

# MOVE CONFERENCE PARIS 2011

Adapted and inclusive training and competition: A new dimension for people with intellectual disabilities



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# Putting the target group first: Customizing physical activity for specific target groups

## How can we overcome barriers to participation and inclusion in sport for people with intellectual disabilities?



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*Europe/Eurasia*

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# VIDEO CLIP

- Barry ad



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# THE NEED



Approximately **2% OF THE GLOBAL POPULATION** or almost **200 MILLION PEOPLE** have intellectual disabilities. It is **ONE OF THE LARGEST AND MOST VULNERABLE DISABILITY POPULATIONS** in the world.

# Special Olympics aims at

- Creating positive public attitudes towards people with intellectual disabilities and
  - Integrating people with intellectual disabilities in society
- ... through sport and related initiatives.



# ORGANIZATIONAL STRUCTURE

## SPECIAL OLYMPICS INTERNATIONAL

NORTH  
AMERICA

EUROPE  
EURASIA

MIDDLE  
EAST  
& NORTH  
AFRICA

AFRICA

LATIN  
AMERICA

ASIA  
PACIFIC

EAST  
ASIA

3,400,000 ATHLETES  
1,000,000 VOLUNTEERS & COACHES  
44,000 SPORTS EVENTS PER YEAR  
175 NATIONAL PROGRAMS

# Special Olympics GAMES



- World Summer Games – every four years
- World Winter Games – every four years
- European Games
- National Games
- Local & Regional Competitions

***Special Olympics happens everyday in  
communities around the world***

# The TOPIC

Customizing physical activity for specific target groups



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# Opportunities for All Ability Levels

## Range of Events in Athletics

### ***Walking***

- ✓ 10m Assisted Walk
- ✓ 15,000m Walk

### ***Running***

- ✓ 25m Dash
- ✓ 4x100/400 Relays
- ✓ Marathon
- ✓ 100m Hurdles

### ***Throwing***

- ✓ Tennis Ball Throw
- ✓ Softball Throw
- ✓ Shot Put

### ***Wheelchair***

- ✓ 30m Motorized Slalom
- ✓ 30m Slalom
- ✓ 400m

### ***Jumping***

- ✓ Standing Long Jump
- ✓ Long Jump
- ✓ High Jump

### ***Pentathlon***



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# Special Olympics Divisioning

## 1. By Gender

## 2. By Age

### *Individual*

8-11

12-15

16-21

22-29

30 and over

### *Team sports*

15 and under

16-21

22 and over

## 3. By ability (most important)

- 10-15% performance guideline
- Pre-competition (entry) scores
- Preliminary (on-site) performance
- Observed games and individual skill tests
- Minimum 3; maximum 8 per division



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# Sample Divisioning Example

## Event: Shot Put

Division 1 (Age Group: 16-21)

<u>Athlete ID#</u>	<u>Age</u>	<u>Distance</u>
010	16	10.0m
252	17	9.8m
490	16	9.8m
115	18	9.5m
620	21	9.5m
331	19	9.3m
915	18	9.1m
807	20	9.0m

***Note: All athletes are within the designated age group's range of ages and their distances are within 10% of the best score.***



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# Criteria for Athlete Advancement

- Winner of each division has equal chance to advance to the next level of competition
- Athletes should be chosen by random draw



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# Giving a choice



- Customized **and** inclusive physical activity



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# UN Convention on the Rights of Persons with Disabilities

Article 30: **Participation** in cultural life, recreation, leisure and **sport**.

Promote the participation of persons with disabilities in mainstream sporting activities at all levels.



