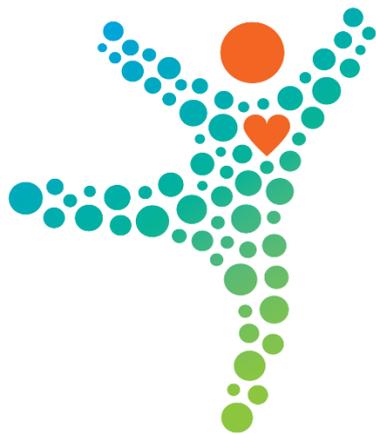




Comhairle Cathrach  
Bhaile Átha Cliath  
Dublin City Council

Report to Arts, Culture, Leisure  
and Recreation SPC

15<sup>th</sup> February 2021  
**Item No. 8**



Dublin City  
**Sport &  
Wellbeing**  
Partnership

## Dublin City Sport and Wellbeing Partnership Report on Sport Inclusion for SPC

FEBRUARY 2021

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## 1.0 Overview of Report

Lisa Kelly & Nuala O'Donovan, Sport Inclusion and Integration Officers, on behalf of Dublin City Sport and Wellbeing Partnership (DCSWP) at the request of Councillors at the SPC, generated this report. It outlines the role of the Sport Inclusion and Integration Officer, some programmes, addresses questions and queries raised by councillors and shares feedback from people who have worked with/participated in programmes with the Sport Inclusion and Integration Officers.

## 2.0 Role of the Sport Inclusion and Integration Officers

There are two Sport Inclusion and Integration Officers (SIIO's) within DCSWP, Lisa Kelly & Nuala O'Donovan, appointed in February 2019. They have responsibility for the provision of sport & physical activity for people with disabilities, ethnic minorities, LGBTQ+, mental health and other minority groupings. They also have a responsibility for education and training in this area and provide training for staff, clubs and members of the public. Once appointed, the first programme was up and running within a few weeks as well as the SIIO's conducting an audit of what was available in the city for these groups as well as checking the accessibility of DCC facilities. Once this was complete, programme roll out began. A large part of the SIIO role is consultation with clubs and organisation to offer advice and support to clubs on equipment and how to be inclusive of all members of their community.

### 2.1 Programmes Offered

Programmes offered by SIIO's in 2019 were largely demand lead. The list below is an overview rather than an exhaustive list of what SIIO's offer.

- Learn to Cycle
- Disability specific summer camp
- Adapted Rowing
- Monthly Table Cricket Blitz
- Monthly Bocce Blitz
- Monthly Soccer Tournament
- Vision Impaired Swimming
- Vision Impaired Boxing
- Various activities through sign language for people who are deaf
- Awareness raising with TY students
- Social Inclusion Week Activities
- Water Sport Activities for children with additional needs and their families
- Support of teachers who teach in special education settings
- Football for people in Direct Provision
- Inclusion of minority groups in Lord Mayor 5 Alive
- Cricket for ethnic minority women and girls
- Walking groups
- Specific programmes to organisations by request
- Support of NGB programmes in DCC area to ensure inclusivity
- Various online classes
- Dance
- Fit For All Week
- All other DCSWP core programmes are also offered to various groups across the city and adapted to their needs

#### 2.1.1 Education & Training

Both SIIO's are accredited tutors with CARA and Sport Ireland. SIIO's offer the following certified education & training courses to members of the public and to DCC Sport and Recreation Staff. To date, over 60 Sport and Recreation staff have completed a course with the SIIO's. Education & Training opportunities are offered to all centre managers for their staff.

- CARA Autism in Sport
- CARA Disability Inclusion Training
- CARA Sport Inclusion and Disability Awareness Training
- Sport Ireland Coaching Children
- Cycling Ireland Learn to Cycle Tutor Training
- UK Sports Leadership

### 2.1.2 Pre Covid

Before March 2020, the SIO's were very active and delivered many come and try days and facilitated opportunities across the city. This ranged for the programmes listed above to providing venues and equipment to groups who had limited access.

