**OHCHR Questionnaire**

**30 July 2020**

**APPENDIX A – List of Australian National Sporting Organisations for the Disabled (NSODs)**

* [Blind Sports Australia](http://www.blindsportsaustralia.com.au/). Formerly known as the ‘Australian Blind Sports Federation’, this organisation was formed in 1980 and works with National Sporting Organisations to develop their sport specific programs to meet the needs of vision impaired Australians.
* [Deaf Sports Australia](http://www.deafsports.org.au/home). Affiliated in 1955 as the ‘Australian Deaf Sports Federation’, this is the peak body dedicated to facilitating participation by deaf and hearing impaired Australians at all levels of sport.
* [Disability Sports Australia](http://www.sports.org.au/). Established in 2003 with three founding NSODs. Membership was expanded in 2012 to include many State Sporting Organisations serving persons with disability. The founding member organisations are: Australian Sports Organisation for the Disabled; Cerebral Palsy Australian Sports and Recreation Federation, and; Wheelchair Sports Australia.
* [Disabled WinterSport Australia](http://www.disabledwintersport.com.au/). Established in 1979 as the ‘Australian Disabled Skiers Federation’, they promote opportunities for disabled Australians to enjoy winter sports.
* [Riding for the Disabled Association of Australia](http://rda.org.au/default.aspx). Formed in 1979 by agreement among five state riding associations.
* [Special Olympics Australia](http://www.specialolympics.com.au/). Established in 1976, provides opportunities for all intellectually disabled Australians, regardless of ability, to participate in sport as part of the global Special Olympics movement.
* [Sport Inclusion Australia](https://sportinclusionaustralia.org.au/). Established in 1986 as AUSRAPID, Sport Inclusion Australia is a national sporting organisation dedicated to the inclusion of people with an intellectual disability into the mainstream community, using sport as the medium. Sport Inclusion Australia works within the Australian sporting sector to assist sporting organisations and clubs with strategies that focus on ability and are based on social inclusion principles.
* [Transplant Australia](http://transplant.org.au/). Works in areas of advocacy, awareness and support for persons experiencing organ and tissue transplant.

**APPENDIX B – Research, facts and figures**

**Facts and Figures – Disability Sport in Australia**

* Almost 20% of people in Australia live with a disability, but only one in four of these participate in sport.
* 75% of Australians with disability want to take part in sport but feel there are limited opportunities.
* 12.5% of people with severe/profound impairments participated at least once in sport in the previous 12 months. In the same period, 65-70% of the general population did.
* 96% of Australians say they are inspired by the performances and achievements of Paralympic athletes.
* 78% of disabled respondents said the Paralympics improved attitudes and 82% said the Games change negative perceptions to disability.
* 10% of Australians with a disability experience discrimination or unfair treatment. Sport breaks down barriers, biases and stereotypes that limit opportunity.
* People with disability don’t have access to the same sporting opportunities as their able-bodied peers, yet their need to engage in physical activity is far greater.
* Because people with impairments (especially those with severe/profound impairments) are so inactive, they are particularly prone to diseases of inactivity – diabetes, heart disease, mental illness, certain types of cancer.
* Adults with a disability are nine times more likely to report both cardiovascular diseases and diabetes than those adults who are not living with disability.
* Participation in sport is an important rehabilitation pathway for people with disability joining or re-joining the community, increasing social connections and improving independence, self-esteem and health and well-being.
* Social interaction was cited by 25% of participants as being one of the two most important benefits of sport participation.
* Over two thirds of the medical and health professionals surveyed for a report said they would like to prescribe sport more often to their patients with a disability.