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**What does the reality of inclusion of people with (intellectual) disabilities in mainstream sport look like?**



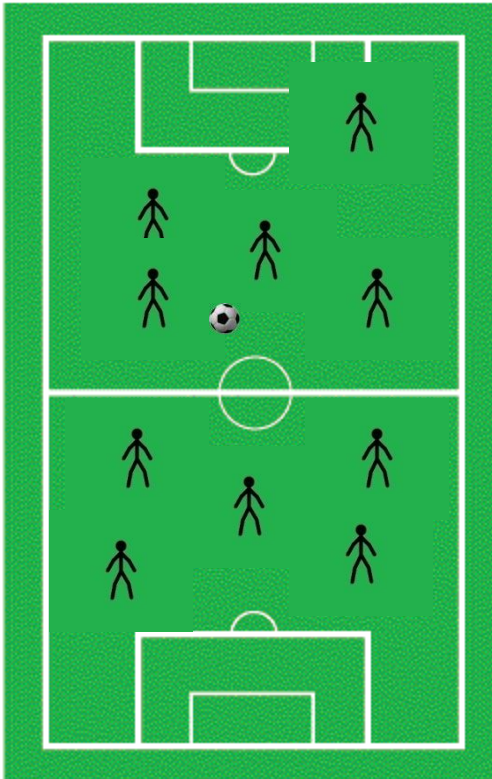
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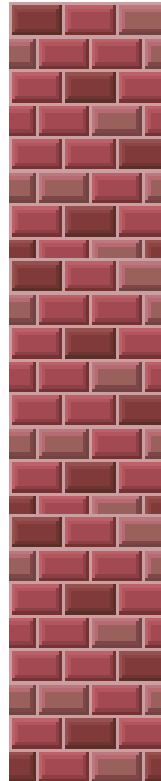
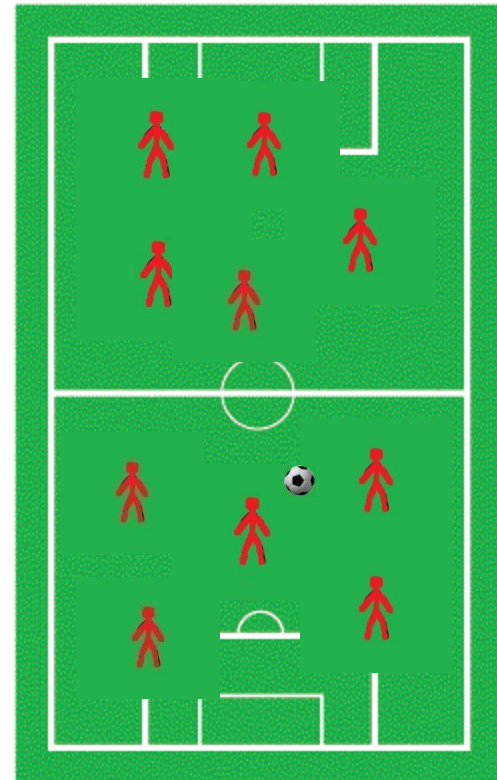
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# The segregation model = most common

**Mainstream Sport**



**Disability Sport**



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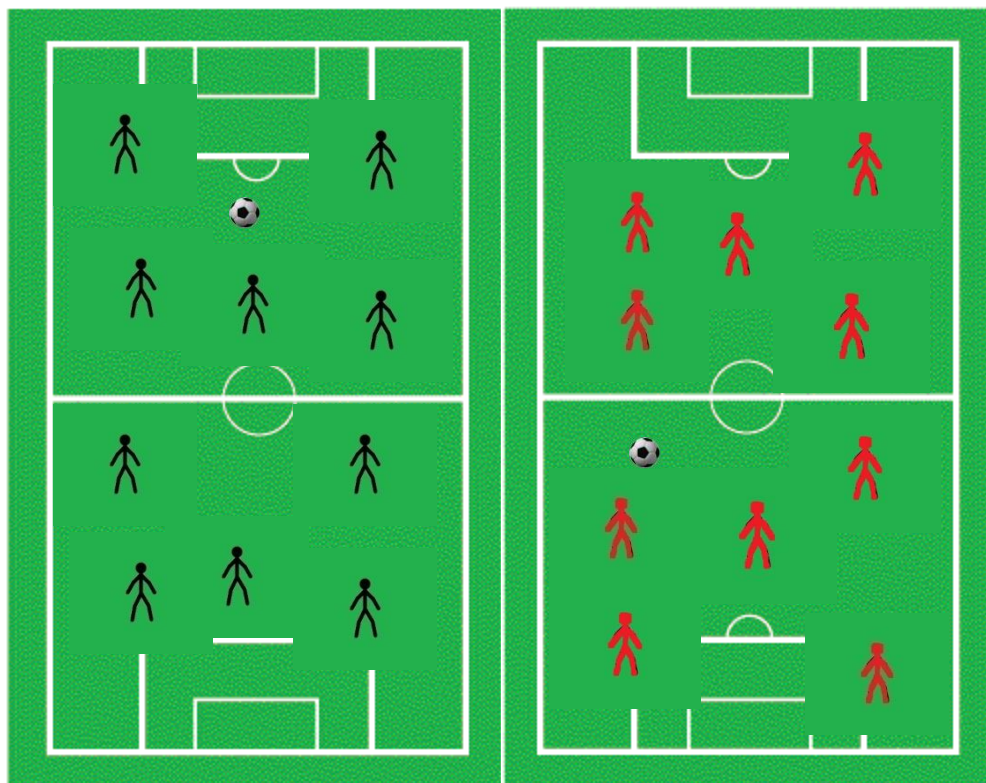
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# The « parallelization » model = developing