### 2.1.3 During Covid

SIO's adapted to the changing environment and continue to work online with those most vulnerable in a safe and effective manner. There were over 8 online classes per week with different organisations as well as training and education for staff members and public as time went on. As restrictions lifted, small group activity resumed outdoors and online classes remained in place for those who were not able to take part in outdoor activities.

## 2.2 Facts & Figures

The following facts and figures are based on 2019 activity as the reports for 2020 have not yet been generated. Full details available in the infographics listed in Appendix 1 & Appendix 2 and The Local Sport Partnership Annual Report, Appendix 3. Appendix 3 also has a case study featured in the Local Sport Partnership Annual Report which is the only community-based cricket programme in Ireland for people with a disability.

- 24,387 people with a disability took part in Local Sport Partnership Initiatives nationwide
- 5,116 of these people were from DCSWP (9 month delivery as SIO's came into position in February 2019)
- DCSWP accounted for over 20% of these figures in 9 months alone
- 2,649 people took part in CARA Disability Awareness, Autism in Sport and Disability Inclusion Training nationwide
- 300 of those individuals were directly trained by DCSWP SIO's that's over 11% of all individuals trained nationally facilitated by DCSWP

Over 60 Sport and Recreation staff have completed Sport Inclusion and Disability Awareness, 30 staff have completed Autism in Sport and a further 10 staff have also completed Disability Inclusion Training.

## 3.0 Questions Raised at SPC Meeting

Councillors at the SPC meeting in December 2020 raised a number of questions. Please find responses to the questions below.

### 3.1 What services we do provide for people with disabilities

As listed above, DCSWP provide a wide range of programmes & services for people with disabilities. SIO's are also available to provide guidance to individuals about what is available in their locality, advice to clubs on how to become more inclusive and can talk to anyone about the accessibility of various DCC facilities.

### 3.2 Are there discounts applicable

There are discounts available in some Community & Leisure Centres.

### 3.3 Do we have a "scheme"? Should we have a scheme?

There is no "scheme" for people with disabilities. We believe a scheme is not necessary for people with disabilities. All of our centres allow a companion to accompany someone with a disability if they need assistance.

### 3.4 How could access be managed?

Upon production of a disability allowance card, someone with a disability may have a companion enter the facility free of charge.

### 3.5 Who would decide on eligibility?

Anyone in receipt of a disability payment and has a disability allowance card should be eligible.

### 3.6 Not able to function by themselves – what support?

All of our centres allow a companion to accompany someone with a disability if they need assistance.

### 3.7 Audit of our facilities

The Sport Inclusion and Integration Officers conducted an audit of facilities in 2019 using the CARA Accessibility Guidelines for Leisure Centres. A copy of the report is in Appendix 4.

### 4.0 Charter

Dublin City Sport and Wellbeing Partnership signed the CARA Sport Inclusion and Disability Charter in 2019. The Charter sets out five key areas people with disabilities are seeking in order to lead a healthy and active lifestyle. DCSWP have aligned and are aligning with the Charter in the following ways:

- Openness – We are open to people with disabilities joining any of our programmes
- People – Our staff have been trained and continuously upskill in the area of inclusion of people with disabilities in sport and physical activity
- Activities – There are specific programmes, activities and equipment available for people with disabilities if they wish to take part
- Facilities – DCSWP carefully selects what facilities & equipment are used for all programmes ensuring they are accessible
- Promotion – The inclusive nature of programmes & facilities is advertised on our social media channels, some venues have also adapted the Charter and have it displayed in their reception areas

### 5.0 Testimony

St. Michael's House caters for over 1,900 adults and children with intellectual disabilities through the provision of a range of supports. The Leisure Centre team, physiotherapy department and P.E. department work collaboratively to facilitate and support service users to access and participate in sport and physical activity so they can maintain and improve their physical and mental health.