**Academic Research**

* [Enabling inclusive sport participation: Effects of disability and support needs on constraints to sport participation](https://www.researchgate.net/publication/303359235_Enabling_Inclusive_Sport_Participation_Effects_of_Disability_and_Support_Needs_on_Constraints_to_Sport_Participation), Darcy S, Lock D and Taylor T, *Leisure Sciences*, Volume 39, Issue 1 (2017). Liaising with over 100 disability organisations from across Australia; a total of 1046 surveys were completed – 53% from persons with disability and 47% from family/friends. Respondents engaged in 125 different sport and active recreation activities; with 50% of participation from organised sports, 32% from unorganised and 18% from partially organised activities. The findings showed that disability type and level of support needs explain significant variations in constraints to participation. The level of support needs was the most significant indicator of the likelihood of participation or nonparticipation.
* [Perceived barriers and facilitators to participation in physical activity for children with disability: a qualitative study](https://bmcpediatr.biomedcentral.com/articles/10.1186/s12887-016-0544-7), Nora Shields & Anneliese Synnot, BMC Pediatrics, (published online 19 January 2016). Children with disability engage in less physical activity compared to their typically developing peers. The aim of this research was to explore the barriers and facilitators to participation in physical activity for this group. Four themes were identified: (1) similarities and differences, (2) people make the difference, (3) one size does not fit all, and (4) communication and connections. Children with disability were thought to face additional barriers to participation compared to children with typical development including a lack of instructor skills and unwillingness to be inclusive, negative societal attitudes towards disability, and a lack of local opportunities.
* [Participation and non-participation of people with disability in sport and active recreation](https://www.clearinghouseforsport.gov.au/Library/archive/digital_archive/asc_programs/asc_programs_-_disability_sport/Disability_Sport_Research_Report_FINAL.pdf) (PDF  - 1.2 MB), *Australian Sports Commission/University of Technology, Sydney* (2011). This report presents the findings of a collaborative research project that used a combination of surveys and focus group interactions to collect data. The study looked at perceptions of health, fitness, and general wellbeing benefits received through sports participation. Disability groups included persons having physical, sensory, intellectual, psychiatric, and health related disabilities. A number of key findings from this research are presented in the report.

Australian observations support a large collection of international research identifying factors that present barriers to participation. Generally, the research suggests that when barriers are reduced persons with a disability, who are able to engage in sports, are much more likely to experience improved health and better social connectivity with their community than those not engaged.

* [Barriers to and facilitators of sports participation for people with physical disabilities: A systematic review](http://onlinelibrary.wiley.com/doi/10.1111/sms.12218/pdf) (PDF  - 181 KB), Jaarsma E, Dijkstra P, Geertzen J and Dekker R, *Scandinavian Journal of Medicine & Science in Sport*, Volume 24, Issue 6 (2014). Too few people with physical disabilities regularly participate in sports. Therefore, understanding what presents a barrier to participation, as well as what factors facilitate participation, should be helpful to program planners. This study provides an overview of the literature focusing on barriers to, and facilitators of, sports participation for people with various physical disabilities. The most common barrier was health status (personal factor); and lack of facilities, transportation, accessibility of facilities (environmental factors). Facilitating factors were fun, improved health and social contacts. Experiencing barriers to, and facilitators of, sports participation was dependent on age and type of disability. Regular sports participation was greatest when the selection of the sport was appropriate.
* [Overcoming barriers to participation](http://www.britishblindsport.org.uk/files/2015-01-03/OvercomingBarrierstoParticipation.pdf) (PDF  - 7.5 MB), *British Blind Sport*(2015). Sport and recreational activities can enhance the lives of people with visual impairments by improving their health and increasing social interaction. British Blind Sport conducted a survey to understand how blind and partially sighted people overcome barriers to participation in sport, and to understand the motivations of visually impaired people for taking up sport. Telephone interviews and focus groups were used to collect data. This report identifies a number of motivations as well as barriers. Practical solutions are offered to help visually impaired persons, and organisations providing services to them, overcome the barriers. Case studies are also provided.

**APPENDIX C – Case Studies**

#### Basketball Victoria

Basketball Victoria (BV) has significant experience, demonstrated capability, and a firm commitment to provide an opportunity for people of all abilities to be involved in basketball. BV utilises a structured and clearly defined approach to ensure inclusion is embedded internally, and that affiliated Associations, with assistance from BV, can confidently take ownership of programs and activities and enhance localised community access.

Basketball Victoria believes that "that inclusion at a state, association, and club level must be embedded in work plans and the entire basketball community must be holistic in their approach to inclusion to ensure greater access, opportunity and sustainability: it must become part of everyday business."

