



Mainstreaming Diversity

A Global Partnership for Mainstreaming Diversity through Physical Education, Sport, Recreation and Fitness



Newsletter March 2016



United Nations Educational, Scientific and Cultural Organization



UNESCO Chair "Transforming the Lives of People with Disabilities, their Families and Communities, Through Physical Education, Sport, Recreation and Fitness"



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dynamic, continuous process



the ability, willingness and intention to take action towards
universal access or inclusion

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UNESCO International Charter for Physical Education, Physical Activity and Sport (2015)

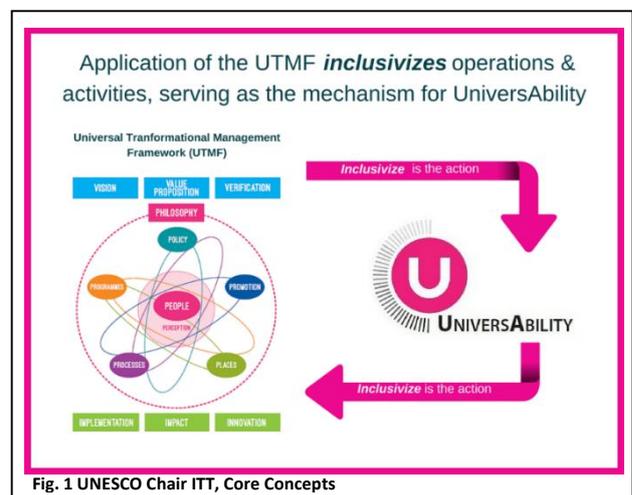
In November 2015 UNESCO adopted the International Charter for Physical Education, Physical Activity and Sport. UNESCO Director-General, Irina Bokova stated that

“The adoption of the revised Charter should mark a shift away from words towards action, from policy intent to implementation. It sets the tone for a new international sport policy debate, which should now focus on the exchange of good practice, education and training programmes, capacity development, and advocacy.”

The title of the Charter expands to add physical activity to physical education and sport, to reflect activities and their related stakeholders, values and benefits, with a similar impact. This expansion reflects the new principles that are introduced relating to inclusion, lifelong participation, safety and sustainability, and sport for development and peace initiatives. [Click here for UNESCO’s Charter](#)

The UNESCO Chair & the Charter

The UNESCO Chair at IT Tralee is committed to reflecting and exemplifying the articles of this Charter. This shift from words to action within the revised Charter is in alignment with the goals and actions of UNESCO ITT and is reflected in the terminology, concepts and framework developed by the Chair. For example, the Universal Transformational Management Framework (UTMF) is a validated framework developed to guide managers to identify actions that will support them in inclusivizing all dimensions of their operations as they work towards increasing the UniversAbility of themselves, their staff, services and environment (see Fig.1).



Inclusive Physical Education, Physical Activity and Sport (IPEPAS)

The UNESCO Chair recognises that physical education, physical activity and sport have the potential to facilitate inclusion intersectionally across marginalised groups as these activities have the potential to trigger social change by breaking down barriers and stigma, increasing life chances, encouraging intercultural dialogue and understanding and supporting the empowerment of people with disabilities in a gender expansive manner. In this light, the UNESCO Chair is in the early stages of developing an online resource, called IPEPAS, that will work towards mainstreaming diversity

by inclusivizing PE, physical activity and sport on a global level for all people of ALL abilities. The resource aims to serve as a catalyst for social change, while building the capacity of the teachers, coaches and facilitators working in the fields of PE, physical activity and sport and the activity participants, globally. The Charter (2015) is the primary informing document, along with UNESCO Quality PE guidelines, the Sustainable Development Goals, and with the UN Conventions on the Rights of Persons with Disabilities (articles 24 and 30) and on the Rights of the Child.



