que me encanta el Ruby

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Evaluación Mixed Ability Rugby

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- ◉ 26 - 34
- ○ 34 - 44
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2. ¿Cuál es su género?

- ◉ Femenino
- ○ Masculino
- ○ Prefiero no decirlo
- ○ Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- (●) Grave
- ( ) Moderada
- ( ) Leve
- ( ) Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- [x] Empleado
- [ ] Autónomo
- [ ] Sin empleo
- [ ] En educación
- [ ] Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ( ) Totalmente de acuerdo
- ( ) De acuerdo
- ( ) Ni de acuerdo ni en desacuerdo
- (●) En desacuerdo
- ( ) Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- ○ 50€ o menos
- ○ 50€ a 99€
- ◉ 100€ a 249€
- ○ 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ Desacuerdo
- ◉ Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- ☑ Amigos
- ☐ Familia
- ☑ Mejora del estado físico / Salud
- ☐ La competición
- ☐ Cambios sociales
- ☐ La escuela / Universidad
- ☐ Me animó otra cosa

Si te animó otra cosa, explica que:

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [x] Grupos de amistad
- [x] Mejorar el estado físico / Salud
- [ ] Disfrutar de la competición y el desafío
- [ ] Mejoras en la capacidad
- [ ] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

Estar con ellos

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- (●) Siempre
- ( ) Generalmente
- ( ) A veces
- ( ) Raramente
- ( ) Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

Transporte, ayuda en general

11. ¿Cuántos amigos has hecho en el club?

- ( ) 0
- ( ) 1 - 5
- (●) 6 - 10
- ( ) 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [ ] Gastos financieros
- [ ] Discriminación
- [ ] Falta de confianza
- [ ] Dificultades para adaptarse
- [ ] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Conmoción cerebral
- [ ] Tensiones musculares
- [x] Esguinces de concusión
- [ ] Dislocaciones
- [ ] Fracturas
- [x] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

Si

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

Por ignorancia

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- (•) Si
- ( ) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ◉ Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- ☑ Bien
- ☐ Optimista
- ☑ Orgulloso
- ☑ Cansado
- ☐ Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- ☐ Siento otra cosa

Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

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Evaluación Mixed Ability Rugby

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1. ¿Cuál es su edad?

- (●) 18 - 25
- ( ) 26 - 34
- ( ) 34 - 44
- ( ) 44 +

2. ¿Cuál es su género?

- ( ) Femenino
- (●) Masculino
- ( ) Prefiero no decirlo
- ( ) Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- ○ Grave
- ◉ Moderada
- ○ Leve
- ○ Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- ☐ Empleado
- ☐ Autónomo
- ☐ Sin empleo
- ☑ En educación
- ☐ Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- (●) 50€ o menos
- ( ) 50€ a 99€
- ( ) 100€ a 249€
- ( ) 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ( ) Totalmente de acuerdo
- ( ) De acuerdo
- ( ) Ni de acuerdo ni en desacuerdo
- ( ) Desacuerdo
- (●) Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Amigos
- [ ] Familia
- [ ] Mejora del estado físico / Salud
- [x] La competición
- [ ] Cambios sociales
- [x] La escuela / Universidad
- [ ] Me animó otra cosa

Si te animó otra cosa, explica que:

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [x] Grupos de amistad
- [ ] Mejorar el estado físico / Salud
- [ ] Disfrutar de la competición y el desafío
- [ ] Mejoras en la capacidad
- [x] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

Las bromas entre amigos

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- (●) Siempre
- ( ) Generalmente
- ( ) A veces
- ( ) Raramente
- ( ) Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

Información

11. ¿Cuántos amigos has hecho en el club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [ ] Gastos financieros
- [ ] Discriminación
- [ ] Falta de confianza
- [x] Dificultades para adaptarse
- [ ] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ( ) 1
- (•) 2
- ( ) 3
- ( ) 4
- ( ) 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [x] Conmoción cerebral
- [ ] Tensiones musculares
- [ ] Esguinces de concusión
- [ ] Dislocaciones
- [ ] Fracturas
- [ ] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

Si

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

Ni idea

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- (●) Si
- ( ) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Porque siempre tengo energía

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- (●) Totalmente de acuerdo
- ( ) De acuerdo
- ( ) Ni de acuerdo ni en desacuerdo
- ( ) En desacuerdo
- ( ) Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- [x] Bien
- [ ] Optimista
- [x] Orgulloso
- [x] Cansado
- [ ] Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- [ ] Siento otra cosa

Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

Que los que están en el banquillo disfrutemos de más tiempo

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

Probar el rugby

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Evaluación Mixed Ability Rugby

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1. ¿Cuál es su edad?

- (●) 18 - 25
- ( ) 26 - 34
- ( ) 34 - 44
- ( ) 44 +

2. ¿Cuál es su género?