Each year, we engage with the Operation Transformation initiative and in January 2020, we expanded the delivery of programmes through collaborating with Dublin City Sport & Wellbeing Partnership and their Change 4 Life programme. This structured, supportive, community based programme had a huge impact on the participation levels and we saw approximately 40 service users engage in a weekly fitness class, with a further 20-25 engage in the weekly walking programme. One man also joined the Change for Life hill walking group, which has not only been a very positive experience for him but also a positive integrative piece of work that will continue into the future. As a result of the programmes, further work is being done to organise walk leader training for several participants that have the interest and the drive to motivate others.

The consistent attendance and the enthusiasm shown by the participants demonstrated their enjoyment and commitment to the programme. The Change 4 Life team also organised an awards morning to celebrate everyone's achievements which was a highlight for many. There is huge credit due to the Change 4 Life team for their organisational and communication skills and we look forward to working together on many future projects.

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“I am vocational trainer for the Central Remedial Clinic and I work with young adults with mild-intellectual disabilities on a specialised training programme called Employability Skills Programme.

We first heard about the Change For Life Programme at the start of this year when a schedule of hill walking activities was shared and circulated. Initially the uptake of students to partake in this activity was poor but not surprising knowing the disabilities of some of the students.

This was mainly due to high levels of anxiousness in some of the cohort students in engaging with new experiences for the first time. It boils down to a hesitancy by students to go into uncharted territory and step outside of their comfort zone with regard to altering their existing routine and lifestyle.

However thankfully the Change Of Life Programme changed all of this. The programme's high ethos of inclusiveness was the driving force behind this resolve. Prior obstacles were quickly diminished when students themselves spread the word with fellow peers of their own personal experiences from engaging with the many activities on offer.

It was quite clear from the offset, that each activity from the programme was carefully designed and well executed in its delivery. Our students were trying out new activities for their first time and supporting staff created video blogs to try and capture the spirit of adopting a healthier lifestyle in a fun and collective environment. The impact in terms of social development for our student were evident almost immediately. One particular student springs to mind, who took the initiative to purchase hiking boots all by themselves. From my own personal viewpoint, I relished the opportunity that the Change to Life Programme gave me as a trainer to better get to know my students outside of a classroom setting, especially on the hillwalking activities.

For the Body Transformation workouts in co-junction with the Change Of Life Programme, I admired how the organisers accommodated the profile of our students and structured their programme accordingly. Every little detail was taken care of. With guidance and support from the organising team, students were free to work on their individual goals and set reachable targets. By the end of each activity, there was a palpable sense of achievement coming from participating students and this was thankfully brought back to the college campus. Staff commented on the visible enjoyment coming from students as they relayed their satisfaction.

Furthermore the Change of Life Programme had a high level of flexibility in-built within its design. Staff continually looked at ways of improving on their delivery and looked after all aspects of organisational logistics.

Nobody was left behind with the exercises or activities; nobody was forced to engage and offerings of support were ever-present from the staff of the Change of Life Programme.”

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A quick note of thanks from Scoil Uí Chonail GAA and we know the Scoil Stars will benefit immensely from our learnings taken from the Autism Awareness In Sport course.

Your delivery of course was excellent and delighted with your practical advice and examples which will make a difference to our Scoil Stars GAA children and the sessions going forward.

Many thanks again and kind regards

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I just want to thank you SO much for setting up the cycling class. Also thanks for all your directions & assisting emails.

We are so thrilled with his success, first night. ☐

He (AND dad) were walking on air last night when I got in from work. 😊

I've been on the look-out for exactly this type of class about 2 years, we are so thankful to you guys, it means a lot to him to hopefully one day master this skill, so he can be like his school pals....he attends St. Pat's Boys National School Drumcondra( mainstream)

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Thanks a million for your support through the strangest of times. You have been incredibly helpful to myself, all the staff Ballyfermot and most importantly all the students at NLN Ballyfermot.

We really appreciate your continued support over the next few months and would like to extend my gratitude to continue indefinitely until we have a resolution.

