



★ **LOUTH** ★  
**ALL-<sup>Lú</sup>STARS**  
**GAA FOR ALL**

***INCLUSION CLUB  
RESOURCE BOOKLET***



Comhairle Contae Lú  
Louth County Council  
**S P O R T**





This resource will help you set up a children's "All Stars" section to your club. It starts with looking at what you need in place to be an inclusive GAA club, it includes checklists, policies, forms and contact details for full support through your local GAA development officers and your Local Sports Partnership.

### **Checklist before starting an All Stars Inclusion club:**

There are a number of items on the list below, most are recommendations and a list to work toward. Each club may have a lot of these items in place already but the idea is to work towards having all items in place. M – Mandatory R – Recommended

1. Club Registered with a National Governing Body (NGB) – GAA (M)
2. Suitable accessible pitch, recommended a gated enclosed Astroturf pitch (R)
3. Risk Assessment of facility/activity area (M)
4. Club Children's Policy and safety statement Appendix 1 (M)
5. GAA Code of Behaviour (Appendix 2) (R)
6. GAA Disability and Special Needs Policy /GAA Inclusion Policy signed in by local club (Appendix 3) (R)
7. Individual Club Statement of Inclusion/Disability Inclusion Action plan (Appendix 4) (R)
8. Children's Officer in place (M)
9. CARA Disability Charter signed and displayed – facility and website (R)
10. Sufficient volunteers – names of coaches and parent volunteer checklist (Appendix 5) (R)
11. Safeguarding 1 training for all coaches/volunteers (M)
12. Garda vetting for all coaches/volunteers (M)
13. First Aid training coaches/volunteers (R)
14. Disability Awareness Training with LLSP- SIDO (R)
15. CARA Disability Inclusion Training for coaches/volunteers (R)
16. GAA Foundation coaching course for coaches/volunteers (M)



# ★ ★ **CREATING AN INCLUSIVE ENVIRONMENT** ★ ★

## **Coaches/parents and their roles within the All Stars**

As a Coach/volunteer your goal is to help your All Star members to have fun and reach their full potential through meeting each individual where they are at, everyone's abilities are different. An inclusive environment will help them get there. By emphasising respect, acceptance and cooperation as core values in your club, you will create an environment that recognises the value of differences and helps everyone focus on what they can do. The following strategies will help you build a more inclusive environment:

**1**

### **TALK TO YOUR CLUB COMMITTEE MEMBERS | COACHES | VOLUNTEERS ABOUT INCLUSION**

Have a conversation about expectations and etiquette. Coaches will have questions and concerns, so give everyone an opportunity for discussion. Help them to understand that all people have needs and rights and that everyone is different. Having the opportunity to discuss this and really understand the need for inclusion but also their understanding prior to committing and starting the All Stars section of your club.

**2**

### **USE "PEOPLE FIRST" LANGUAGE**

By putting the individual first and the disability second you are helping to create mutual respect. It is about the person always not the disability.

**3**

### **GET TO KNOW YOUR MEMBERS**

Find out about their abilities, strengths and challenges, rather than making assumptions based on their disability. Find out about their learning needs and which specific strategies work for them. The AIS Passport would be a great way to know your members. (appendix 6)



**4****CONNECT WITH EXPERTS**

Keep in touch and connect with development officers/staff, HSE Louth Early Intervention staff and assigned club GDAs with more experience regarding working with children with disabilities, doing this can be a very effective resource. This is also where vital support will come from and help in moving forward and providing more opportunities for people with disabilities within your club and community.

**5****ENGAGE WITH MEMBERS WHEN ADAPTING ACTIVITIES**

Where age appropriate you can help them see that there are many ways to adapt to help them have more opportunity to participate. Guide them so that eventually they will know best how to adapt for themselves. This can give them the confidence as they feel more involved in the process. Especially for older kids, there can be an opportunity for peer tutoring/ peer coaching.

