



Office for Disability

## Adaptive Coaching and Officials' Courses

When a sporting organisation is inclusive, it has taken steps to provide a broad range of participation options to cater for people of all ages, abilities and backgrounds. Sometimes this may mean coaches and officials modifying a sport to provide a more appropriate version for a particular individual or group of participants. It may also mean developing inclusive accreditation practices for coaches.

Training courses for both coaches and officials can contribute to an increased understanding of what is involved in assisting people with a disability to participate in a meaningful way in sport.

There are many educational opportunities, workshops and disability awareness resources available for organisations to assist people with a disability to be involved in sports.

### Courses

The Australian Sports Commission program, Sports CONNECT, delivers education and training around Australia. The educational content and delivery method supports the promotion of a physically active lifestyle for all Australians, including Australians with a disability. Information on these courses can be found at:

- Australian Sports Commission, Sports CONNECT Education  
[http://www.ausport.gov.au/participating/disability/get\\_involved/education](http://www.ausport.gov.au/participating/disability/get_involved/education)

Other specific resources regarding modifying and adapting sports to include people with a disability have been developed by the Australian Sports Commission, including an online webinar series and a school teacher resource. These can be located at:

- Australian Sports Commission Webinar Series  
[http://www.ausport.gov.au/participating/disability/get\\_involved/webinar\\_series](http://www.ausport.gov.au/participating/disability/get_involved/webinar_series)
- Australian Sports Commission Teachers Talk  
[http://www.ausport.gov.au/data/assets/pdf\\_file/0016/311515/Teachers\\_Talk.pdf](http://www.ausport.gov.au/data/assets/pdf_file/0016/311515/Teachers_Talk.pdf)

**Note** This document is available only in .pdf, which screen readers used by vision-impaired people may not be able to read. See fact sheet 'Access to the Web'.

### **Other adaptive coaching techniques**

People who are familiar with the support needs and learning styles of a person with a disability, for example teachers and carers, can participate in coaching sports skills. This approach, sometimes called 'Carer to Coach', 'Teacher to Coach' or 'Train the Trainer' effectively combines sporting coaches with the expertise of those most familiar with individuals. The carers or teachers may not be required to undergo an accredited coaching course; instead they are provided with sport skills by a sporting organisation to use with the individual. This highly individualised coaching method increases the likelihood of acquiring skills to participate for people with a disability. It is just one way of adapting coaching to be more flexible to individual requirements whilst expanding the reach of sport.

### **Accreditation of coaches and officials**

Consider reviewing and adapting coaching and officials' accreditation courses to be more inclusive of people with a disability. This will allow people with a disability who aspire to coaching or officiating within a sport to be provided with the opportunity. This will encourage inclusion within every layer of the sport.

### **Coaching**

Coaching participants with a disability doesn't require specialised knowledge about disability; it requires having a coaching philosophy of inclusion as well as flexibility in catering for individual needs. The Office for Disability factsheet 'Coaching participants with a disability' provides information about inclusive coaching practices.

If you would like to receive this document in an accessible format, contact the Office for Disability:

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