KEY DATES

U Move Competition Deadline April 19th

Abstract Submission Deadline April 18th

Event Registration Deadline May 23rd

KEY THEMES

1. **Physical Education, Physical Activity and Sport as a Fundamental Right for All**
2. **Benefits of Physical Education, Physical Activity and Sport**
3. **The Need for Strategic Vision on Policy Priorities Across all Stakeholders**

The Institute of Technology, Tralee will host the 2016 PEPAYS annual forum on May 30th. PEPAYS - Ireland 2016 **Charter for Change** will have a policy and practice focus framed by three articles of UNESCO's International Charter of Physical Education, Physical Activity & Sport (2015).

This year's event is being hosted by IT Tralee's Department of Health and Leisure and the Institute's UNESCO Chair, with the support of three additional IT Tralee strategic research centres, the Irish Academy of Hospitality & Tourism (IAHT), the Intelligent Mechatronics & Radiofrequency Research Centre (IMaR), and the Centre for Entrepreneurship & Enterprise

Development (CEED). In addition the UNESCO Child and Family Research Centre from the National University of Ireland, Galway have been instrumental in shaping the event. The Organising Committee acknowledges the support of PEPAYS - Ireland Research Cluster Leads, and PEPAYS - Ireland Co-Directors.

PEPAYS – Ireland 2016 will give a place to the voice of every stakeholder. Central to the conference will be the voices of children, youth, and the family. In addition the views of those at the coal-face of PEPAYS will be presented to PEPAYS delegates through varied modes during the day. [Click here for further details](#)

Inclusivizing Sports and Physical Activity Provisions in Paris, France

The UNESCO Chair was requested by the International Urban Development Association (INTA) to participate in an 18 month working programme as part of a project focusing on inclusion and innovation for people with disabilities in sport and physical activity, led by the County Council of Seine St Denis. The Council plans to develop a centre of excellence, with a focus on people with disabilities in Stade el La Motte, Bobigny. The aim of this proposed facility is to enhance the existing medical and educational facilities, which operate in close proximity to the site, and to capitalise on the presence of local stakeholders in sport or disability, who are already connected with the site while also attracting new partners, economic and industrial activities. The project comprises of an international benchmark (5-6 November 2015) where the proposed centre was discussed, and an international peer-to-peer review (Panel) that addressed the spatial integration of the project (24-30 January 2016). The project is currently on-going and

the initial reports are being drafted before further visits to Paris. The project gathered together many diverse stakeholders from sport and disability, both public and private sectors. Strategic and operational objectives and some preliminary findings were shared with regard to the facility. These are presented following, framed by the UNESCO Chair's CRAFT strategy:



Preliminary Findings

Communication: The creation of a sports facility that focuses on inclusion and innovation will promote actions for social inclusion within the local community, especially the youth and people with disabilities living in the neighbourhood who currently use sport facilities on a daily basis, through advocacy, shared practices, events, and project ownership by all stakeholders.

Research: Through the development of research in the field of sport-health-disability. This centre should help foster synergies between university, hospital, sports, and business to improve applied research.

Advocacy through job creation: Inclusion through employment via the management of the site and resource centre, as well as Research & Development must allow the generation of economic added value and the implementation of an "ESAT" (Establishment and support service through work for disabled people). This is expected to create jobs for people with a disabilities through all phases of development.

Funding: The funding of the site is currently in discussion

Preliminary Findings Continued...

Training: In adapted physical activity (APA) with support of the University Paris 13 and sports federations (Adapted Sport and Handisport) which already have their own training programmes.

Education: The centre must be a hub of reference on these issues to help local authorities and sports stakeholders to improve their practice in sport inclusion across the county, the metropolis but also by focusing on international networks already existing such as by participating in the repository that the UNESCO Chair in Inclusive Physical Education, Physical Activity, Sport, Fitness and Recreation at IT Tralee is currently establishing.