- ( ) Femenino
- (●) Masculino
- ( ) Prefiero no decirlo
- ( ) Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- ○ Grave
- ◉ Moderada
- ○ Leve
- ○ Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- ☐ Empleado
- ☐ Autónomo
- ☐ Sin empleo
- ☑ En educación
- ☐ Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- (●) 50€ o menos
- ( ) 50€ a 99€
- ( ) 100€ a 249€
- ( ) 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ( ) Totalmente de acuerdo
- ( ) De acuerdo
- ( ) Ni de acuerdo ni en desacuerdo
- (●) Desacuerdo
- ( ) Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- [x] Amigos
- [x] Familia
- [x] Mejora del estado físico / Salud
- [ ] La competición
- [x] Cambios sociales
- [ ] La escuela / Universidad
- [ ] Me animó otra cosa

Si te animó otra cosa, explica que:

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [x] Grupos de amistad
- [x] Mejorar el estado físico / Salud
- [ ] Disfrutar de la competición y el desafío
- [x] Mejoras en la capacidad
- [x] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

la amistad

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- (●) Siempre
- ( ) Generalmente
- ( ) A veces
- ( ) Raramente
- ( ) Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

todos

11. ¿Cuántos amigos has hecho en el club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [ ] Gastos financieros
- [ ] Discriminación
- [ ] Falta de confianza
- [ ] Dificultades para adaptarse
- [ ] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Conmoción cerebral
- [ ] Tensiones musculares
- [ ] Esguinces de concusión
- [ ] Dislocaciones
- [ ] Fracturas
- [x] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

no todos

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- (●) Si
- ( ) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ◉ En desacuerdo
- ○ Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- ☑ Bien
- ☑ Optimista
- ☑ Orgulloso
- ☐ Cansado
- ☐ Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- ☐ Siento otra cosa

Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

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Evaluación Mixed Ability Rugby

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2. ¿Cuál es su género?

- ( ) Femenino
- (●) Masculino
- ( ) Prefiero no decirlo
- ( ) Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- ○ Grave
- ○ Moderada
- ◉ Leve
- ○ Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- ☐ Empleado
- ☐ Autónomo
- ☐ Sin empleo
- ☑ En educación
- ☐ Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

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- ( ) 50€ a 99€
- ( ) 100€ a 249€
- ( ) 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ( ) Totalmente de acuerdo
- ( ) De acuerdo
- ( ) Ni de acuerdo ni en desacuerdo
- ( ) Desacuerdo
- (●) Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Amigos
- [x] Familia
- [x] Mejora del estado físico / Salud
- [x] La competición
- [ ] Cambios sociales
- [ ] La escuela / Universidad
- [ ] Me animó otra cosa

Si te animó otra cosa, explica que:

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [ ] Grupos de amistad
- [x] Mejorar el estado físico / Salud
- [x] Disfrutar de la competición y el desafío
- [ ] Mejoras en la capacidad
- [ ] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

Que soy capaz de jugar como el resto de los jugadores sin diversidad funcional

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- (●) Siempre
- ( ) Generalmente
- ( ) A veces
- ( ) Raramente
- ( ) Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

De todo tipo

11. ¿Cuántos amigos has hecho en el club?

- ( ) 0
- (●) 1 - 5
- ( ) 6 - 10
- ( ) 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [ ] Gastos financieros
- [ ] Discriminación
- [ ] Falta de confianza
- [ ] Dificultades para adaptarse
- [ ] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ○ 1
- ○ 2
- ○ 3
- ○ 4
- ◉ 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Conmoción cerebral
- [x] Tensiones musculares
- [x] Esguinces de concusión
- [x] Dislocaciones
- [x] Fracturas
- [ ] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

Creo que los que jugamos a algún deporte, corremos siempre el riesgo de lesionarnos

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

Puede haber lesiones de huesos y/o músculos que haya que recuperar. Riesgo medio

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- ( ) Si
- (•) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Tengo dolores de espalda y musculares debido a la practica de deportes (fútbol / rugby)

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ◉ Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- ☐ Bien
- ☐ Optimista
- ☑ Orgulloso
- ☑ Cansado
- ☐ Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- ☐ Siento otra cosa

Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

Adelantaría un poco la hora de entrenamiento porque llego a mi casa muy tarde

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

Me gusta mucho y está muy bien

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Google Formularios

Evaluación Mixed Ability Rugby

Mi nombre es Pablo Elipe y estoy estudiando BA en gestión deportiva internacional en la Universidad de Gales Trinity Saint David. Me gustaría invitarles a participar en mi proyecto de investigación. Este proyecto consiste en identificar las diferentes motivaciones, percepciones y actitudes de las partes interesadas del IMAS, explorar los impactos de Mixed Ability Rugby en los participantes y clubes, y analizar los beneficios que este nuevo modelo puede ofrecer en la participación deportiva. Con el objetivo, de evaluar críticamente los desafíos e impactos en los deportes de inclusión que enfrentan los clubes de rugby y los participantes mientras se desarrolla el programa de Mixed Ability rugby. En este questionario no hay respuestas correctas o incorrectas, y esto es totalmente confidencial. Si no puede completar el cuestionario usted mismo, solicite ayuda. Al responder a este formulario, usted autoriza al investigador a utilizar los datos del proyecto para la investigación.