**6****ADAPTING RULES AND INSTRUCTIONS**

If members are having difficulty following rules, simplify so there are fewer rules to remember. Make instructions clear and add resources where needed (e.g. demonstrations, minimise background noise, etc.)

**7****MODIFY ACTIVITIES**

Sometimes children will need modifications and sometimes they won't. It will depend on the child and the activity/skill/game being taught. Don't assume that if a child has a disability they will always need things to be modified. The following are some general ideas for adapting activities:

- Let partners/peers assist
- Eliminate time limits
- Allow balls to be stationary
- Modify the purpose of the activity
- Use models to show the activity
- Reduce number of players per team
- Slow the pace of the activity
- Provide rest periods as needed
- Define boundaries clearly
- Modify the activity area
- Use a variety of sizes, weights, densities of toss/catchables
- Make lower/larger goals
- Use lighter equipment
- Provide balance support

# SPORTS VOLUNTEER



Volunteering is vital to the growth and improved structure of sports clubs. There are opportunities for everyone to be involved. Administrators, officials and coaches who give freely of their time play a vital role in our sports organisations and clubs and in the success of keeping clubs alive and active in their communities.

Truth is, everybody has something to offer. And it is finding what you love to do and what you are good at and just start there. All training that's needed will be provided.

As a volunteer, you enable athletes to achieve and win not only in sport but in life too. Volunteering is fun and rewarding! You will receive personal satisfaction in the knowledge that you are contributing to your community, enhance and use your skills for the benefit of others and enjoy the camaraderie of being part of the family. Volunteers are an important resource when it comes to developing opportunities for sport and physical activity participation. Sport relies heavily on the time and commitment provided by volunteers.

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GAA FOR ALL

## ★ ★ **WHAT EQUIPMENT IS NEEDED** ★ ★

It is all about adapting, it is not necessary to have special equipment as there are so many games and activities that can be done with the following items, items that you may already have in your club. Here is a list of some equipment that we find very versatile and would be great to have in your club:

1. **Coloured cones - Large option**
2. **Balls - variety of sizes, weights, densities**
3. **Agility ladders**
4. **Moveable goal posts**
5. **Bean bags**
6. **Hula Hoops**
7. **Targets (Can use plastic buckets/tubs)**
8. **Parachute**
9. **Coloured bibs**

Useful links for  
Equipment supplies  
[www.spsports.ie](http://www.spsports.ie)  
[www.mcSPORT.ie](http://www.mcSPORT.ie)

**There is some more specialised equipment that can be purchased and would be very beneficial to your All Stars club to have:**

1. **Sound Ball** - highly audible bells inside which help with those with visual impairment or sensory needs
2. **Footprintz Vinyl Spots** - makes games and activity transitions easy by following the feet
3. **Jumbo Soft foam pieces** - provide perfect platform for gross motor activities
4. **Bull's Eye Catch sets** - develop tossing and catching skills ensuring maximum fun and controlled play
5. **Coloured Foam Discs** - soft contoured edges makes easy to throw and catch, oversized so easy to handle and bright colors are highly visible
6. **Sensory Ball pack**
7. **Therapy/Peanut balls**
8. **Balance boards** - great additions, especially where a kid is having a time out or needs a few minutes to calm down and regulate.

# ★ ★ **LIST OF CONTACTS** ★ ★

1. Louth LSP  
**Tríona Faapito, Sports Inclusion Disability Officer (SIDO)**  
☎ 085 1110 804

2. Louth Healthy Clubs Chairperson  
**Áine Ni Heochaidh**  
☎ 087 6942 486 ✉ chair.hwc.louth@gaa.ie

3. Louth GAA Development Officers  
**Francis McMullen**  
✉ operationsmanager.louth@gaa.ie  
**Shane Lennon GDM Louth**  
✉ shane.lennon.gdm.louth@gaa.ie

4. CARA  
**Odhrán Doherty**  
**National Sport Inclusion Coordinator Cara**  
☎ 01 625 1143 📞 086 0212 325  
✉ odoherty@caracentre.ie