As BV's inclusion programs continue to expand and develop, the need to grow the wheelchair basketball base was placed high on the agenda. Previously, apart from a trickle of wheelchair basketball programs in Victoria that BV had established, there hasn't been the dedicated reserves to build and develop this area of the sport to the degree it requires. Finally, after a long period of negotiation, BV and Disability Sport and Recreation have formed a partnership which will see the State Sporting Association become the custodian of wheelchair basketball in Victoria. BV will foster the development of wheelchair basketball in regional areas including Bendigo, Ballarat, Shepparton, and Traralgon, in addition to a number of programs in metropolitan Melbourne. Planning is also underway for a revamped State Wheelchair Basketball Competition and development opportunities for players, coaches, and referees.

BV will continue to coordinate the men’s and women’s Victorian State Wheelchair Basketball Teams, providing pathways to National and International representation. Disability Sport and Recreation CEO, Rob Anderson, said “It is our strong belief that Basketball Victoria’s technical expertise, resources and networks will maximise opportunities for Victorians with disability. We are delighted to work in partnership with Basketball Victoria, ensuring the sport is managed by the State Sporting Association.”

Through this partnership, Disability Sport and Recreation will continue to invest financial and equipment resources to support Victorians with disability in accessing the sport of basketball. Associations will be targeted to ascertain their interest and ongoing support towards Association-based wheelchair basketball development programs and competitions. BV CEO, Nick Honey said; “The agreement reinforces Basketball Victoria’s commitment to community participation across all levels of involvement. We see this program as a natural extension to further expand our capacity in developing and supporting people with disability. With 144 affiliated Associations state-wide, this agreement will help create sustainable inclusion within basketball for the wider community, making Basketball a sport for all. [source: Basketball Victoria]

**Golf Australia**

Golf Australia started their involvement in Sports CONNECT in July 2005. Following an audit of the sport’s process, seven areas were identified for inclusion within a Disability Action Plan: policy and administration, coach education, administrator education, development opportunities, research, partnerships, and promotion.

Golf Australia adopted policies for inclusion and inclusive practice guidelines and incorporated them into their Junior Golf Framework by examining existing practices and starting the process of integrating inclusive elements on a systematic basis. This included an approach labelled ‘Golf for All’ that influenced coaching programs, web site content, and administrator education programs. The Disability Action Plan was embedded within the plans of affiliated State and Territory Associations.

Golf Australia recognised that improving relationships with other organisations would facilitate better delivery of their sport. Steps were taken to develop a strong relationship with Deaf Golf Australia – an established provider of golf for people with disability, a memorandum between the two organisations was signed in 2008. Golf Australia was also able to develop productive partnerships with the Professional Golfers Association and various state organisations to effectively deliver grass roots programs through special schools. [source: [*Sports CONNECT, Disability Sector Education Resource Project*](https://www.clearinghouseforsport.gov.au/Library/archive/digital_archive/asc_programs/asc_programs_-_disability_sport/Sports_CONNECT_Education_Report_FINAL.pdf)(PDF  - 3.4 MB)*,* consultation phase report, Ken Black, *Australian Sports Commission*, (2010).]

**Gymnastics Australia**

Gymnastics Australia’s Policy Statement on disability commits the sport to ensuring gymnastics practice is inclusive at all levels. This is a significant undertaking, given the multi discipline structure within the sport. The Disability Action Plan captures their commitment and outlines the strategies to achieve these goals.

Gymnastics Australia recognised two important factors early during the process of developing their Disability Action Plan. First, that previously the most active provider of gymnastics programs in Australia for people with disabilities was Special Olympics. Special Olympics runs many excellent sports programs across a range of sports for people with an intellectual disability. While this was not a problem per se, Gymnastics Australia recognised that they needed to assume more responsibility for these programs and create a more productive relationship with Special Olympics. A Memorandum of Understanding was developed between Gymnastics Australia and Special Olympics to address a number of issues affecting participation, including duel membership. Second, GA could see that its Disability Action Plan should, over time, integrate fully into the strategic and operational plans of the organisation. This was a major objective of Sports CONNECT from the outset.