Mainstream sport sharing facilities with disability sport



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# Special Olympics Unified Sports = full integration

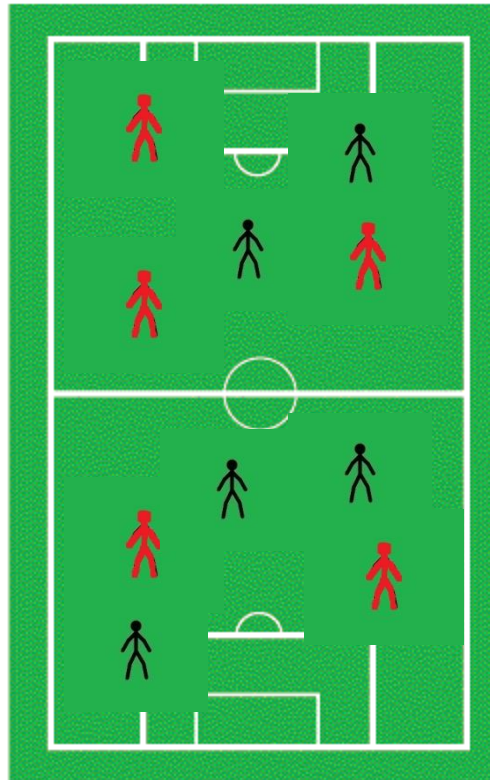


## People with & without intellectual disability playing sports together

Unified Sports players with intellectual disability are called athletes.

Unified Sports players without intellectual disability are called partners.

The keys to a meaningful involvement of all players in a team are age and ability matching.



# Special Olympics Unified Sports = full integration

**People with & without intellectual disabilities playing sports together**

Sport Federations

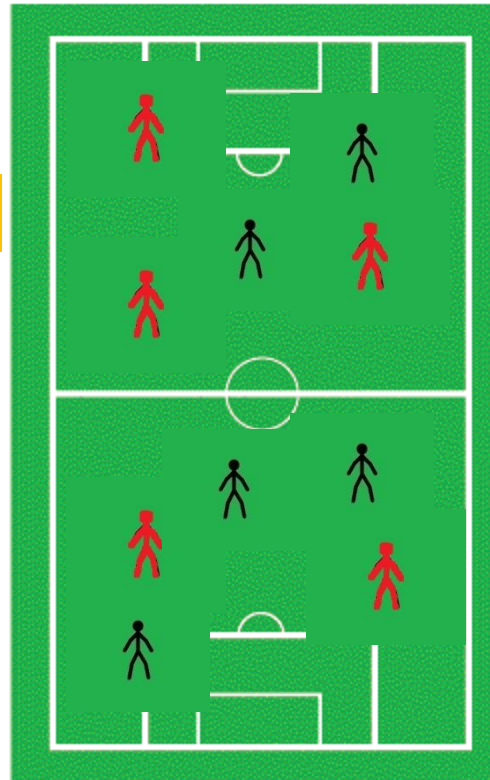
Local authorities

Universities

Teacher associations

Government

Group homes for people  
with intellectual disabilities



Local Sports Clubs

Special Schools

Mainstream Schools

Inclusive Schools

Local Special  
Olympics Program

Parents



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# Unified Sports in SOEE

- Age focus 12-25 since 2004
- 30 countries
- Total: 45,000 players
- 10% of overall athlete population



