

Inclusive Sports in Ohio - What is Working

Why did we do a needs assessment?

To learn about inclusive sport, dance, and physical activity options in schools for Ohio youth with disabilities.

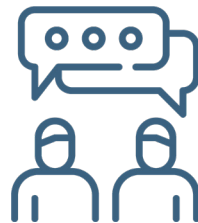


How did we get the information?

Sent a survey to athletes with disabilities, family members of athletes with disabilities, and school staff.



Talked to experts in Ohio about inclusive and adaptive sports.



Talked to athletes with disabilities and their families over Zoom about inclusive sports in Ohio.



What is working well in Ohio?

Community Programs

There are many adaptive sports and inclusive dance programs in the community with trained staff and coaches that do a great job.

Good inclusive sports and dance programs have:

Support from people in the community.



Support from school leaders, athletic directors, coaches, and teammates.



People with disabilities who are in charge of the program.



Physical therapists or occupational therapists help with the program.



Support and work well together with the entire school community that includes school leaders, teachers, coaches, parents, and other students.



Provide good communication to make sure that parents and youth with disabilities know about the program.



The best programs include:

A program that is created for everyone to take part and accommodations are made.

Sports that have individual events (such as swimming and diving, bowling, track and field, and dance) instead of a competitive team sport (such as soccer, football, and basketball).



Programs that work have trained coaches who are welcoming, supportive, and include athletes with disabilities

A program works well when the staff and coaches are trained to work with athletes with disabilities and coaches are welcoming, supportive, and believe in the athletes with disabilities on their teams.

Great programs also have coaches and staff who are patient, involved, and view disability as a strength.



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