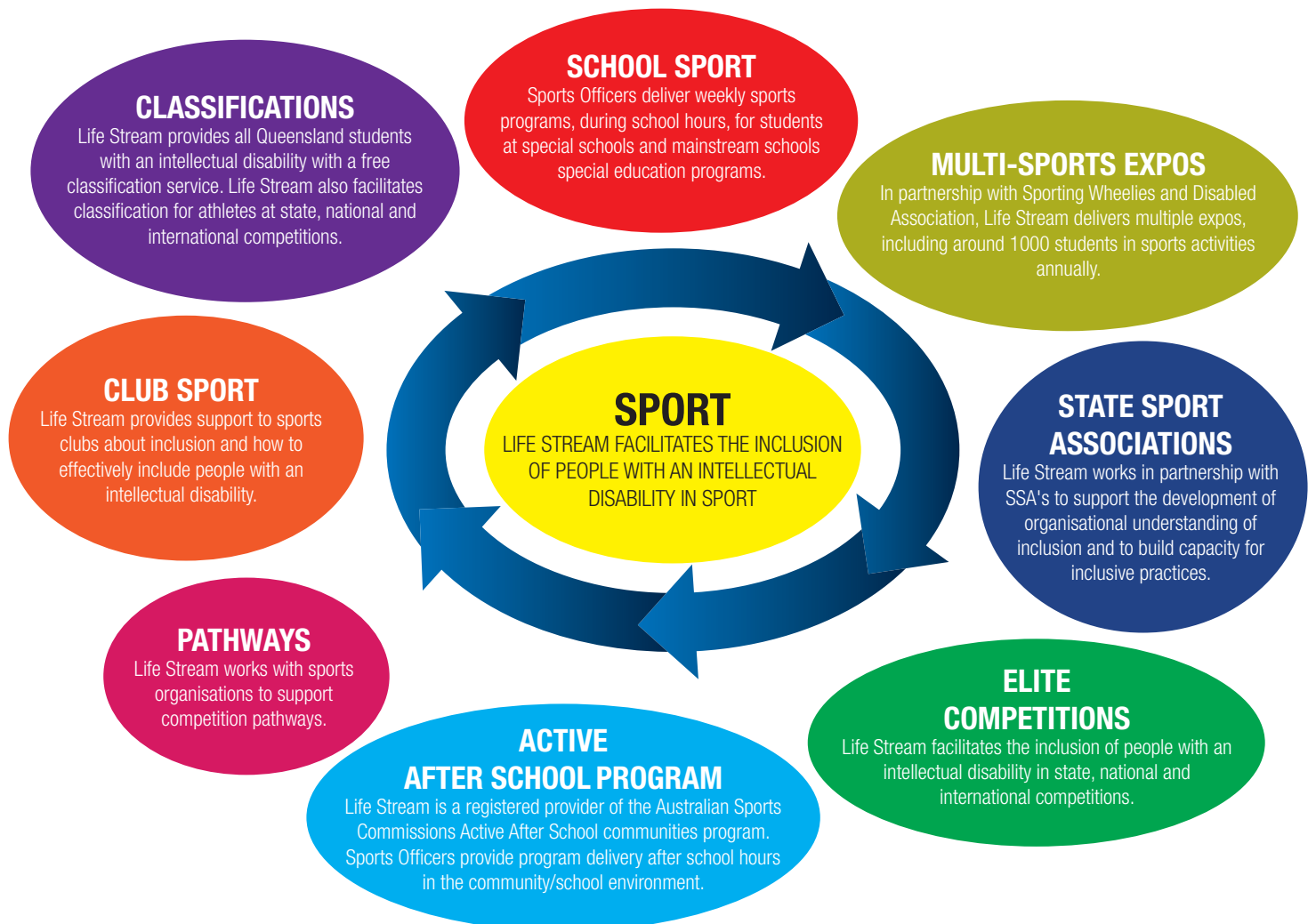




Queensland Recreation & Sport Association for People with an Intellectual Disability Inc.

Life Stream provides services to people with an intellectual disability by facilitating the development of skills, independence and friendships through participation in sport, recreation and leisure. This provides individuals with improved quality of life, personal development, the opportunity to achieve, a sense of belonging and improved self esteem.



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INCLUSIVE CLUB TOOLKIT

Information for sport clubs....

Life Stream facilitates the inclusion of people with an intellectual disability in sport and recreation, by supporting the development of inclusive and welcoming communities.

Community Sport Clubs – taking the first step:

- Put the person first, not the disability.
As a sports club you should put the person first by focusing on what they 'can do' and finding out how they want to participate and get involved in your club.
- Seek support if required.
Life Stream can provide your club with support in relation to ensuring that your club is inclusive and welcoming of people with an intellectual disability.
- Attract new members to your club.
Life Stream can provide your club with direct links to new participants, including individuals through local schools (special schools and mainstream schools special education programs).

A key point for club personnel – Communication:

A key consideration to ensuring that your club personnel are inclusive and welcoming of people with an intellectual disability is to develop “good communication skills.”

- Speak clearly.
- Talk to participants using age appropriate tone of voice and language.
- Keep explanations brief and clear.
- Check that participants understand the task.
- Ask participants to repeat themselves if you do not understand what they are saying.
- Be patient - give participants the opportunity to explain what information or assistance they may require.
- Understand that some people may need more time to express themselves.
- Be sure to be visually expressive as well as verbal when explaining tasks.
- Be adaptable — have a flexible approach to coaching, recognising each participant as an individual.
- Respect all participants for their own abilities.
- Be positive with body and facial expressions, smile and have fun!

Classification

Individuals wishing to participate in sport competitions in the intellectual impairment category require classification. There is a competition and classification pathway in place, involving Life Stream facilitating classification in alignment with AUSRAPID (Australian Sport and Recreation for individuals with integration difficulties) and INAS (International Federation for sport for para-athletes with an intellectual disability).

How to be inclusive – A summary:

- Support all members of the club to accept and welcome people with an intellectual disability.
- Have strong policies to ensure that everyone can participate in the club without discrimination, harassment or bullying.
- Where appropriate make adjustments to equipment, rules and environment.
- Be organised by recognising the importance of preparation and planning.
- Actively promote your clubs welcoming environment.
- Be aware of the competition and classification pathways available in your sport
- Be aware of and facilitate opportunities for cross club sports competitions
- Seek external support if needed – Life Stream is here to help!

