

## **Sussex Inclusive Sport & Physical Activity Conference Session Reflections**

### **This Girl Can: Coach, Play, Learn. 'Are we effectively supporting and engaging disabled women and girls in sport and physical activity?'**

Attendees provided their thoughts and reflections during this session. It may be something that particularly resonated, what has worked or a specific challenge.

#### **Thoughts & what works**

- Need to be participant focused - understand their aim/motivation
- Get up and get out there
- Becoming active is a behavioural change
- Change the narrative so that sport & activity is seen more as play - make it fun, provide just the right challenge if needed
- Need to have different offerings for women
- Female facilitators/leaders/coaches
- Doing, Being, belonging! - create meaning, routine, social network, increasing confidence/ability = occupational therapy
- Inclusive language
- Use a range of images to support positive marketing
- Use accessible advertisement
- Empower disabled people
- Active allyship - scale of involvement may come down to confidence and knowledge/need be authentic
- Inclusion by design at every step
- Identifying and involve the audiences you wish to reach (do with, not to)
- Use insight

#### **Challenges**

- Individual challenges to access (anxiety/capacity/preference)
- Community resources to support within specific settings - for instance individuals may not have community leave due to section of mental health act so need resources within the setting
- Lack of awareness of trauma/attachment challenges/building trust with others - coaches need to be more aware and adaptive
- Fear of failure or getting it wrong
- Increasing representation of disabled female coaches
- How to use insight effectively and learn from it