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# Tasks for Special Olympics

- Meeting needs of stakeholders better
- Broader portfolio
- Change traditional ways of thinking and acting
- Sport experience should be voluntarily, enjoyable and beneficial for all involved
- Give a choice to ALL



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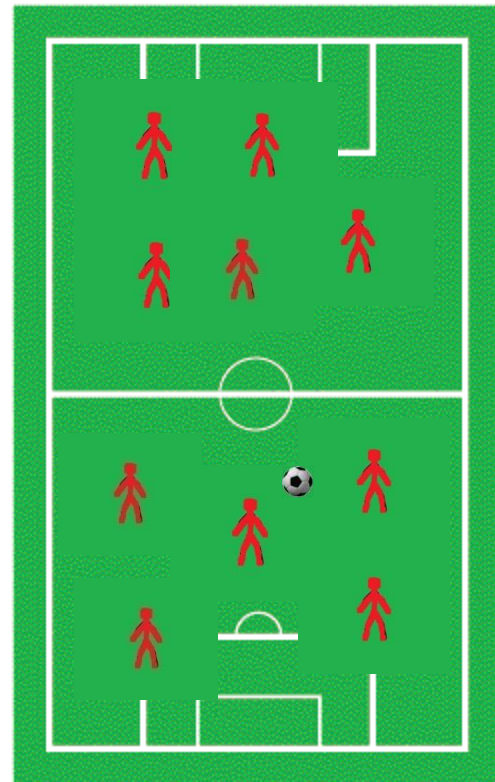
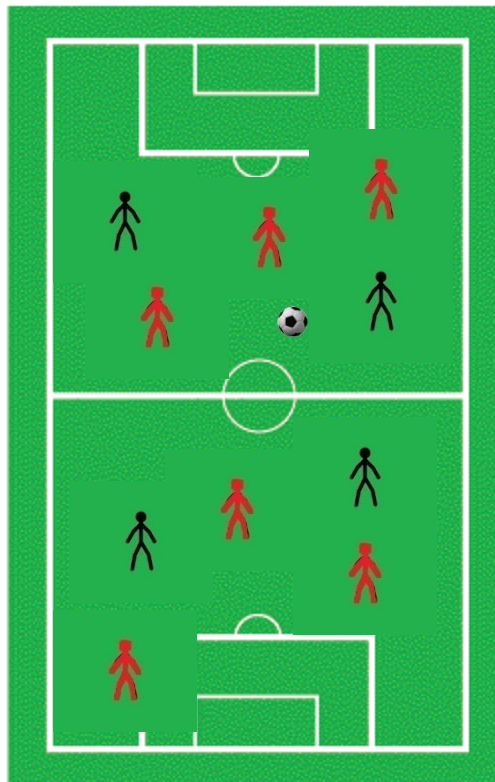
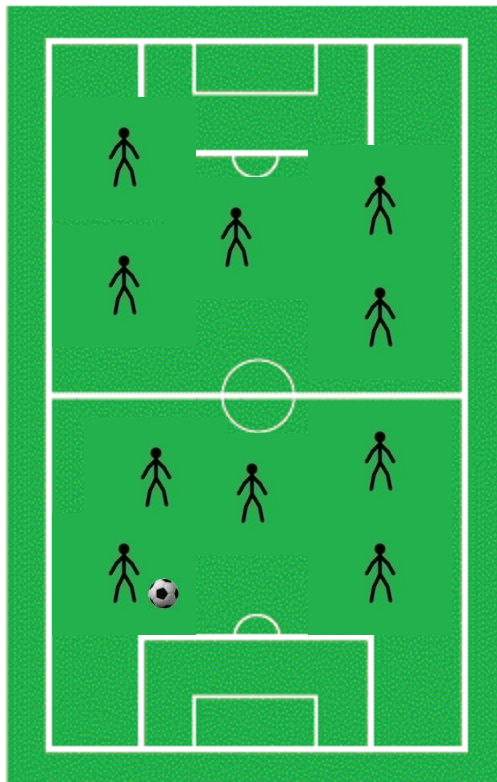
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# The CHOICE model