1. ¿Cuál es su edad?

- (●) 18 - 25
- ( ) 26 - 34
- ( ) 34 - 44
- ( ) 44 +

2. ¿Cuál es su género?

- ( ) Femenino
- (●) Masculino
- ( ) Prefiero no decirlo
- ( ) Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- ○ Grave
- ◉ Moderada
- ○ Leve
- ○ Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- ☐ Empleado
- ☐ Autónomo
- ☐ Sin empleo
- ☑ En educación
- ☐ Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ○ Totalmente de acuerdo
- ◉ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- ○ 50€ o menos
- ◉ 50€ a 99€
- ○ 100€ a 249€
- ○ 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ Desacuerdo
- ○ Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- ☐ Amigos
- ☑ Familia
- ☐ Mejora del estado físico / Salud
- ☐ La competición
- ☐ Cambios sociales
- ☐ La escuela / Universidad
- ☐ Me animó otra cosa

Si te animó otra cosa, explica que:

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [ ] Grupos de amistad
- [ ] Mejorar el estado físico / Salud
- [ ] Disfrutar de la competición y el desafío
- [ ] Mejoras en la capacidad
- [x] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

Los amigos

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- (●) Siempre
- ( ) Generalmente
- ( ) A veces
- ( ) Raramente
- ( ) Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

Apoyo físico y emocional

11. ¿Cuántos amigos has hecho en el club?

- ( ) 0
- ( ) 1 - 5
- (●) 6 - 10
- ( ) 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [x] Gastos financieros
- [ ] Discriminación
- [ ] Falta de confianza
- [ ] Dificultades para adaptarse
- [ ] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

.....

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ( ) 1
- ( ) 2
- ( ) 3
- (•) 4
- ( ) 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Conmoción cerebral
- [x] Tensiones musculares
- [ ] Esguinces de concusión
- [ ] Dislocaciones
- [ ] Fracturas
- [ ] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

No se

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

No se

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- ( ) Si
- (•) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- ○ Totalmente de acuerdo
- ◉ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- ☐ Bien
- ☐ Optimista
- ☐ Orgulloso
- ☑ Cansado
- ☐ Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- ☐ Siento otra cosa

Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

No se

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

Me gusta

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Google Formularios

Evaluación Mixed Ability Rugby

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1. ¿Cuál es su edad?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. ¿Cuál es su género?

- ○ Femenino
- ◉ Masculino
- ○ Prefiero no decirlo
- ○ Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- ○ Grave
- ○ Moderada
- ◉ Leve
- ○ Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- ☑ Empleado
- ☐ Autónomo
- ☐ Sin empleo
- ☐ En educación
- ☐ Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- ○ 50€ o menos
- ○ 50€ a 99€
- ◉ 100€ a 249€
- ○ 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ Desacuerdo
- ○ Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- ☑ Amigos
- ☑ Familia
- ☐ Mejora del estado físico / Salud
- ☐ La competición
- ☐ Cambios sociales
- ☐ La escuela / Universidad
- ☐ Me animó otra cosa

Si te animó otra cosa, explica que:

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [x] Grupos de amistad
- [x] Mejorar el estado físico / Salud
- [x] Disfrutar de la competición y el desafío
- [x] Mejoras en la capacidad
- [x] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

El tercer tiempo

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- ○ Siempre
- ○ Generalmente
- ○ A veces
- ○ Raramente
- ◉ Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

Aprendo a jugar mejor. Me animan y me valoran. Recibo información

11. ¿Cuántos amigos has hecho en el club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [ ] Gastos financieros
- [ ] Discriminación
- [ ] Falta de confianza
- [ ] Dificultades para adaptarse
- [x] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

No conocía bien cómo era el rugby hasta que entré

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ( ) 1
- ( ) 2
- ( ) 3
- (•) 4
- ( ) 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Conmoción cerebral
- [x] Tensiones musculares
- [ ] Esguinces de concusión
- [ ] Dislocaciones
- [x] Fracturas
- [x] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

No conozco

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- (●) Si
- ( ) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Estoy bien físicamente y emocionalmente

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ◉ En desacuerdo
- ○ Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- ☑ Bien
- ☑ Optimista
- ☐ Orgulloso
- ☑ Cansado
- ☐ Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- ☐ Siento otra cosa

Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

No se me ocurre

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

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Evaluación Mixed Ability Rugby

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1. ¿Cuál es su edad?

- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. ¿Cuál es su género?