Gymnastics Australia has developed an online education package for administrators, coaches and judges that aims to build awareness of ways in which people with a disability can be included in the sport. ‘Managing Inclusion in Gymnastics’ is just one of a number of strategies that Gymnastics Australia employs to improve its service delivery.

Among other Gymnastics Australia strategies is the Club 10 Quality Assurance Program that provides gymnastics clubs with resources to consider why and how their service is accessible to people with disabilities. Gymnastics Australia has also begun a review of all National Coaching Accreditation Scheme and National Officiating Accreditation Scheme competencies to include working with participants with disabilities. The working relationship between Gymnastics Australia and Special Olympics Australia also helps to avoid membership duplication and confusion. [source: [*Sports CONNECT, Disability Sector Education Resource Project*](https://www.clearinghouseforsport.gov.au/Library/archive/digital_archive/asc_programs/asc_programs_-_disability_sport/Sports_CONNECT_Education_Report_FINAL.pdf)(PDF  - 3.4 MB)*,* consultation phase report, Ken Black, *Australian Sports Commission*, (2010).]

* [Understanding the benefits of gymnastics for children with a disability](https://www.clearinghouseforsport.gov.au/Library/archive/digital_archive/gymnastics/Benefits_of_gymnastics_for_children_with_Disability_-_Full_Research_Report.pdf) (PDF  - 358 KB), Campain R, Gymnastics Victoria, VicHealth, and Scope (2014). The *Understanding the benefits of gymnastics for children with disability* project was a joint research effort by Scope (a Victorian disability service provider) and Gymnastics Victoria. The project aimed to identify key issues in relation to the experiences of children with a disability, aged 2-17 years, who participated in gymnastics. The responses from participants indicated that both parents and instructors noticed the physical benefits of gymnastics, including: strength, flexibility, balance and coordination. They also stated there were benefits for the child’s confidence and self-esteem, while gymnastics participation also aided social development. Parents and instructors valued the fact that gymnastics was fun for children and not overly competitive. Children with disability were able to advance and achieve according to their personal abilities. Parents observed pride and satisfaction of their child’s involvement and achievement, and most parents valued the social interaction with the club and other parents. Many instructors expressed the need for further understanding of a child’s disability and how to best work with a particular child. Key areas for improvement were identified and four recommendations made: (1) increase disability awareness training for gymnastics instructors; (2) increase funding to clubs for resources; (3) increase open and ongoing communication between instructors and parents, and; (4) foster an inclusive gymnastics club culture that welcomes and supports all participants.

**Swimming Australia**

Swimming Australia Ltd (SAL) is committed to a swimming for all philosophy. Swimming Australia incorporates inclusion strategies in all aspects of the sport, creating opportunities for people of all abilities to participate. Whether participants choose to swim for fun, health, or fitness; aspire to be a world champion; or choose to be involved in a non-swimming role such as a coach, official, or volunteer, a policy of inclusion helps to create opportunities.

SAL has developed an Inclusion Framework that is designed to become an essential tool to assist state organisations and clubs in their planning and operations, as well as provide a practical tool for learn to swim centres and other aquatic organisations to ensure the sport of swimming reflects community values. The first step in launching the Framework was the hosting of a seven part webinar series focussing on SAL’s pillars of inclusion.

The Framework draws on lessons from existing models and research and addresses both participation and athlete development objectives. Swimming Australia has partnered with the University of the Sunshine Coast to establish a three-year research project examining the barriers, motivations, and outcomes of participation in swimming for people with physical disability. This research will add to the evidence base and help inform future decision making.

SAL resources:

[National Inclusive Swimming Framework](https://www.swimming.org.au/Home/ClubCloach/Club/Learn-to-swim-(1)/Inclusive-swimming-framework.aspx), *Swimming Australia Ltd*., (2015). The Inclusive Swimming Framework (ISF) is a blueprint to guide Swimming Australia, its stakeholders and aquatic partners toward achieving full inclusion of people from a diverse array of circumstances and backgrounds in swimming and aquatic activities. The ISF incorporates the direction, thoughts and opinions of the swimming and aquatic community and aims to establish a consistent approach to planning and policy development for the swimming and aquatics sector.