5. IWA  
**Paul Ryan**  
☎ 087 137 1333  
✉ paul.ryan@iwa.ie

6. Vision Sport Ireland  
**Pádraig Healy, National Sports Development Manager**  
☎ 085 8500 193 ✉ padraig.visionsports@ncbi.ie

7. Special Olympics  
**Claire Killian, Regional Development Officer - Clubs**  
**Special Olympics Leinster**  
☎ 087 2790 631 ✉ Claire.killian@specialolympics.ie





## ***WHAT WE DO***

### **What is Louth Local Sports Partnership:**

Louth LSP is part of a national network of local sports partnerships which are an initiative of Sport Ireland. It is made up of a number of agencies and organisations including Louth County Council, LMETB, HSE North East, DKIT, Louth Community and Voluntary Forum, Youth Work Ireland Louth, Louth Leader Partnership and Sporting Representatives.

### **What we do:**

We aim to increase participation in sport and physical activity throughout the community, ensuring that local resources are used for the best effect for all. Target groups include young people, older adults, girls and women, people with a disability and disadvantaged communities.

## ***EXAMPLES OF PROJECTS***

- Safeguard Training for all Sports Clubs
- Sports Leadership Training
- Disability Awareness Training
- Volunteer Supports Initiative
- Go for Life Activity Programme for older adults
- School/Club/Community/NGB Links
- Annual Transition Year Triathlon
- Operation Transformation Walking Groups



★ ★ **LSP STAFF** ★ ★

**Graham Russell**  
**Head of Sport**

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**LSP Administrator**

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✉ [Aine.mcdonald@louthcoco.ie](mailto:Aine.mcdonald@louthcoco.ie)

**Triona Faapito**  
**Sports Inclusion Disability Officer**

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**Barry Casey**  
**Community Sports Development Officer**

☎ 042-9324439 / 087 706 7489

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[www.louthlsp.com](http://www.louthlsp.com)

**Is your sports/activity club on our mailing list and listed on our website?**

Please email [aine.mcdonald@louthcoco.ie](mailto:aine.mcdonald@louthcoco.ie) if you would like to be included. It is a great way to get up to date information on programmes/events/initiatives in Louth and also promote your club and what you are doing!



# **ROLE OF THE SPORTS INCLUSION DISABILITY OFFICER**

Tríona Faapito

**The Sports Inclusion Disability Officer (SIDO) aim is to increase the participation of people with disabilities in sport, fitness and physical activity throughout Louth. This is achieved through working in partnership with statutory agencies, sports clubs, community groups, facility providers, schools, disability service providers and people with disabilities.**

**This aim is achieved by:**

- ◆ Establishing new and sustainable clubs
- ◆ Linking with local disability organisations around the assessment of needs and provision of opportunities for people with disabilities
- ◆ Promoting the participation of people with disabilities in sport and physical activity
- ◆ Communicating with all relevant disability sports organisations to enhance participation at local, regional and national level
- ◆ To encourage sports clubs and volunteers to support the participation of people with disabilities in sport and physical activity through the facilitation of training and education thus creating awareness of Adapted Physical Activity. E.g. Disability Inclusion Training (DIT), Autism in Sport, Inclusive Fitness etc.
- ◆ Creating effective working partnerships with sport bodies to encourage greater opportunities for people with disabilities to participate in physical activity
- ◆ To provide information and promote all opportunities for people with disabilities to participate in sustainable sport and physical activity at local, regional and national level

## ***WHAT GRANTS ARE AVAILABLE IN LOUTH***

1. Louth LSP Small Club Grants
2. Community Enhancement Programme

## ***NATIONAL GRANTS***

1. Croke Park Community Fund
2. HSE National Lottery Grant

## ***APPENDICES***

### ***APPENDIX 1 - Safety Statement Example***

**Club name** \_\_\_\_\_ is committed to safeguarding children and by working under the guidance of the **GAA** Safeguarding Policy, our coaches and volunteers that are working with our young people, throughout the organisation, seek to create a safe environment for young people to grow and develop. All staff who are involved in activities involving children are guided by what is best for children. Children's activities will be conducted in a safe, positive and encouraging atmosphere.