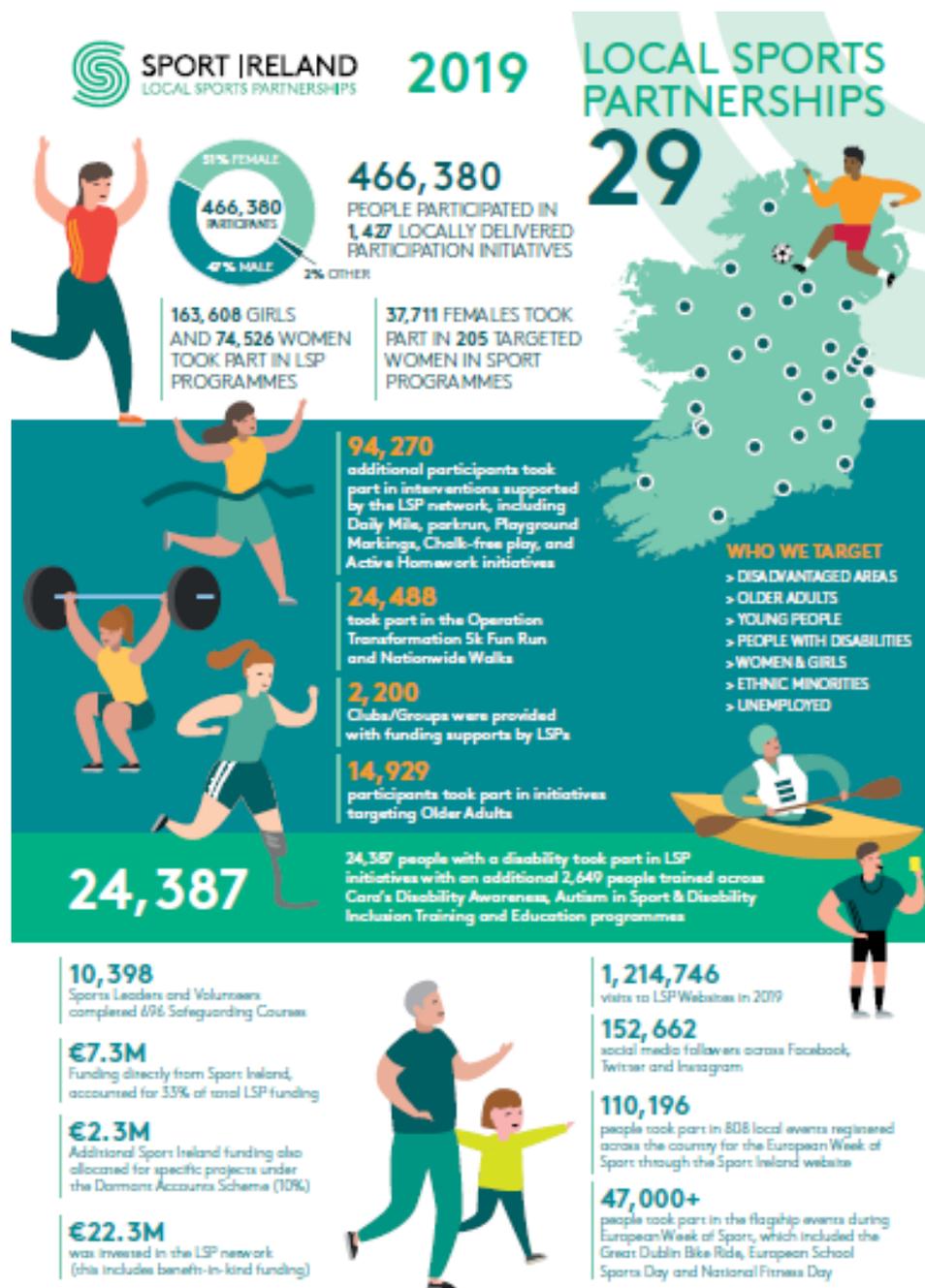
I think your target of 5 active participants is a good number to aim for and I would be hoping to exceed it more often than not. I also agree that the class is pitched at exactly the right level for the current participants to make it challenging yet accessible.

If I can help you in anyway moving forwards, please don't hesitate to let me know.

Thank you for all your support and the classes the men and women really engaged and were delighted to see you again. Please keep us posted about the programmes so we can share with the men and women here.

