

Inclusive Sports in Ohio – What Schools Can Do Better

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.



How can schools make it easier for everyone to play sports?

Create a place where athletes with disabilities are welcomed, included, and important.

Schools need to have everyone accept and include athletes with disabilities.

Inclusion and acceptance of athletes with disabilities must start with school leaders.

Athletes with disabilities need to be equal members of the team.

Sports and physical activities need to be accessible to students with disabilities. When we say accessible, we mean buildings and places are easy for people with disabilities to use and people with disabilities should have equal options to participate.



Set up inclusive sports programs that:

- Include the entire school community, such as school leaders, teachers, coaches, students, parents, and the community.
- Provide options for inclusive sports that are for fun, being active, and being a part of a team.
- Offer adaptive sports like wheelchair basketball in physical education or gym classes.
- Work together with physical therapists or occupational therapists to help with inclusive sports programs.
- Work with adaptive sports and/or inclusive dance organizations in the community.
- Use spaces that are easy to access.
- Communicate with students and families about their sport, dance, and physical activity options.



Make training for coaches and staff better:

Schools need to have trained coaches and staff who know how to include and teach athletes with disabilities.

This project, which is conducted by the Ohio Colleges of Medicine Government Resource Center, is supported, in part by the Ohio Developmental Disabilities Council, under grant number 23CH01FA23 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.