### ***APPENDIX 2 - GAA Code of Behaviour Booklet***

can be downloaded at the following link or a hard copy supplied through your local GAA Development Officer

<https://res.cloudinary.com/dvrbaruzq/image/upload/ukepuvlq3qhyie10jfqy.pdf>



# APPENDIX 3 GAA Inclusion Policy



**GOAL STATEMENT**

The Club recognizes the importance of affording equality, equal opportunity and fair treatment to persons with disabilities.

The Club aims to ensure that all persons irrespective of race, age, ethnic origin, disability, sex, religion, ethnic origin, creed, colour, nationality, marital status or sexual orientation have a genuine and equal opportunity to participate in GAA games at all levels and at all times. That is, as a player, participant or partner, and as a coach, Official, referee, manager, administrator or spectator.

It is the aim of this club to its relationships with its members, employees, job applicants and its representation of its members, not to disadvantage any individual on the basis of any condition or requirements which cannot be justified. Failure to comply may result in disciplinary action being taken.

Other Discrimination: It is noted that a single person's disability may not be an issue as would be treated in the same or similar circumstances.

Indirect discrimination occurs when a requirement or condition is applied which adversely impacts or puts someone at a disadvantage, unless it is a proportionate means of achieving a legitimate aim. Indirect discrimination may be justified if it is a proportionate means of achieving a legitimate aim.

**OBJECTIVES**

The Club's objectives are to:

- To adopt a planned approach to addressing perceived barriers which discriminate against particular groups. This will include addressing the individual aspects and include:
  - Identifying and removing physical, psychological, financial and health inequalities.
  - Ensuring that every person wishing to participate in GAA has the same level of access to the same level of participation as the general public and in the same manner as the general public.
  - Supporting and promoting the participation of people with disabilities in all levels and at all times in all aspects of the game.
  - Ensuring that the format and content of all competitions, regulations and assessments are accessible to all persons with disabilities, including those with physical disabilities.
  - To ensure that the format and content of all competitions, regulations and assessments are accessible to all persons with disabilities, including those with physical disabilities.
  - To ensure that the format and content of all competitions, regulations and assessments are accessible to all persons with disabilities, including those with physical disabilities.

**RESPONSIBILITY**

The responsibility of this policy is to ensure that all members who wish to participate in the policy, all members of this policy, the Club Executive Committee retains the right to discipline any of its members or employees who practice any form of discrimination on the grounds of a person's age, gender, ability, race, religion, ethnic origin, creed, nationality, marital status or sexual orientation.

**APPROVED**

This document has been approved by the Club Executive Committee and serves as the working copy of the Inclusion Policy of the Club.

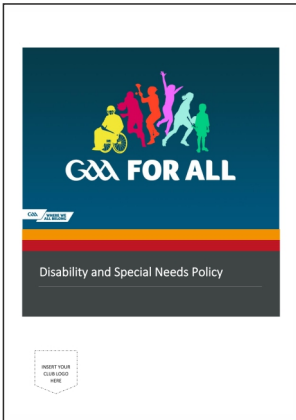
**CLUB CHAIRPERSON**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**CLUB SECRETARY**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

# GAA Disability and Special Needs Policy



**GOAL STATEMENT**

The Club recognizes the importance of affording equality, equal opportunity and fair treatment to persons with disabilities.

The Club aims to ensure that all persons irrespective of race, age, ethnic origin, disability, sex, religion, ethnic origin, creed, colour, nationality, marital status or sexual orientation have a genuine and equal opportunity to participate in GAA games at all levels and at all times. That is, as a player, participant or partner, and as a coach, Official, referee, manager, administrator or spectator.

It is the aim of this club to its relationships with its members, employees, job applicants and its representation of its members, not to disadvantage any individual on the basis of any condition or requirements which cannot be justified. Failure to comply may result in disciplinary action being taken.