## Appendix

### Appendix 1 - Sport Ireland 2019 Local Sport Partnership Infographic





## Appendix 3 - Sport Ireland Local Sport Partnership Annual Report – 2019

- <https://www.sportireland.ie/participation/news/2019-local-sports-partnerships-annual-report-published>



Dublin City Sport & Wellbeing Partnership  
SPORT IRELAND

### Dublin City Sport and Wellbeing Table Cricket Programme

#### OVERVIEW

To provide an opportunity for people with moderate to severe and profound disabilities to participate and enjoy sport outside of their regular environment, alongside people outside of their usual peer group.

#### AIMS

Dublin City Sport & Wellbeing Partnership worked fully with Leinster Cricket organising and delivering free monthly table cricket blitzes in two Dublin City Council sport's facilities (Sport & Fitness Ballyfermat, Dublin 10 and Cabra Parkside Community & Sport Centre, Dublin 7).

#### IMPLEMENTATION

- An invitation to participate in the programme was circulated to adult day and residential services across Dublin City.
- The blitzes were organised and delivered by Cricket Leinster Development Officer Fintan Mc Allister and the Dublin City Sport & Wellbeing Partnership Sport Inclusion and Integration Officers, Lisa Kelly and Nuala O'Donovan.

"The biggest thing that I have noticed is that the guys I work with found the fielding element of the game difficult at the beginning. They didn't fully understand that they had to stop the ball from hitting the edge. They have progressed hugely throughout the programme and have a real understanding of the game now."  
*Dyfed Davies, PE Teacher, St. Michael's House*

"Feedback from the group is that they enjoyed meeting and being with other groups. They love that table cricket is something so different. As sportspeople, they love watching cricket but never realised they could play something like this. They love how this is accessible to them as individuals who use wheelchairs and of course love the friendly healthy competition!"  
*Ashling, Manager Spina Bifida Hydrocephalus Ireland*

"Table Cricket has really taken off in the Dublin City Council Area - it's so inclusive. It works for people of all ages and abilities. It's a great programme run in conjunction with Dublin City Sports and Wellbeing Partnership, thank you to DCSWP for their continued support."  
*Fintan McAllister, Cricket Leinster Development Officer*



#### NEXT STEPS

- The plan in 2020 is to continue with the monthly blitzes.
- In order to facilitate play in between the blitzes, Cricket Leinster will hold workshops to teach staff to referee table cricket in addition to the technical aspects of the game.
- Equipment will be available through Cricket Leinster & Dublin City Sport & Wellbeing Partnership.
- The longer-term goal of the programme is for it to become fully inclusive and sustainable.
- After the workshops with carers are complete, other groups starting with older adults will be invited to participate.
- The ultimate aim is that in time the various services will be confident and able to take on the organising of this initiative so that it can be delivered on an ongoing basis.

#### OUTCOMES

- The programme ran from September to December 2019
- 8 Services took part involving 48 participants (6 members per team) and 40 Staff

## Appendix 4 – Accessibility Audit of DCC Sport Facilities – 2019

### Summary Report on Accessibility of Dublin City Council Sport and Recreation & Leisure Facilities

This summary report is based on information provided from March 2019 – September 2019 for nine Dublin City Council Sport, Recreation and Leisure Facilities. Further details and specific detail on each centre is available directly from the Sport Inclusion and Integration Officers. The aim of this audit was to inform Sport Inclusion and Integration Officers about the accessibility of venues and also to raise awareness amongst centre managers of how accessible their venue is and the small changes they can make to make their centre more accessible. Please contact [Sportsinclusion@dublincity.ie](mailto:Sportsinclusion@dublincity.ie) with any questions. An accessibility review of all Dublin City Council Sport, Recreation and Leisure Facilities will take place in March 2022.

#### External Environment

Paths, walk ways, parking spaces, and entrance areas are the first area of your centre that an existing member or new member will see. It is important to make sure dangerous obstacles that could limit access to your leisure centre are removed. Obstacles that can be easily avoided or stepped around by an individual on foot can be an insurmountable barrier for a customer using a wheelchair or a cane. It is also very important that signage outside of your facility is clearly legible and spaces and entrances are clearly signposted.

