



**English Federation
of Disability Sport**

Making **active lives** possible

Fit for Inclusion

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English Federation of Disability Sport

www.efds.co.uk

The Facts



One in five

people in England have an impairment - around 9.4 million disabled people.
(Census 2011)



One in twenty

people choose 'confident' as a top three term that described how they feel when they meet a disabled person.
(Disability Matters 2015)



Seven in ten

disabled people have not taken part in any physical activity in the last month compared to five in ten (48%) non-disabled people.
(Sport England APS8)



Seven in ten

disabled people want to do more sport.
(EFDS Lifestyle Report)



Psychological barriers

play the biggest role in preventing disabled people from taking part in sport. Their perception of their own abilities matters as well as others' opinions on whether the activity suits them.
(EFDS Barriers to Participation Report)



Six in ten

disabled people claim that either not knowing about opportunities or a lack of available activities is what prevents them from taking part.
(EFDS Lifestyle Report)

Our Purpose:



**English Federation
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Making **active lives** possible

Making active lives possible by enabling organisations to support individual disabled people to be active and stay active for life

English Federation of Disability Sport

- Inclusive communications
- Research and insight
- Engagement
- Events
- Active Kids
- GOGA
- Inclusive Fitness Initiative

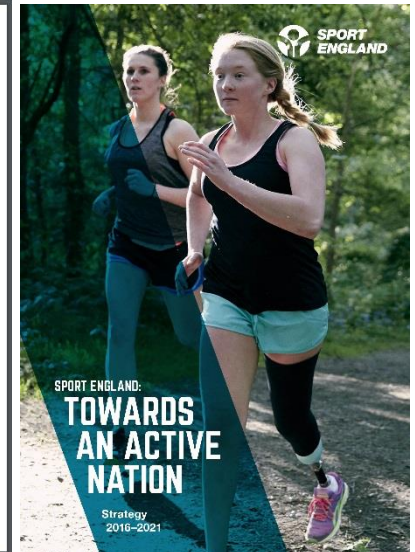
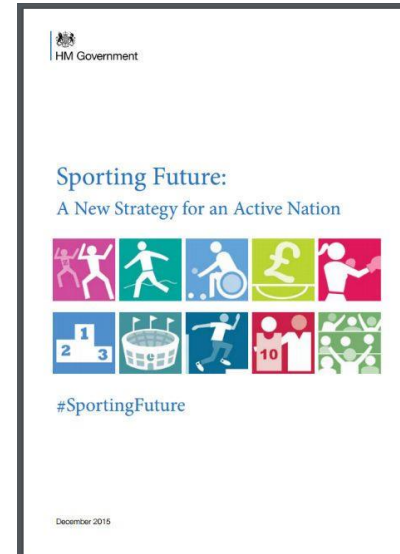


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Strategic Approach: Outcome Focused

- Government strategy
- Sport England strategy
- Public Health focus,
 - nationally and locally
- Inactive market
- Disability includes long term health conditions, hidden impairments, older adults...



Inclusive Fitness Initiative

- Supports leisure operators to provide more inclusive and accessible physical activity opportunities for disabled people
- 'IFI Mark' – the health and fitness sector's national accreditation scheme for inclusive and accessible service provision



Transition to Quest

- Mainstream approach required
- Optional module within Quest for Facilities
- Integrate requirements over time
- Explicitly includes long term health conditions
- All centre activities
- All age groups

Engaging with Disabled People and People with Long Term Health Conditions



Module Development

The
Richmond
Group
of Charities



YMCA fit



Core Outcomes



- 1) To encourage greater **physical activity levels**
- 2) To align with and support current **government and sector specific objectives**
- 3) To provide **evidence of positive outputs** and outcomes

Core Outcomes

- 4) To **engage people with a range of impairments and health conditions** in the design of effective interventions and activities
- 5) To **promote successful inclusive delivery** and leadership good practice
- 6) To support sport and leisure providers with **guidance and tools**

Module Topics

Strategy	Leadership	Workforce Development
Accessible Venue	Policies and Procedures	Equipment
Insight and Marketing	Partnerships and Collaboration	Programming and Participation
Impact and Outcomes		