**Mainstream Sport**

**Inclusive Sport**

**Disability Sport**



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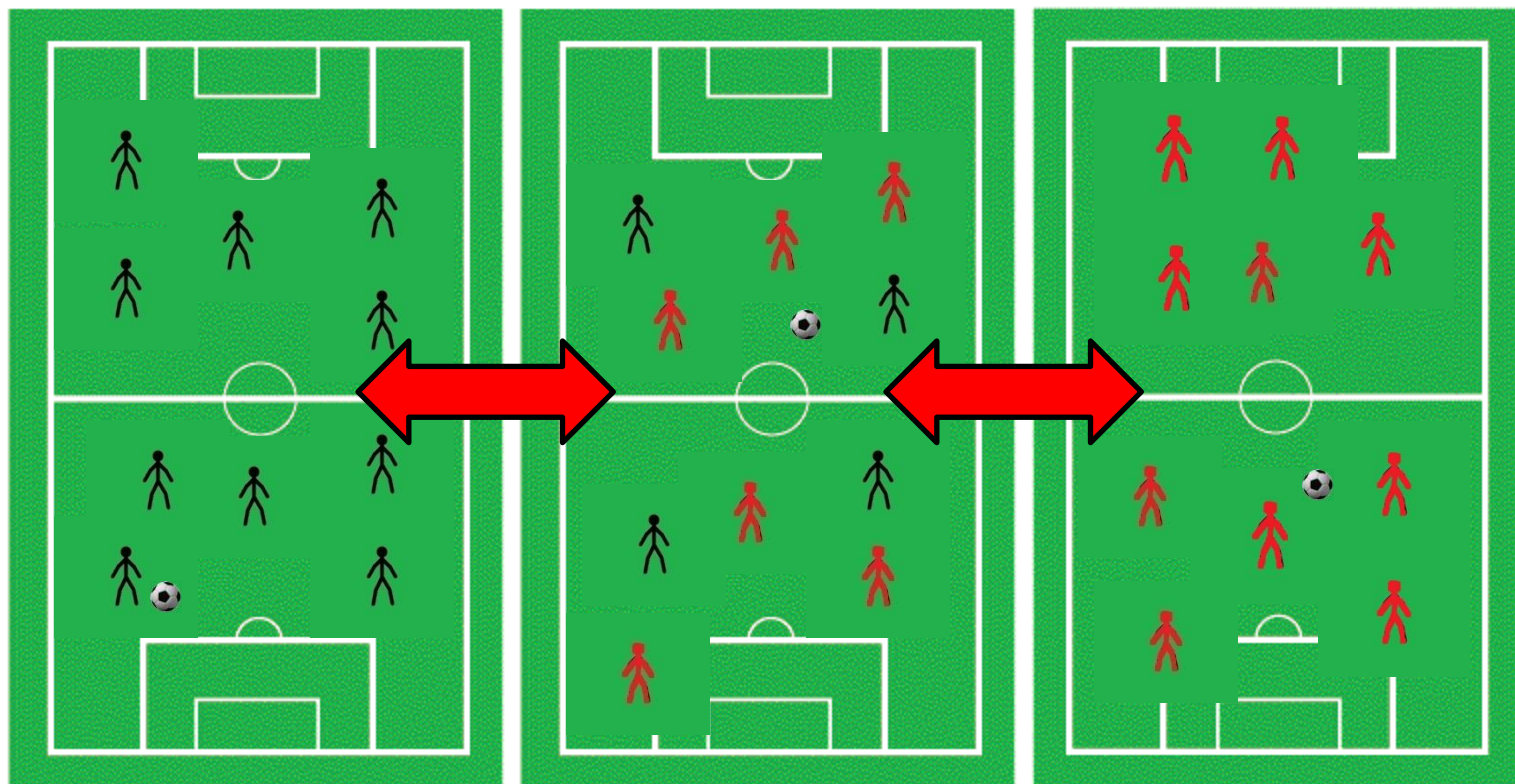
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# The CHOICE model

Mainstream Sport

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# Thank you!



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