		Response
1	Are the disability car park spaces clearly marked and signposted?	8 Yes 1 N/A
2	How many disability car park spaces are available?	8 with spaces available 1 N/A
3	Are the car parking spaces a minimum width of one and half times the standard car parking space and painted appropriately with a blue colour and white stencil?	4 Yes 4 Yes & No 1 N/A
4	Are there appropriate tactile (different texture) & dropped curbs on approach to the leisure centre?	5 Yes 2 No 2 N/A
5	Is the route to the leisure centre clearly outlined and free of any obstacles or obstructions?	9 yes

#### Circulation of the internal building

Sometimes it can only be a small change to make your centre more accessible and inclusive for all members – it can be done without a huge cost implementation

		Yes/No
1	Is the main entrance to the leisure centre clearly signposted and accessible?	8 yes 1 no
2	Does the centre have a portable induction loop for individuals who are hard of hearing? Is there signage in place to indicate that the system is available?	2 yes 6 no 1 unsure  No signage in place
3	Is the signage throughout the centre consistent and clearly visible?	6 yes 1 no 2 in progress

4	Is the public-address system clear and audible in all parts of the centre?	3 yes 5 no 1 N/A
5	Is the public address system supplemented by visual information to accommodate people who are deaf or hard of hearing?	2 yes 6 no 1 N/A
6	Are lifts/platform lifts/wheelchair stair lifts available to enable vertical movement in a two storey or split level building?	7 yes 1 no 1 N/A
7	Does the colour scheme in the facility help differentiate between critical elements, for example the wall from the floor, doors from adjacent walls?	8 yes 1 no
8	Are the handrails easy to grip?	9 yes
9	Are the handrails placed on both sides of the ramps?	2 yes 6 no 1 N/A
10	Are the handrails easily distinguishable from their backgrounds?	7 yes 1 no 1 N/A
11	Do the handrails have closed ends which turns back into a supporting wall or turns down indicating that the stairs has ended?	6 yes 2 no 1 N/A
12	Do all the lifts have audible and braille/raised instructions?	4 yes 3 no 2 N/A
13	Are all the fittings and fixtures e.g. light switches, door handles etc. accessible, at an appropriate height and easy to use?	8 yes 1 no
14	Are all point of contact desks at seated/wheelchair height?	6 yes 3 no
15	Are they clear from promotional material, foods or anything that would block the line of sight for a person who uses a wheelchair?	7 yes 2 no

### Gym environment and classes

All leisure centres should strive to provide an inclusive and accessible environment to all their members. This can be achieved by providing dual use equipment. Dual use equipment allows people with and without a disabilities to use the same piece of equipment for their workout. Both aerobic and resistance equipment should be accessible and should be sourced using the Inclusive Fitness Initiative accreditation list. The UK's Activity Alliances runs an accreditation programme called the Inclusive Fitness Initiative (IFI) for accessible gym equipment. <http://www.activityalliance.org.uk/how-wehelp/programmes/ifi-fitness-equipment>.

A list of Irish suppliers who provide the equipment listed on the above link is available on the Cara website [www.caracentre.ie](http://www.caracentre.ie)

		Yes/No
1	Does your centre provide both cardio and resistance dual use equipment?	7 yes 2 no
2	Does your equipment have colour contrasted pedals, levers and buttons to make them highly visible to people with a vision impairment?	5 yes 4 no
3	Does the gym floor have a clear layout and provide full access to all areas of the gym?	9 yes

4	Is there a pathway that highlights the movement flow/directional flow of the gym?	4 yes 5 no
5	Is there a section of the gym desk that is at an appropriate height for a person who uses a wheelchair?	6 yes 2 no 1 N/A
6	Are gym/programme cards available in alternative formats such as large print, braille if appropriate, picture sequencing or USB?	1 yes 8 no

#### Pool environment and classes

Accessible pool features are required so that people with disabilities have access to the pool whenever the pool is open to others. For example, a pool hoists/lifts, flotation devices, accessible changing facilities, etc.

