



Gymnastics
Western Australia

Modifying Activities to Suit Individual Needs

Helen Webb – Inclusion Officer



Gymnastics Western Australia
Gymnastics For All



In the beginning.....

- ❑ Tracking and monitoring of statistics
- ❑ Relocation to the State Gymnastics Centre
- ❑ Gymnastics For All SMC
- ❑ *GymAbility* Pilot Program
- ❑ Project Officer / Inclusion Officer





❑ Schools, After Schools and Sports

CONNECT Research (2009)

- 54% of clubs have participants with a disability
- 74% of clubs would be interested in developing programs for participants with a disability
- 8 external disability support agencies were interested in linking with gymnastics



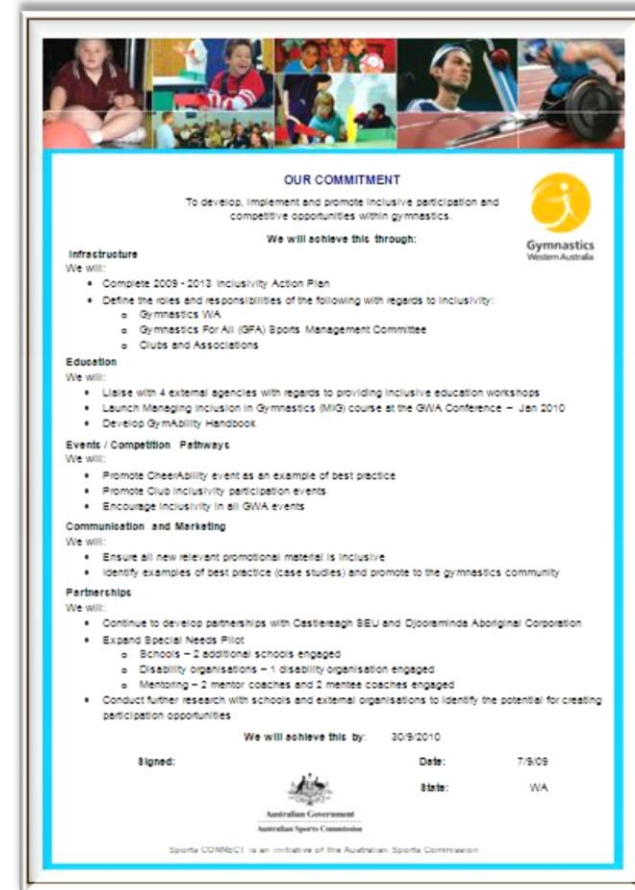


❑ Inclusion Action Plan, 2009 – 2013

- 'Gymnastics for Everybody'
- Working in **partnership**
- Key Reporting Areas and targets of GWA
- 10 focus areas

❑ Inclusivity Charter

- Identifies key actions that GWA will undertake
- Submitted and accepted by DSR and ASC





Modifying Activities



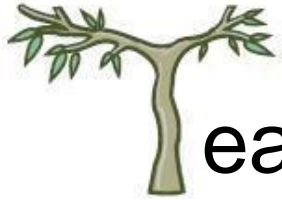
Teaching/coaching style

Rules and regulations

Equipment

Environments





Teaching / Coaching Style

- ❑ Challenging perceptions
 - Issues identified from research

- ❑ *GymAbility* Mentoring Program
 - Provide practical tips and support for coaches
 - To reduce anxieties
 - Share best practice





❑ Inclusion Forums

- Raise awareness
- Launch new initiatives
- Create networks and partnerships
- Share best practice



❑ Workforce Recruitment Program

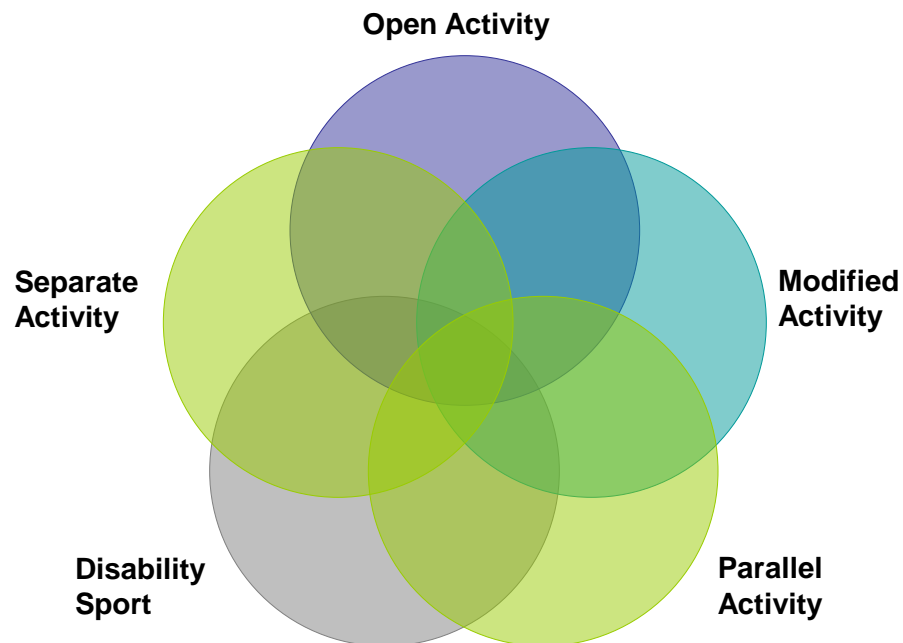
- Recruiting volunteers from a 'non-traditional' background
- Create sustainable links





Rules are there to be broken..

- ❑ Based on individual need
- ❑ Inclusion Spectrum





E quipment

□ Based on:

- Equipment available
- Individual need
- Thinking outside of the box

□ General program equipment

- Establishing roles and responsibilities
- Manual Handling Policy





E Environment

- ❑ Sensory environment
- ❑ Risk Assessment
 - Placement of equipment
 - Access
 - Risk Management Plan
- ❑ Workforce
 - Support from carers / aides





Other areas to consider....

- Club Development
 - Education
 - GymAbility Grants
 - Resource Development
- Working in partnership
- Ask questions





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Any questions?

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