Societal Relevance

The creation of a pioneering facility for inclusive sport could support the bid for the Olympics and Paralympic Games for Paris 2024 adding an innovative dimension. The County Council of Seine Saint Denis, at the initiative of the panel, agrees with preparing the way for the creation of a partnership structure with major partners already involved, so that the proposed centre can be operational, at least in its virtual dimensions (training, network, resource centre, promotion, advocacy etc.) before the end of 2016. [Click here for the outcomes of the project](#)

Plan2Inclusivize

Following on from the Plan2Inclusivize Sports Inclusion programmes in Togo and Ethiopia, the UNESCO Chair will be continuing the collaboration with Plan International and the CARA centre. In celebration of the International Day of Sports for Development and Peace on April 6th the team will offer Disability Inclusion Training in Dublin on April 9th, free of charge. The training will provide the participants with the knowledge and practical skills that will support them in inclusivizing their delivery of sports programmes. This is a wonderful opportunity that will greatly serve youth leaders,

development workers, volunteers and those working in sporting environments. Stay tuned for news on further international developments.



DISABILITY INCLUSION TRAINING

STEWARTS SPORT & LEISURE CENTRE
DUBLIN 20
9TH APRIL
10AM-4PM

International Day of Sports for Development & Peace

One day training for Youth Leaders and Volunteers
for more information call Molly at 01 659 9601 or email
Molly.Lambert@plan-international.org

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TRALEE
UNESCO Chair "Transforming the Lives of People with Disabilities, Their Families and Communities, Through Physical Education, Sport, Recreation and Fitness"
ARA
Adapted Physical Activity Centre
PLAN INTERNATIONAL

UFIT update



We are delighted to announce that there are plans in place for the implementation of UFIT in Ireland, the UK, the USA and Peru. In addition to these exciting developments, UFIT will be globally launched at the IHRSА Annual International Convention and Trade Show in Florida on March 23rd.

Stories from the Field

Adapted Adventure Sports

Institute of Technology staff member and UNESCO Chair strand leader for Inclusive Outdoor Adventure Activities, Tomás Aylward, recently represented the UNESCO Chair in the UK at the Institute

of Outdoor Learning seminar on including people with disabilities in adventure activities and Outdoor Education and the BMC (British Mountaineering Council) Disability Symposium. Read his story below.

“There is a particular kind of satisfaction that comes from spending time in the company of like-minded people. In the area of adapted adventure sports and adapted outdoor education in Ireland, it is quite possible to feel a little isolated. One could be forgiven for feeling on the fringes of adventure sports and on the fringes of mainstream A.P.A. So it was particularly satisfying to join with like-minded people at two concurrent events at the end of November last, the British Mountaineering Council’s (BMC) disability symposium and the Institute for Outdoor Learning’s Adventure for All conference. The two events were run in the Lake District, U.K. at the Calvert Trust’s Keswick centre.

I was joined at the event by Tom Hanrahan from Enable Ireland, Limerick; Ciaran Murphy from the Irish Sailing Association & CARA and by Jenni Haekkinen, an A.P.A. practitioner from Finland studying at U.L.

As one of the larger adventure sports N.G.B.’s in the UK, the BMC take their responsibilities for inclusion in their 70,000 person strong organisation very seriously. The symposium was an opportunity for the 70+ delegates to hear speakers from a variety of organisations share their experience of including people with disabilities in activities from sailing to climbing and expeditioning. Ireland was well represented with 9 delegates from UNESCO at ITTralee, the CARA APA Centre, Enable Ireland, Mountaineering Ireland and the Camphill Communities of Ireland.

There were plenty of practical workshops to explore adapted activities in the environs of the Calvert Trust centre. The practicalities of engaging in adventure sports from one’s wheelchair were well explored with demonstrations of everything from off road tyres for your chair, to bolt on additional wheels to raingear. The programme was not just about from the perspective of servicing people with disabilities, participants from Calvert Trust courses, some of whom have returned as instructors as well as advocates from disability organisations shared their experiences and their perspectives. The Institute for Outdoor Learning held its conference on the Friday of the weekend. This smaller group of approximately 30 were the

leading providers of training for adapted adventure sports instructors in the UK. Many were the directors and senior staff from specialist outdoor centres who have 30 years+ experience of adapted adventure training. Discussions here were more technical with debates on the use of paragliding harnesses in climbing sessions and managing first aid training for outdoor staff that meet the needs of clients with disabilities.