- ◉ Femenino
- ○ Masculino
- ○ Prefiero no decirlo
- ○ Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- ○ Grave
- ○ Moderada
- ○ Leve
- ◉ Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- ☑ Empleado
- ☐ Autónomo
- ☐ Sin empleo
- ☐ En educación
- ☐ Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- (●) 50€ o menos
- ( ) 50€ a 99€
- ( ) 100€ a 249€
- ( ) 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ( ) Totalmente de acuerdo
- ( ) De acuerdo
- (●) Ni de acuerdo ni en desacuerdo
- ( ) Desacuerdo
- ( ) Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- [x] Amigos
- [ ] Familia
- [ ] Mejora del estado físico / Salud
- [ ] La competición
- [ ] Cambios sociales
- [ ] La escuela / Universidad
- [ ] Me animó otra cosa

Si te animó otra cosa, explica que:

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [x] Grupos de amistad
- [ ] Mejorar el estado físico / Salud
- [ ] Disfrutar de la competición y el desafío
- [ ] Mejoras en la capacidad
- [ ] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- (●) Siempre
- ( ) Generalmente
- ( ) A veces
- ( ) Raramente
- ( ) Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

11. ¿Cuántos amigos has hecho en el club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [ ] Gastos financieros
- [ ] Discriminación
- [ ] Falta de confianza
- [ ] Dificultades para adaptarse
- [ ] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ( ) 1
- ( ) 2
- ( ) 3
- ( ) 4
- (•) 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Conmoción cerebral
- [x] Tensiones musculares
- [ ] Esguinces de concusión
- [ ] Dislocaciones
- [ ] Fracturas
- [ ] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- ( ) Si
- (•) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ◉ En desacuerdo
- ○ Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- ☑ Bien
- ☐ Optimista
- ☐ Orgulloso
- ☐ Cansado
- ☐ Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- ☐ Siento otra cosa

Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

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Google Formularios

Evaluación Mixed Ability Rugby

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1. ¿Cuál es su edad?

- ○ 18 - 25
- ○ 26 - 34
- ◉ 34 - 44
- ○ 44 +

2. ¿Cuál es su género?

- ○ Femenino
- ◉ Masculino
- ○ Prefiero no decirlo
- ○ Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- ○ Grave
- ○ Moderada
- ○ Leve
- ◉ Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- ☑ Empleado
- ☐ Autónomo
- ☐ Sin empleo
- ☐ En educación
- ☐ Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ◉ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- ○ 50€ o menos
- ○ 50€ a 99€
- ◉ 100€ a 249€
- ○ 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ Desacuerdo
- ○ Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- ☐ Amigos
- ☐ Familia
- ☐ Mejora del estado físico / Salud
- ☐ La competición
- ☐ Cambios sociales
- ☑ La escuela / Universidad
- ☐ Me animó otra cosa

Si te animó otra cosa, explica que:

Valores personales

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [ ] Grupos de amistad
- [ ] Mejorar el estado físico / Salud
- [ ] Disfrutar de la competición y el desafío
- [x] Mejoras en la capacidad
- [x] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

Me ayuda a descubrir mi mejor yo

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

El cariño

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- (●) Siempre
- ( ) Generalmente
- ( ) A veces
- ( ) Raramente
- ( ) Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

Apoyo significativo

11. ¿Cuántos amigos has hecho en el club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [x] Gastos financieros
- [x] Discriminación
- [x] Falta de confianza
- [x] Dificultades para adaptarse
- [ ] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ( ) 1
- ( ) 2
- ( ) 3
- ( ) 4
- (•) 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [x] Conmoción cerebral
- [x] Tensiones musculares
- [x] Esguinces de concusión
- [x] Dislocaciones
- [x] Fracturas
- [x] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

Sí

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

Igual que rugby convencional

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- (●) Si
- ( ) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ◉ Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- ☐ Bien
- ☐ Optimista
- ☑ Orgulloso
- ☐ Cansado
- ☐ Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- ☐ Siento otra cosa

Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

No

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

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Google Formularios

Evaluación Mixed Ability Rugby

Mi nombre es Pablo Elipe y estoy estudiando BA en gestión deportiva internacional en la Universidad de Gales Trinity Saint David. Me gustaría invitarles a participar en mi proyecto de investigación. Este proyecto consiste en identificar las diferentes motivaciones, percepciones y actitudes de las partes interesadas del IMAS, explorar los impactos de Mixed Ability Rugby en los participantes y clubes, y analizar los beneficios que este nuevo modelo puede ofrecer en la participación deportiva. Con el objetivo, de evaluar críticamente los desafíos e impactos en los deportes de inclusión que enfrentan los clubes de rugby y los participantes mientras se desarrolla el programa de Mixed Ability rugby. En este questionario no hay respuestas correctas o incorrectas, y esto es totalmente confidencial. Si no puede completar el cuestionario usted mismo, solicite ayuda. Al responder a este formulario, usted autoriza al investigador a utilizar los datos del proyecto para la investigación.

1. ¿Cuál es su edad?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. ¿Cuál es su género?

