



Information about the DSW insport project

What is insport?

insport is a project which consists of 3 different programmes, each of which are aimed at a different segment of the sport and leisure sector. It is being supported through a 3 year funded cycle by the St James' Place Foundation, which will enable the delivery of resources, case officers (insport NGB), and the delivery of workshops (UK DIT) to support the sport and leisure network workforce. The intention of insport is to support the delivery of inclusive opportunity throughout the sport and leisure network. Disability Sport Wales have provided support, and been responsible for the delivery of disability sport and sport for disabled people throughout Wales for over 25 years, which includes, (for the last 10 years) a community programme that has based full or part-time officers in all 22 LAs. Post the 2012 Paralympic Games the profile of disability sport is rising, and a progressive move towards inclusion is becoming less of an ideal and more of a reality. In order to support this in Wales, DSW's Strategic Plan 2013 – 2017 identifies a transitioned move from 'delivery' to 'support'. This is going to be achieved through the 3 insport programmes:

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| 1. insport NGB | • aimed at National Governing Bodies in Wales |
| 2. insport Development | • aimed at Local Authorities facilitated through the Sport Development Unit |
| 3. insport Club | • aimed at ALL clubs (not just those already associated with DSW) throughout Wales |

Each insport programme is split into 4 standards (Ribbon, Bronze, Silver and Gold). The attainment of each standard within the programmes is dependent on the demonstration of the attainment of specific criteria. On achievement of the criteria within that standard, the organisation (NGB, Local Authority or Club (only at Gold standard for insport Club)) will be invited to make a presentation to a panel of individuals who are appropriately knowledgeable and skilled within that aspect of the sector. From that panel comes the recommendation that the organisation either be awarded the standard and invited to proceed onto the next phase of the programme, or there are recommendations which the organisation need to attend to prior to receiving the standard.

In the delivery of all 3 of the insport programmes sport will genuinely be meaningful to all disabled people across Wales; those who wish to participate, those who wish to compete, and those who want the opportunity to try something different.

Why is it needed?

It is DSW's belief that no individual or organisation deliberately sets out to exclude or alienate people from their part of the sport and leisure sector, but the fact it is it still happens, for example; when only the Olympics are referred to and not the Paralympics, when images of disabled people competing in sport are not included in communications, or when disabled people are automatically signposted to the DSWDO rather than the DO who leads on a particular sport. Together such subtle things identify that disability sport and disabled people are an after-thought – added in to something at the end, or because they are reminded they should. It is this culture shift which DSW are hoping to influence through the insport project. Working with partners so that inclusion isn't something that comes after the event, but is considered in everything that is done. We (the sport and leisure community) still need to explicitly reference disabled and non-disabled people rather than assume that just referring to 'people' is more inclusive and all readers will automatically infer that the reference applies to both disabled and non-disabled people. Placing disabled people and disability sport explicitly at the centre of what we do and how we do it is essential. In order to ensure that disabled people are included in the planning, delivery and reflection phases within sport organisations still requires additional support. This is the aim of the insport project, working with key stakeholders in sport and leisure, and supporting them in developing an inclusive philosophy, working cultures, policies and practices to ensure delivery and development is consistently and ultimately implicitly inclusive, something that may take some partners 10 years to achieve.



More about ... insport NGB



insport NGB is the programme within the project which is aimed at the National Governing Bodies of sport in Wales. The intention is that it complements the Equality Standard: A Framework for Sport (which is a charter mark standard aimed solely at Governing Bodies of sport, and focuses at Foundation, Preliminary and Intermediate levels on auditing, governance and organisational policy); insport NGB therefore seeks to add to that and additionally challenges NGBs to specifically consider their provision to disabled people, and to focus on the developments within their organisation as well as the cultural working practices and underpinning philosophies which drive the development of new programmes and current opportunities. Central to support of this is a slightly adapted version of the Australian Inclusion Spectrum, which enables NGBs to check and challenge what they currently do well, and where they could enhance provision and practice.

insport NGB has three focus areas:

1. Workforce Development
2. Programme Support
3. Organisation

Throughout the 4 Standards (Ribbon, Bronze, Silver and Gold) each NGB is supported by DSW to grow their expertise and understanding of disability sport, so they become progressively more independent and able to demonstrate improved delivery and support to disabled people. In influencing development of expertise, thinking, working practices and the fundamentals relating to how the NGB do things, disabled people will be placed at the centre of decision making rather than being considered after the fact.

Following a successful pilot in 2011 there are 7 sports currently engaged with insport NGB, 2 working towards Bronze standard and 5 towards Ribbon, with another 2 provisionally involved:

- Athletics
- Gymnastics
- Golf
- Tennis
- (Swimming)
- Table tennis
- Sailing
- Canoeing
- (Rowing)

Ultimately by the time NGBs attain Gold Standard they will be responsible for delivering **all** of their sport to disabled people. Disability Sport Wales may be used as an advisory agency, but will not be involved with the delivery of any of their pathway.

More about ... insport Development



insport Development is the programme aimed at Local Authority Sport Development (or equivalent) initially, and then challenges wider LA involvement as Silver and Gold standards are engaged with. The key challenge in this programme is for LAs to work together across Leisure, Public Health, Schools and beyond, to ensure that the development and provision of sport to the community is genuinely inclusive of disabled people. In order to support the achievement of this a modified version of the Australian Inclusion Spectrum, referred to as the Inclusive Sport Development Model, to encourage LAs to check and challenge where there currently is good provision, and where new or more accessible provision could exist.

insport Development has seven focus areas:

1. Planning
2. Workforce/Education and Training
3. Programme Delivery
4. Facilities and Programming
5. Marketing and Communications
6. Partner Engagement
7. Monitoring and Evaluation

Six Local Authorities have already achieved Ribbon Standard and are embarking on Bronze, another 7 are currently doing Ribbon, with the remaining eight due to start Ribbon in the next few months. Ultimately, by the time the Local Authority attain Gold Standard, everyone within any department who touches on physical activity (including sport) or physical education will be delivery *all* sport to **every** person within their community (disabled and non-disabled alike).



More about ... insport Club



insport Club aims to engage all sports clubs across Wales, and challenges them to consider their provision, whether it is inclusive of disabled people, whether it could be inclusive of disabled people, and how this could be achieved. As with the other two programmes insport Club aims to encourage clubs to consider their delivery practices, structural provision and policy, and ensure that (as far as the club can, and local facilities allow, and the sport pathway permits) opportunities are open to disabled people within the community. In order to support the achievement of the Standards a modified version of the Australian Inclusion Spectrum, referred to as the Inclusive Club Model, and encourages clubs to consider what they currently deliver, who can access it, and whether there is any scope to extend that delivery to open the club up to new audiences and participants. insport Club acts as an accreditation framework if there isn't one available through the club's governing body, or it supplements the club's governing body accreditation programme in demonstrating what additional good practice the club is engaged with, specifically to include disabled people.

insport Club has three focus areas:

1. Workforce Development
2. Procedures
3. Communications

One hundred and ninety-seven clubs have currently achieved one of the standards within insport Club (Ribbon – 120 clubs; Bronze – 20 clubs; Silver – 5 clubs; and Gold – 2) and this is continuing to grow. In order for clubs to be promoted through the Disability Sport Wales website it must have at least Ribbon standard, and the higher the standard demonstrated the more likely the club is to provide opportunity for a wide range of impairment groups, modified, open, parallel, or specific opportunity.