Other Discrimination: It is noted that a single person's disability may not be an issue as would be treated in the same or similar circumstances.

Indirect discrimination occurs when a requirement or condition is applied which adversely impacts or puts someone at a disadvantage, unless it is a proportionate means of achieving a legitimate aim. Indirect discrimination may be justified if it is a proportionate means of achieving a legitimate aim.

**OBJECTIVES**

The Club's objectives are to:

- To adopt a planned approach to addressing perceived barriers which discriminate against particular groups. This will include addressing the individual aspects and include:
  - Identifying and removing physical, psychological, financial and health inequalities.
  - Ensuring that every person wishing to participate in GAA has the same level of access to the same level of participation as the general public and in the same manner as the general public.
  - Supporting and promoting the participation of people with disabilities in all levels and at all times in all aspects of the game.
  - Ensuring that the format and content of all competitions, regulations and assessments are accessible to all persons with disabilities, including those with physical disabilities.
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**RESPONSIBILITY**

The responsibility of this policy is to ensure that all members who wish to participate in the policy, all members of this policy, the Club Executive Committee retains the right to discipline any of its members or employees who practice any form of discrimination on the grounds of a person's age, gender, ability, race, religion, ethnic origin, creed, nationality, marital status or sexual orientation.

**APPROVED**

This document has been approved by the Club Executive Committee and serves as the working copy of the Disability and Special Needs Policy of the Club.

**CLUB CHAIRPERSON**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**CLUB SECRETARY**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

# APPENDIX 4 – Statement of Inclusion

## A GUIDE TO DEVELOPING A DISABILITY INCLUSION POLICY

### SAMPLE Disability Inclusion Policy

#### Our Mission

The mission of \_\_\_\_\_ is to value the ability and individuality of people with disabilities by providing each individual with the opportunities they need to reach their full potential as participants within an inclusive ethos/culture.

At \_\_\_\_\_ we will achieve disability inclusion by continually reviewing an approach that is implemented by the members, staff and management and by working in partnership with clubs, disability services and in consultation with people with disabilities and their families. This will ensure that our organisation is inclusive for everyone.

#### Our Commitment

Our organisation welcomes all members of the community, regardless of their abilities. We will include people with disabilities in our organisation in both playing and non-playing roles to the greatest extent that we can.

We will endeavor to make our organisation as inclusive and accessible as possible, based on our commitment to comply with the Equal Status Acts 2000-2012, the Disability Act 2005 and Article 30.5 of the United Nations Convention on the Rights of Persons with Disabilities. We are also committed to fulfilling the requirement of the Sports Ireland Policy on Participation in Sport by People with Disabilities and to signing and engaging with the Sport Inclusion Disability Charter.

#### Accessibility

We are committed to ensuring that as far as reasonably practicable, our organisational environment, clubs, training and education and physical facilities are accessible to people with disabilities. We are ready to consider all reasonable adjustments that would, over time, help us to achieve this aim more fully and effectively.

- In our efforts to deliver on this we will:
- Improve on the physical layout out of the facilities that we use
- Update our training and education to reflect disability awareness/inclusion
- Adjust how we deliver/promote our information to people with disabilities
- Organise disability awareness/inclusion training for all board, staff and members
- Ensure that all resources are produced in accessible formats
- Improve accessibility of all programmes
- Review all areas in line with health and safety requirements



## **APPENDIX 6 – Passport**



The image shows a passport form titled "Autism in Sport Passport". The form is tilted and has a dark blue header and footer. The header contains the title in white text. The main body is white and contains three questions with horizontal lines for answers. The footer contains the "cara" logo and the text "sport • inclusion • ireland". There are decorative colorful circles in the bottom right corner of the form.

**Autism in Sport  
Passport**

● Name: \_\_\_\_\_

● I like to be called: \_\_\_\_\_

My interests are: \_\_\_\_\_  
\_\_\_\_\_

**cara**  
sport • inclusion • ireland

**USEFUL LINKS**  
**[www.caracentre.ie](http://www.caracentre.ie)**

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