- ○ Femenino
- ◉ Masculino
- ○ Prefiero no decirlo
- ○ Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- ○ Grave
- ◉ Moderada
- ○ Leve
- ○ Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- ☑ Empleado
- ☐ Autónomo
- ☐ Sin empleo
- ☐ En educación
- ☐ Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ◉ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- ○ 50€ o menos
- ○ 50€ a 99€
- ○ 100€ a 249€
- ◉ 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ◉ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ Desacuerdo
- ○ Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- ☐ Amigos
- ☐ Familia
- ☐ Mejora del estado físico / Salud
- ☐ La competición
- ☐ Cambios sociales
- ☐ La escuela / Universidad
- ☑ Me animó otra cosa

Si te animó otra cosa, explica que:

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [x] Grupos de amistad
- [x] Mejorar el estado físico / Salud
- [ ] Disfrutar de la competición y el desafío
- [ ] Mejoras en la capacidad
- [x] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

En estar con todo el equipo.

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- (●) Siempre
- ( ) Generalmente
- ( ) A veces
- ( ) Raramente
- ( ) Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

11. ¿Cuántos amigos has hecho en el club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [ ] Gastos financieros
- [ ] Discriminación
- [ ] Falta de confianza
- [ ] Dificultades para adaptarse
- [x] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ( ) 1
- ( ) 2
- ( ) 3
- ( ) 4
- (•) 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Conmoción cerebral
- [x] Tensiones musculares
- [ ] Esguinces de concusión
- [ ] Dislocaciones
- [ ] Fracturas
- [ ] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

No dejan a mujeres jugar en el mundial

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- (●) Si
- ( ) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Igualdad

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- (●) Totalmente de acuerdo
- ( ) De acuerdo
- ( ) Ni de acuerdo ni en desacuerdo
- ( ) En desacuerdo
- ( ) Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- [ ] Bien
- [ ] Optimista
- [x] Orgulloso
- [ ] Cansado
- [ ] Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- [ ] Siento otra cosa

Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

Que apcepten a mujeres en el.rugby

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

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Google Formularios

Evaluación Mixed Ability Rugby

Mi nombre es Pablo Elipe y estoy estudiando BA en gestión deportiva internacional en la Universidad de Gales Trinity Saint David. Me gustaría invitarles a participar en mi proyecto de investigación. Este proyecto consiste en identificar las diferentes motivaciones, percepciones y actitudes de las partes interesadas del IMAS, explorar los impactos de Mixed Ability Rugby en los participantes y clubes, y analizar los beneficios que este nuevo modelo puede ofrecer en la participación deportiva. Con el objetivo, de evaluar críticamente los desafíos e impactos en los deportes de inclusión que enfrentan los clubes de rugby y los participantes mientras se desarrolla el programa de Mixed Ability rugby. En este questionario no hay respuestas correctas o incorrectas, y esto es totalmente confidencial. Si no puede completar el cuestionario usted mismo, solicite ayuda. Al responder a este formulario, usted autoriza al investigador a utilizar los datos del proyecto para la investigación.

1. ¿Cuál es su edad?

- (●) 18 - 25
- ( ) 26 - 34
- ( ) 34 - 44
- ( ) 44 +

2. ¿Cuál es su género?

- (●) Femenino
- ( ) Masculino
- ( ) Prefiero no decirlo
- ( ) Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- ○ Grave
- ○ Moderada
- ○ Leve
- ◉ Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- ☐ Empleado
- ☐ Autónomo
- ☐ Sin empleo
- ☑ En educación
- ☐ Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- ○ 50€ o menos
- ○ 50€ a 99€
- ○ 100€ a 249€
- ○ 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ Desacuerdo
- ○ Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- ☑ Amigos
- ☐ Familia
- ☑ Mejora del estado físico / Salud
- ☐ La competición
- ☐ Cambios sociales
- ☐ La escuela / Universidad
- ☐ Me animó otra cosa

Si te animó otra cosa, explica que:

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [x] Grupos de amistad
- [x] Mejorar el estado físico / Salud
- [ ] Disfrutar de la competición y el desafío
- [ ] Mejoras en la capacidad
- [ ] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- (●) Siempre
- ( ) Generalmente
- ( ) A veces
- ( ) Raramente
- ( ) Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

11. ¿Cuántos amigos has hecho en el club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [ ] Gastos financieros
- [ ] Discriminación
- [ ] Falta de confianza
- [ ] Dificultades para adaptarse
- [ ] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Conmoción cerebral
- [ ] Tensiones musculares
- [x] Esguinces de concusión
- [ ] Dislocaciones
- [x] Fracturas
- [ ] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

No

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

Poco riesgo por el cuidado que se tiene

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- (●) Si
- ( ) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ◉ Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- ☐ Bien
- ☐ Optimista
- ☑ Orgulloso
- ☐ Cansado
- ☐ Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- ☐ Siento otra cosa

Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

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Evaluación Mixed Ability Rugby

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1. ¿Cuál es su edad?

- ○ 18 - 25
- ○ 26 - 34
- ○ 34 - 44
- ◉ 44 +

2. ¿Cuál es su género?