So what did we take from the two events? It would be very easy to be envious of the resources available at a specialist centre like Calvert Trust Keswick and also of the systems they have in place. While adapted adventure activities have been available in a sporadic fashion in Ireland since the 1980’s, what is striking is the fact that there are specialist centres available in many regions of the UK and a greater interest from mainstream activity providers to up skill to make their programmes accessible. The other difference is that it is seen as a specialist practice within the adventure sports (or within Youth Work in some cases) in the UK rather than an element of A.P.A. practice. It would appear that in the UK, activities of this nature are either a derivative of the main adventure sport or are classed as competitive Paralympic sport. Unlike other parts of Europe, the term Adapted Physical Activity is not widely used. Lastly, I take heart from the fact that this small event had 9 delegates from Ireland. There is clearly a strong – if quiet – interest base in Ireland for exploring how we can enhance the lives of people with disabilities and their families through adapted adventure activities. There are a body of practitioners already out there who just need to find a voice and focal point to share their experiences.”

Tomás Aylward, IT Tralee

Let's Inclusive Golf #GameON for Autism



The official launch of *Let's Inclusive Golf* took place at the Institute of Technology, Tralee in February. The work of two research masters was presented which included "An Evaluation of the Ernie Els #GameON Autism Golf Programme" by Jerrone Suganthy Selvaraj and "Golf-Access for All? An analysis of golf from a universal access perspective, towards the development of a functional map for best policy and practice" by Dominique Wehrkamp (see Research Spotlight on page 8).

We are now looking forward to pilots being run in Ireland beginning in the next few months. Please visit our Facebook page and Twitter for further updates.

As part of the launch the UNESCO Chair was proud to host the first European #GameON Autism Golf Clinic and training. Following over a year of collaboration between the UNESCO Chair, Liam Duggan from LD Golf and Jen Hong from Ernie Els, 20 participants from various sectors and 10 students with Autism, took part in this innovative training programme. We were delighted to welcome Jen Hong from the Ernie Els Foundation at the Centre for Excellence in Jupiter, Florida, to facilitate the clinic. The first segment of the training involved a theory based session that prepared the participants for a hands-on practical session. The participants learned about Autism and how golf is a particularly supportive sport for people with Autism. Following the informative theory session the group made their way to a local primary school to put the



theory into practice in a fun golf session with ten students with autism. We look forward to the pilots that will be run in Ireland in the summer months. Stay connected to our Facebook and Twitter accounts for further updates.



[Click here for a video explaining](#)

Ernie Els
#GameON Autism Golf

European Week of Sport *ABILITY LINK*KIT* Project Update

The UNESCO Chair was represented at the EWOS *ABILITY LINK*KIT* project meeting in Salzburg along with the National Sports Academy of Bulgaria, the Fachhochschule Salzburg and SPIN Sport Innovation in January to further progress on the online resource development on a toolkit for inclusive sports events. The team collated feedback from the ParaSport Movement in Europe, finalised the structure of the toolkit and began the process of selecting examples of good practice as a means to create a sustainable online resource on behalf of the European Paralympic Committee (EPC) that guides Disability Sport and Parasport stakeholders in inclusivizing their European Week of Sport offerings. The official launch of the project will take place in Vienna, Austria on the 10th of June 2016 as part of the EPC Development Workshop and it will link with European Week of Sport in 2016 and beyond. The workshop will be free of charge and registration will be via the European Paralympic Committee website closer to the date <http://www.europaralympic.org/>



"APA ROAD"
EUCAPA 2016
 EUROPEAN CONGRESS OF ADAPTED PHYSICAL ACTIVITY
 OLOMOUC, 15. - 17. 6. 2016
 CZECH REPUBLIC
 YOU SIMPLY HAVE TO BE THERE!