		Yes/No
1	Does the pool have a working pool hoist/lift available?	3 yes 6 N/A
2	Is the pool hoist visible on pool side?	3 yes 6/NA
3	Is there a choice of access points to the pool which are accessible e.g. beach style (no steps) or sloped stepped access?	2 Yes 1 no 6 N/A
4	Is the deep and shallow ends of the pool clearly and prominently marked?	2 Yes 1 maybe 6 yes
5	Is the immediate surround of the pool clearly and easily identifiable from the water's edge?	3 yes 6 N/A
6	Is the sauna, steam room and Jacuzzi accessible to everyone?	3 yes 6 N/A
7	Are there a range of classes or activities in the pool that are accessible and available to people with disabilities?	3 yes 6 N/A
8	Is there a mobile shower chair available on the pool side and in the changing rooms?	3 yes 6 N/A

#### Toilets, changing and locker room areas

All toilets, changing and locker rooms areas must be designed so that people with disabilities can use them. This does not necessitate expensive design features but it does require attention to detail and layout. Ideally centres should provide at least one individual unisex accessible changing room complete with shower and toilet. This enables assistance to be given by someone of either sex.

		Yes/No
1	Are there individual accessible changing cubicles?	5 yes 4 no
2	Are there accessible toilets with the appropriate signage?	9 yes
3	Are the accessible toilets and changing rooms located close to and appropriately to the gym and the pool areas?	8 yes 1 no
4	Do all accessible changing rooms/facilities have an emergency alarm cord or emergency button?	7 yes 2 no
5	Is the flushing mechanism for the toilet easy to operate? – fist operated (spatula lever or pull cord).	7 yes 2 no
6	Are handrails available in all of the accessible changing facilities to allow ease of movement?	7 yes 2 no

7	Are permanent shower chairs (flip down) available in the main shower area?	4 yes 5 no
8	Is there an accessible changing bench available in the accessible changing cubicles?	7 yes 2 no
9	Are there mirrors and hairdryers at an appropriate height for people who use a wheelchair?	6 yes 3 no
10	Are there accessible lockers? Are they clearly identifiable and marked?	9 yes

### Marketing and promotion

Treat everyone that comes through your doors with courtesy and respect. Smile, be welcoming, listen, and be willing to adapt.

		Yes/No
1	Does your centre distribute and promote information relating to disability, inclusion, accessibility for your centre e.g. flyers, website, social media, radio, print media?	5 yes 2 no 1 in progress
2	Does your centre have an accessible website with relevant information about the centre and programmes that are specific to people with disabilities?	4 yes 5 no
3	Is there an appropriate means whereby people with disabilities can provide feedback to the centre?	7 yes 2 no
4	Does the centre provide any promotional materials in alternative formats e.g. larger print, braille, USB stick, email?	4 yes 5 no

### Health and Safety

Ensuring the safety of your members within your centre is paramount. It is essential that emergency operation procedures are developed to ensure that in the event of an emergency all staff are aware of how to support people with disabilities.

1	Does the centre have an Emergency Operation Procedure (EOP) that is specific to people with disabilities? a. The EOP should detail how certain types of disabilities should be evacuated from the building. An understanding of how to use the fire evacuation chair should be documented as a procedure.	8 yes 1 no answer
2	In a multi-story building - Does the centre have a fire evacuation chair and situated at an appropriate refuge point.	7 yes 1 no 1 N/A
3	Is the centres alarm system installed as both audio and visual (flashing light)?	5 yes 4 no

### Disability awareness and staff training

There are ample training opportunities and awareness workshops available, please contact Lisa or Nuala to arrange some training for your staff.

		Yes/No
1	Have any fitness instructors completed CARA Inclusive Fitness Training?	9 no

	If so, how many?	
2	Have any centre staff completed CARA Disability Inclusion training? If so, how many?	1 yes 8 no
3	Have any centre staff completed CARA Autism in sport training? If so, how many?	1 yes 8 no

### Contact Details

If you have any questions please do not hesitate to contact Lisa or Nuala who will be more than happy to assist

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