- ○ Femenino
- ◉ Masculino
- ○ Prefiero no decirlo
- ○ Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- ○ Grave
- ○ Moderada
- ○ Leve
- ◉ Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- ☐ Empleado
- ☐ Autónomo
- ☐ Sin empleo
- ☐ En educación
- ☑ Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- ○ 50€ o menos
- ○ 50€ a 99€
- ○ 100€ a 249€
- ◉ 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ Desacuerdo
- ○ Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- ☑ Amigos
- ☐ Familia
- ☐ Mejora del estado físico / Salud
- ☐ La competición
- ☑ Cambios sociales
- ☐ La escuela / Universidad
- ☐ Me animó otra cosa

Si te animó otra cosa, explica que:

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [x] Grupos de amistad
- [ ] Mejorar el estado físico / Salud
- [x] Disfrutar de la competición y el desafío
- [ ] Mejoras en la capacidad
- [ ] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

La relación con los compañeros

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- ○ Siempre
- ○ Generalmente
- ◉ A veces
- ○ Raramente
- ○ Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

Ayuda practica

11. ¿Cuántos amigos has hecho en el club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [ ] Gastos financieros
- [ ] Discriminación
- [ ] Falta de confianza
- [ ] Dificultades para adaptarse
- [ ] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ○ 1
- ○ 2
- ○ 3
- ○ 4
- ◉ 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Conmoción cerebral
- [x] Tensiones musculares
- [ ] Esguinces de concusión
- [x] Dislocaciones
- [ ] Fracturas
- [ ] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

Sí

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- (●) Si
- ( ) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ◉ Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- ☑ Bien
- ☑ Optimista
- ☑ Orgulloso
- ☐ Cansado
- ☐ Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- ☐ Siento otra cosa

Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

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Evaluación Mixed Ability Rugby

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1. ¿Cuál es su edad?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. ¿Cuál es su género?

- ○ Femenino
- ◉ Masculino
- ○ Prefiero no decirlo
- ○ Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- ○ Grave
- ○ Moderada
- ○ Leve
- ◉ Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- ☑ Empleado
- ☐ Autónomo
- ☐ Sin empleo
- ☐ En educación
- ☐ Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ◉ En desacuerdo
- ○ Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- (●) 50€ o menos
- ( ) 50€ a 99€
- ( ) 100€ a 249€
- ( ) 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ( ) Totalmente de acuerdo
- (●) De acuerdo
- ( ) Ni de acuerdo ni en desacuerdo
- ( ) Desacuerdo
- ( ) Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- [x] Amigos
- [ ] Familia
- [ ] Mejora del estado físico / Salud
- [ ] La competición
- [x] Cambios sociales
- [ ] La escuela / Universidad
- [ ] Me animó otra cosa

Si te animó otra cosa, explica que:

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [x] Grupos de amistad
- [ ] Mejorar el estado físico / Salud
- [ ] Disfrutar de la competición y el desafío
- [ ] Mejoras en la capacidad
- [ ] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

Los viajes

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- ○ Siempre
- ◉ Generalmente
- ○ A veces
- ○ Raramente
- ○ Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

11. ¿Cuántos amigos has hecho en el club?

- ○ 0
- ○ 1 - 5
- ○ 6 - 10
- ◉ 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [ ] Gastos financieros
- [ ] Discriminación
- [x] Falta de confianza
- [x] Dificultades para adaptarse
- [ ] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ( ) 1
- ( ) 2
- (•) 3
- ( ) 4
- ( ) 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Conmoción cerebral
- [x] Tensiones musculares
- [x] Esguinces de concusión
- [ ] Dislocaciones
- [ ] Fracturas
- [ ] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

Sí y más

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

Riesgo bajo por la baja intensidad en genaral de la práctica, siempre adaptada a las necesidades de las personas que participamos

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- (●) Si
- ( ) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- ○ Totalmente de acuerdo
- ◉ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- ☑ Bien
- ☐ Optimista
- ☐ Orgulloso
- ☐ Cansado
- ☐ Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- ☐ Siento otra cosa

Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

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Google Formularios

Evaluación Mixed Ability Rugby

Mi nombre es Pablo Elipe y estoy estudiando BA en gestión deportiva internacional en la Universidad de Gales Trinity Saint David. Me gustaría invitarles a participar en mi proyecto de investigación. Este proyecto consiste en identificar las diferentes motivaciones, percepciones y actitudes de las partes interesadas del IMAS, explorar los impactos de Mixed Ability Rugby en los participantes y clubes, y analizar los beneficios que este nuevo modelo puede ofrecer en la participación deportiva. Con el objetivo, de evaluar críticamente los desafíos e impactos en los deportes de inclusión que enfrentan los clubes de rugby y los participantes mientras se desarrolla el programa de Mixed Ability rugby. En este questionario no hay respuestas correctas o incorrectas, y esto es totalmente confidencial. Si no puede completar el cuestionario usted mismo, solicite ayuda. Al responder a este formulario, usted autoriza al investigador a utilizar los datos del proyecto para la investigación.

1. ¿Cuál es su edad?