The European Congress of Adapted Physical Activity (EUCAPA)

EUCAPA will be hosted by Palacký University in Olomouc, Czech Republic from the 15th to the 17th of June. EUCAPA aims to raise awareness in relation to research and participation in adapted physical activity (APA). The conference serves a vehicle for professionals from the hosting region to showcase their contribution to APA to international leaders in the APA community and beyond. The programme will be announced on March 31st and will be available on the website <http://eucapa.upol.cz/>

Research Spotlight

There is much on-going research here at IT Tralee in support of the mission of the UNESCO Chair. In keeping with the Golf theme, following is a spotlight on the work of one researcher, Dominique Wehrkamp. Dominique is from Germany and is working on a masters by research. He is currently finalising his research survey which will be distributed to golf clubs across Ireland with the aim of analysing the UniversAbility of golf in Ireland and meeting the other objectives outlined below.



Golf- Access for All? An analysis of golf from a universal access perspective, towards the development of exemplary case studies and a functional map of best policy and practice

Dominique Wehrkamp, Edel Randles and Therese Conway

UNESCO Chair in Inclusive Physical Education, Sport, Fitness and Recreation, South Campus, Institute of Technology, Tralee, Clash, Tralee, Co. Kerry in conjunction with the Confederation of Golf Ireland.

Literature on inclusive Irish golf is scarce; hence this study sets out to investigate current golf provision for people with a disability (PWD). Irish golf clubs have experienced a 55% decline in memberships between 2007-2010, whereas golf course maintenance costs have exploded by 270% from 1999-2009 driven by international standards (Carr Golf Services, 2015). Subsequently, golf clubs see themselves compelled to decrease their membership/green fees and search for innovative approaches. Golf has the image of being an “elitist/aristocratic” sport (Bourdieu, 1986) and therefore, has been traditionally selective of its members. In light of economic developments, golf can no longer afford to maintain its selective practices. The aim of this research is to design a guide for best policy and practice in order to make golf more accessible to the 13% of the Irish population who have a disability (Central Statistics Office, 2012).

This investigation conducts a systematic review into the field of international golf, extrapolating evidence of inclusive/exclusive practice. The approach assists in identifying knowledge gaps and serves as a platform for surveys directed at golf clubs (Cohort1) and PWD (Cohort 2). Semi-structured interviews from both cohorts will augment a deeper understanding and quality of the social construct describing inclusive-golf. A mixed-methods approach recognizes the physical, social and psychological world such as human institutions, culture and subjective thoughts (Johnson, Onwuegbuzie, 2004). Non-probability sampling will complement the method design. The synthesized data will be used to develop a guide for best policy and practice for “inclusivizing” golf in Ireland. Golf clubs that currently employ inclusive practices will be showcased as “Best-Practice” examples. This study envisages developing a knowledge and guidance platform for golf clubs and PWD to become familiar with inclusive golf. Therefore this research advocates UNESCO’s philosophy of promoting sport and fitness for social inclusion for people with a disability.

DOCTRID Research Fellowships



DOCTRID, or the DOCTRID Research Institute is an international network of research centres, disability service providers, allied professionals, industry partners and people with Intellectual Disabilities (ID) or Autism Spectrum Disorder (ASD). IT Tralee is one of the 17 institutes of higher education that conduct research using a multidisciplinary approach to improve the lives of people with ID and ASD. There are two research programmes, ASSISTID-Marie Curie and the MSU-Hegarty Fellowship.

ASSISTID Fellowships involve innovative research incorporating assistive technologies (www.assistid.eu) and the MSU-Hegarty Fellowship programme provides for post-doctoral researchers alternating between Ireland and Michigan State University. If you're thinking about an ASSISTID Fellowship in relation to inclusivizing Physical Education, Sport, Fitness or Recreation for people with ID &/ASD [click here](#) to check your eligibility and/or contact us with your research proposal.

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