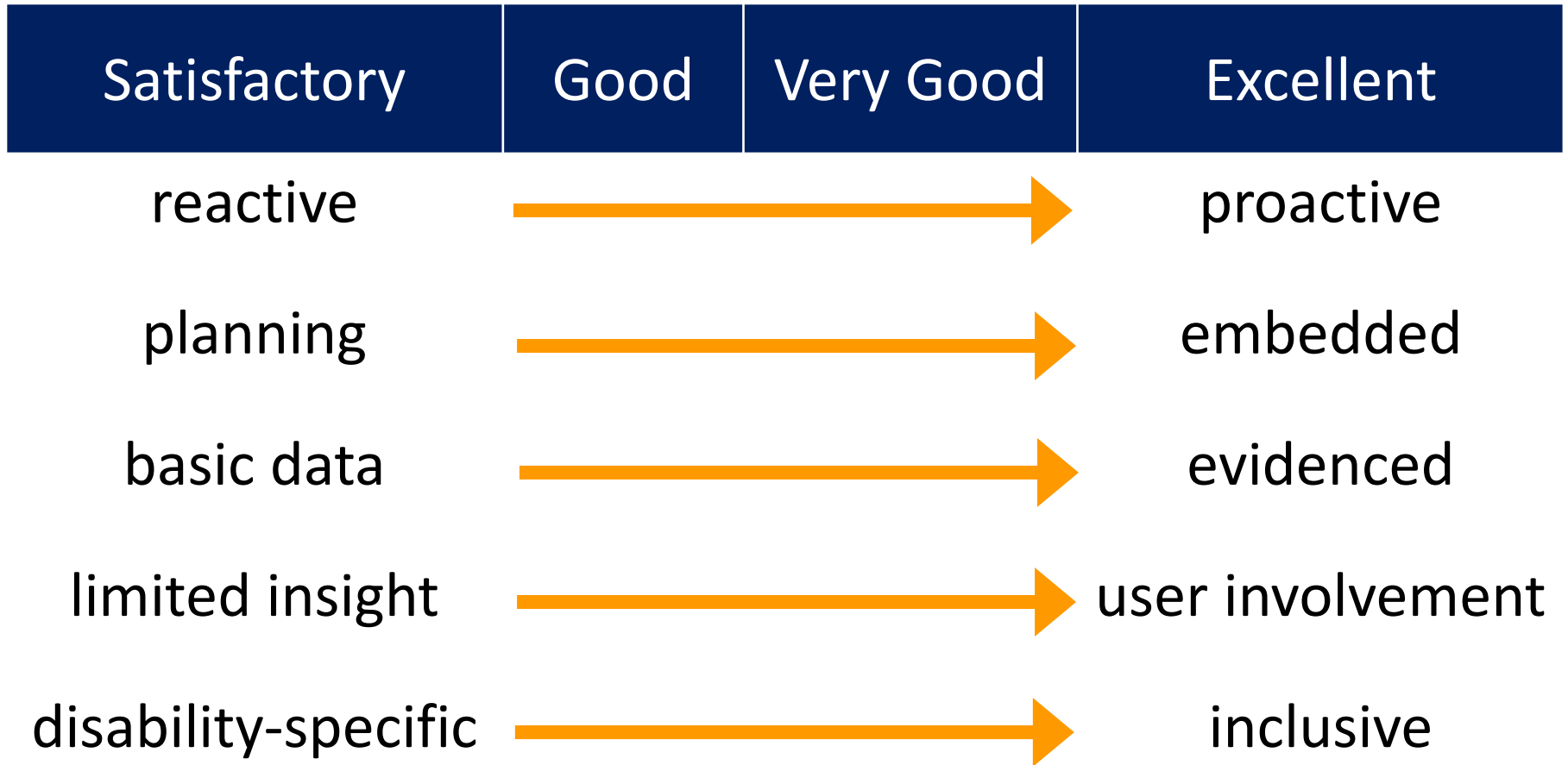
Key Points

- Don't panic!!!
- Already working in these areas...
 - ✓ People 1: Customer Experience
 - ✓ GPlus1: Outcomes and Impact Measurement
 - ✓ GPlus11: Marketing, Research and Communication
 - ✓ etc.



How does this apply to disabled people and those with long term health conditions?

General Approach



Support Available

- Guidance Notes document
- Range of organisations to help
 - Quest / Right Directions – including assessors
 - Sport and leisure organisations e.g. Sport England, County Sport Partnerships, training providers, equipment suppliers
 - Disability and health organisations e.g. EFDS, Mind, AgeUK
 - Non-sport sector e.g. Centre for Accessible Environments, DRUK
- Engaging partners to support uptake of module

FAQs...

- Available 1st April 2017
- Replaces GPlus10 for Facilities
- Consultation ongoing...



Quest optional module:

- ✓ Dual award Quest and IFI Mark (no additional cost)
- ✓ Scored or non-scored module
- ✓ Separate (non-Quest) module

Any other questions...?

...we're also available at the break and networking session tonight!



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