- ○ 18 - 25
- ◉ 26 - 34
- ○ 34 - 44
- ○ 44 +

2. ¿Cuál es su género?

- ○ Femenino
- ◉ Masculino
- ○ Prefiero no decirlo
- ○ Prefiero autoidentificarme

3. ¿Cómo identificaría su nivel de diversidad funcional?

- (●) Grave
- ( ) Moderada
- ( ) Leve
- ( ) Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- [ ] Empleado
- [ ] Autónomo
- [ ] Sin empleo
- [ ] En educación
- [ ] Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- (●) Totalmente de acuerdo
- ( ) De acuerdo
- ( ) Ni de acuerdo ni en desacuerdo
- ( ) En desacuerdo
- ( ) Totalmente en desacuerdo

5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- ○ 50€ o menos
- ○ 50€ a 99€
- ○ 100€ a 249€
- ◉ 250€ o más

Declaración: encuentro que jugar a Mixed Ability Rugby es caro

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ Desacuerdo
- ○ Totalmente en desacuerdo

6. ¿Qué te animó a involucrarte en el Mixed Ability Rugby? (Redondea todo lo apropiado)

- ☑ Amigos
- ☐ Familia
- ☐ Mejora del estado físico / Salud
- ☐ La competición
- ☐ Cambios sociales
- ☐ La escuela / Universidad
- ☐ Me animó otra cosa

Si te animó otra cosa, explica que:

7. ¿Qué te motiva a seguir jugando Mixed Ability Rugby? (Redondea todo lo apropiado) *

- [x] Grupos de amistad
- [x] Mejorar el estado físico / Salud
- [ ] Disfrutar de la competición y el desafío
- [ ] Mejoras en la capacidad
- [x] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- (●) Siempre
- ( ) Generalmente
- ( ) A veces
- ( ) Raramente
- ( ) Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

Ayuda para desarrollar el juego

11. ¿Cuántos amigos has hecho en el club?

- ( ) 0
- ( ) 1 - 5
- ( ) 6 - 10
- (●) 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [ ] Material y equipaje
- [ ] Instalaciones
- [ ] Gastos financieros
- [ ] Discriminación
- [ ] Falta de confianza
- [ ] Dificultades para adaptarse
- [x] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

Falta formación en trastornos del espectro autismo para tener en cuenta las personas que necesitan comunicación aumentativa

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ( ) 1
- ( ) 2
- ( ) 3
- ( ) 4
- (•) 5

14. ¿Cuáles consideras que son los riesgos asociados con jugar a Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Conmoción cerebral
- [ ] Tensiones musculares
- [ ] Esguinces de concusión
- [ ] Dislocaciones
- [ ] Fracturas
- [ ] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- (●) Si
- ( ) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- ☑ Bien
- ☐ Optimista
- ☐ Orgulloso
- ☑ Cansado
- ☐ Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
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Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

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- ◉ Moderada
- ○ Leve
- ○ Sin diversidad funcional

4. ¿Cuál es su estado laboral actual? (Redondea todo lo que corresponda)

- ☐ Empleado
- ☐ Autónomo
- ☑ Sin empleo
- ☐ En educación
- ☐ Retirado

Declaración: Mixed Ability Rugby me ayudó con mi situación laboral actual.

- ○ Totalmente de acuerdo
- ◉ De acuerdo
- ○ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
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5. ¿Cuáles son sus costos totales asociados con jugar Mixed Ability Rugby?

- ○ 50€ o menos
- ○ 50€ a 99€
- ○ 100€ a 249€
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- [x] Disfrutar de la competición y el desafío
- [x] Mejoras en la capacidad
- [x] Aumento de la confianza
- [ ] Me motiva otra cosa

Si te motiva otra cosa, explique que:

8. ¿Qué es lo que más disfrutas de tu equipo de Mixed Ability Rugby?

Jugar con mucha gente y conocer a personas

9. ¿Recibe apoyo de su familia, amigos y miembros del equipo cuando practica Mixed Ability Rugby?

- (●) Siempre
- ( ) Generalmente
- ( ) A veces
- ( ) Raramente
- ( ) Nunca

10. ¿Qué tipo de apoyo recibe en Mixed Ability Rugby? (Ayuda práctica, apoyo físico y emocional, información, etc.)

Todo

11. ¿Cuántos amigos has hecho en el club?

- ( ) 0
- ( ) 1 - 5
- (●) 6 - 10
- ( ) 10 +

12. ¿Has enfrentado alguna barrera que te impida participar en Mixed Ability Rugby? (Redondea todo lo apropiado)

- [ ] Transporte
- [x] Material y equipaje
- [ ] Instalaciones
- [ ] Gastos financieros
- [ ] Discriminación
- [ ] Falta de confianza
- [ ] Dificultades para adaptarse
- [ ] Otro tipo de barrera

Si fue debido a otra barrera, explique que:

13. En una escala del 1 al 5 (Siendo 5 el más desafiante y 1 el menos) ¿Cuan desafiante es Mixed Ability Rugby para ti?

- ( ) 1
- ( ) 2
- ( ) 3
- ( ) 4
- (•) 5

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- [x] Tensiones musculares
- [ ] Esguinces de concusión
- [ ] Dislocaciones
- [ ] Fracturas
- [ ] Laceraciones

15. ¿Crees que estos riesgos se aplican a todas las versiones de Rugby Union?

