

## 17) RETURNING TO SPORT AND PHYSICAL ACTIVITY

### Guidance and support for individuals with disabilities and SEN

<p><b>Who can return to getting active?</b></p> 	<p>Everyone's circumstances and level of risk will be different.</p> <p>Specific guidance continues to apply to people who may be more vulnerable to Covid-19, and on who should and shouldn't be leaving their home to take part in sport and physical activity.</p> <p>Always check the latest government guidance: <a href="https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation">https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation</a></p> <p>There is also easy read guidance available for people with a learning disabilities: <a href="https://www.mencap.org.uk/advice-and-support/coronavirus-covid-19">https://www.mencap.org.uk/advice-and-support/coronavirus-covid-19</a></p>
<p><b>How can you return to activity safely?</b></p>	<p>When thinking about returning to activity:</p> <ul style="list-style-type: none"><li>• Find out what measures are in place at your sports clubs and groups to make them safe</li><li>• Ask questions and raise concerns if necessary</li></ul> <p>If you would like additional support with this, please contact _____ (<i>district contact</i>)</p> <ul style="list-style-type: none"><li>• Understand your own role in keeping others safe</li><li>• Don't overdo it once you return</li></ul>
<p><b>Activity at home</b></p> <p><i>If you are unable to return to activity, then have a look at some of these great activities which can be done at home</i></p> 	<p><b>Activity Alliance website includes:</b></p> <ul style="list-style-type: none"><li>• Activity Alliance: Being Active Guide</li><li>• We Are Undefeatable: Being active with a long-term health condition</li><li>• Change 4 Life: accessible activity guide</li><li>• And much more!</li></ul> <p><a href="http://www.activityalliance.org.uk/get-active/at-home">http://www.activityalliance.org.uk/get-active/at-home</a></p> <p><b>Cerebral Palsy Sport, It's Okay to Play resources:</b></p> <p>The resources contain key information, helpful ideas and games that will allow for both audiences to support disabled people to access sport and activity that we hope will result in them leading a happier, healthier life.</p> <p><a href="http://www.cpsport.org/news/latest-news/cp-sport-launch-its-okay-to-play-resources/">http://www.cpsport.org/news/latest-news/cp-sport-launch-its-okay-to-play-resources/</a></p>

### **CP Sport and LimbPower launch virtual activity challenge series:**

The Virtual Challenge Series are three consecutive participation events with a different theme for each event:

<http://www.activityalliance.org.uk/news/5797-cp-sport-and-limbpower-launch-virtual-activity-challenge-series>

### **NHS Get Active with a Disability**

A guide to getting active if you have a disability or long-term health condition.

<https://www.nhs.uk/live-well/exercise/get-active-with-a-disability/>

## **Guidance for clubs and physical activity providers**

Supporting individuals with disabilities and SEN in returning to sport and physical activity

### **Good practice working currently in leisure centres and clubs**

- Create a virtual tour for your website/social media channels to show the new protocols and put people at ease about returning to sessions
- Host a taster or welcome back session to go through new protocols and answer questions and queries
- It is important to consider target audience when showcasing new protocols e.g., social stories would be useful for individuals with autism to help them understand better
- Consider offering virtual or live sessions (if feasible) for those who are still unable to attend face-face

### **Sport England – Club Matters**

#### **General Club advice and guidance**

Clubs and organisations all over the country are experiencing lots of challenges due to the coronavirus pandemic. Club Matters is here to help by giving you some tips, tools and ideas to help keep your club functioning and working with your members and customers.

<https://learn.sportenglandclubmatters.com/course/view.php?id=71>

### **UK Coaching ‘Five Pillars to Duty of Care’ toolkit**

The Duty to Care Toolkit is a series of Knowledge Checks and coach learning resources set across the five distinct pillars that represent the Duty to Care ethos: Safeguarding, Inclusion, Diversity, Well-being and Mental Health.

This toolkit will equip coaches with the knowledge and skills to provide great coaching experiences to others, as well as support coaches to begin to better look after themselves.

<https://www.ukcoaching.org/pillar-inclusion>

<b>Leicester-shire &amp; Rutland Sport Organisation Support</b>	<p>Sports Organisations Support is important at anytime, but even more important during the current situation.</p> <p>Find useful links to support around funding and finance, guidance and information, news, webinars and much more.</p> <p>Whether you are a sports club or a charity, sole trader or a limited company, the information and links you need should be here.</p> <p><a href="https://www.lrsport.org/organisational-support-coronavir">https://www.lrsport.org/organisational-support-coronavir</a></p>
<b>MIND – Mental Health Guidance</b>	<p>Mental health guidance to support the return of sport &amp; physical activity, including how to support and reassure your workforce and those taking part, to help reduce anxieties about returning to your facilities and activities.</p> <p><a href="https://www.mind.org.uk/media-a/5889/return-to-play-mental-health-guidance.pdf">https://www.mind.org.uk/media-a/5889/return-to-play-mental-health-guidance.pdf</a></p>
<b>Sport England Inclusion and accessibility guidance</b>	<p>Useful guidance about:</p> <ul style="list-style-type: none"><li>• Supporting your workforce and participants</li><li>• Inclusive communication</li><li>• Accessible facilities</li></ul> <p><a href="https://www.sportengland.org/how-we-can-help/coronavirus/return-play/inclusion-and-accessibility-guidance">https://www.sportengland.org/how-we-can-help/coronavirus/return-play/inclusion-and-accessibility-guidance</a></p>
<b>Online webinar about Disability, Inclusion and Resuming Physical Activity</b>	<p>A webinar which focuses on experiences of disabled people during the covid-19 lockdown and the importance for the physical activity sector in addressing accessibility and inclusion in its plans for resumption of physical activity.</p> <p><a href="https://rb.gv/xpyfqp">https://rb.gv/xpyfqp</a></p>