



**GYMNASTICS OPPORTUNITIES
FOR PEOPLE WITH DISABILITIES**

Disability Club Inclusion Project 2018

Guidelines

To follow on from 2017, we are delighted to confirm that the 12-month Disability Club Inclusion Project, supported by the Sport Ireland Dormant Account Fund (DAF), will be rolled out again during 2018.

Our GymABLE mission statement is “To value the ability and individuality of all people with a disability by taking all reasonable steps to provide each individual with the opportunities they need to reach their full potential as active gymnastics participants within an inclusive environment”. A key part of supporting our mission statement is assisting clubs to develop their Disability Programmes.

This year the project will focus on two distinct areas:

- (1) Part 1: Coach Education
- (2) Part 2: Club Disability Programme Development

Please see details below.

All clubs are invited to access funding for both or either part of the project by filling out the official ‘Expression of Interest’ forms provided.

***Please note:**

- Clubs who previously participated in this project (2017) are welcome to apply to participate again this year
- Clubs may apply for both parts of the project (Part 1 and Part 2)
- For any club that is successfully recruited for Part 2 (The Club Inclusion Programme Development), they will receive funding towards coach education for this part of the project only.

Please email all submissions to Sarah Lowe sarah@gymnasticsireland.com. Should you have any questions, please contact Aimi Baker, Participation Manager aimi@gymnasticsireland.com

**Closing Date for receipt of Expression of Interest Form is Sunday
25th March.**



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Part 1: COACH EDUCATION

The key objective is to provide as many of our member clubs as possible with the opportunity to access disability training for coaches through (i) CARA Inclusion Training Courses and (ii) GI's Gymnastic Disability Awareness Module.

i. CARA Disability Inclusion Training and Autism in Sport Course

There is funding for approx. **40 places** on either (a) the CARA Disability Inclusion Training Course or (b) Autism in Sport Course.

Currently we will limit this to two places per club, however if the places are not taken up, they will be offered again out to clubs. The places will be allotted on a first come, first serve basis.

The course will be available through CARA throughout the year (2018) in a variety of locations around the country - see CARA calendar (link below). Clubs can choose the venue that best suits them.

How to we apply?

1. Fill out the GI expression of interested form provided
2. Return to GI administration on sarah@gymnasticsireland.com with "GymABLE Training" in the subject box.
3. Clubs will be notified if they are successful. Clubs will then be issued with a specific code to book on any CARA course.

For locations of courses, please check the CARA website <http://caracentre.ie/training-and-education/disability-inclusion-training/>

This website is regularly updated with new courses and locations.

ii. Gymnastics Ireland Disability Awareness Module

There is funding for approx. **40 places** on Gymnastics Irelands Disability Awareness Module - approx. 3 courses will be run on different dates during the year (see dates below).



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These funded places will be limited to one per club, however if the places are not taken up, they will be offered again out to clubs. The places will be allotted on a first come, first serve basis.

Depending on demand, there may be additional places offered to all clubs at a promotional price of €65pp for more coaches to attend.

How to we apply?

1. Fill out the GI expression of interested form provided
2. Return to GI administration on sarah@gymnasticsireland.com with “GymABLE Training” in the subject box.
3. Clubs will be notified if they are successful.

Details of the Gymnastics Ireland’s Disability Awareness Module:

- Dates:
 - Sunday 8th April 2018
 - Sunday 23rd September 2018
 - Sunday 21st October 2018
- Venue: National Sports Campus, Dublin
- Duration: 7 hours approx.
- No experience necessary however participants must (a) be GI members, (b) have a current coaching qualification (any discipline and any level) and (c) be 16+ years of age.
- Coaches will not be required to bring gymnasts.

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Part 2: CLUB INCLUSION PROGRAMME DEVELOPMENT

The focus is supporting clubs to develop/ further develop disability programmes within their club structure. The programme consists of:

- a) Funding for coaching hours, venue hire/costs and participant GI membership (one year)
- b) Funding for Coach Education (see (1) above)
- c) Club - Local Disabilities Organization partnership
- d) Club - Local Sports Partnership (LSP) pairing

a) Coaching, Hall Hire/Costs and Participant Membership Funding:

Each club will receive funding to support:

- ❖ Coaches Fees: Coaches fees are worked out based on €20 per hour, for an 8-week programme of one hour per week, involving 4 coaches. The total amount is €640.
Note: Clubs may proportion out the money to fit with their programme e.g. involve more coaches and pay them less per hour etc. **The total amount received by each club for coach's fees will be €640.00**
- ❖ Venue Hire/Running Costs: This is worked out on a basis of €30 per hour x 8 hours for an 8-week programme. **The total amount received by each club for venue costs will be €240.**
- ❖ Participant Membership (one year): Recreational membership will be covered for each participant, **up to a maximum of 20 participants**. Clubs will need to sign up these new participants as per any other recreational club member, and clubs will then receive a credit note onto their account for this total amount.
These additional members will not affect a clubs' insurance band.



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b. Training Funding:

- Each recruited club will receive funding for 2 coach places per club on either of the CARA courses offered (see above).
- Each club will also receive funding for two places on the GI Disability Awareness Module.

***PLEASE NOTE:** Should clubs apply for BOTH PART of the programme (Part 1- Coach Education & Part 2- Club Inclusion Programme Development), training will only be provided for one or other.

c. Club - Local Disability Organisation Partnership:

- Clubs will be supported where necessary in linking up with their local disability organisation of choice. There is no restriction as to what disability organisation is chosen.

d. Club - Local Sports Partnership (LSP) pairing:

- Clubs will be supporting linking up with their Local Sports Partnership (LSP).

How to we apply?

1. Fill out the GI expression of interested form provided
2. Return to GI administration on sarah@gymnasticsireland.com with "GymABLE Club Inclusion Programme Development" in the subject box.
3. Clubs will be notified if they are successful.

***Please note:** Clubs who previously participated in this project (2017) are welcome to apply to participate again this year.

Closing Date for receipt of Expression of Interest Form is Sunday 25th March.