Si creo

16. ¿Cuánto riesgo crees que está asociado con Mixed Ability Rugby? ¿Por qué?

17. ¿Te sientes en forma y bien preparado para jugar Mixed Ability Rugby?

- (●) Si
- ( ) A veces no
- ( ) No

Por favor, explique el por qué de la respuesta anterior

Me siento acompañado por el entrenador

Declaración: Considero que Mixed Ability Rugby debería ser jugado con identificaciones (usando diferentes colores) para gente con diversidad funcional

- ○ Totalmente de acuerdo
- ○ De acuerdo
- ◉ Ni de acuerdo ni en desacuerdo
- ○ En desacuerdo
- ○ Totalmente en desacuerdo

18. ¿Cómo te sientes después de jugar Mixed Ability Rugby? (Redondea todo lo que corresponda)

- ☐ Bien
- ☐ Optimista
- ☑ Orgulloso
- ☐ Cansado
- ☐ Me gustaría jugar con menos contacto (a versiones como el tag rugby o tocata)
- ☐ Siento otra cosa

Si sientes otra cosa, explica qué:

19. ¿Hay algo que cambiarías sobre Mixed Ability Rugby?

Me gustaría tener más competiciones

20. ¿Tienes algún comentario adicional sobre Mixed Ability Rugby que quieras compartir?

Para mi lo mejor es el entrenador David que lucha mucho por todos nosotros y el que me animo desde el principio

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Google Formularios

Spanish questionnaires transcribed into English

Question → Participant ↓	6. If other please explain what:	7. If other please explain what:	8. What do you enjoy most about your mix ability rugby team?	10. What kind of support do you receive?
1			Friendship, physical exercise, great vibes	Physical and emotional support
2		Trainings	The trips	From a teammate
3	The disability centre	Trainings	Food and drinks after the game	Lots of things
4			Be with friends	Transportation, help in general
5			Team jokes	Information
6			Friendship	Everything
7			Being able to play like non-disabled players	Everything
8			Friends	Physical and emotional support
9			Food and drinks after the game	I learn to become a better player. They cheer me up and value me. I get information
10				
11	Personal values	It helps discovering my best self	Love	Significant support
12			Being with all my teammates	
13				
14			Friendship with teammates	Practical support
15			The trips	
16				Help to develop the game
17			Play with others and meet new people	Everything

Question → Participant ↓	12. If other please explain what:	15. Do you think these risks apply to all versions of rugby union?	16. How much risk do you think is associated with mixed ability rugby? Why?	17. Please explain why:
1	Nothing	Maybe, depending on intensity	Few	Many time without doing exercise
2		Yes	Less than normal because people bear in mind the different disabiliy levels	Because I train hard
3	Play more sports	Yes	Everything	Because I like it very much
4		Yes	Because of ignorance	
5		Yes	No idea	Because I always feel with energy
6		Not all of them		
7		I believe any sport involves injury risks	There may be muscle and bone injuries. Medium risk	I have back and muscle pain due to sports (soccer / rugby)
8		I don't know	I don't know	
9	I didn't really know rugby until I started this	I don't know		I am good fisicaly and emotional
10				
11		Yes	Same as conventional rugby	
12			Women are not allowed in IMART	Equality
13		No	Low risk due to care taken by players	
14		Yes		
15		Yes and more	Low risk due to the low intensity, adapted to the needs of people involved	
16	Lack of information regarding autism to include people with augmentative communication needs			
17		Yes		I feel accompanied by the coach

Question → Participant ↓	18. Please explain what:	19. Is there anything you would change about mixed ability rugby?	20. Do you have any further comments about mixed ability rugby?
1		It is needed more promotion to have more followers and participants	A great discovery
2		No	
3	Many things	No	I love rugby
4			
5		That those of us who are on the bench enjoy more time playing the game	Try playing rugby
6			
7		I would bring the training time a little ahead because I arrive home very late	I like it very much
8		I don’t know	I like it
9		I cant think of anything	
10			
11		No	
12		Not accepting women playing the game	
13			
14			
15			
16			
17		I would like to play more	For me the best is training with David, who fights a lot for all of us and who encouraged me from the beginning

Graphical Images



Fig. 1: Port Talbot Panthers vs Tough Talk RFC – Talbot Athletic Ground, Sunday 23rd February 2020



Fig. 2: Port Talbot Panthers vs Tough Talk RFC – Talbot Athletic Ground, Sunday 23rd February 2020