



Together Play Sports

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Introduction



Welcome to this **Toolkit**, a specially designed resource for individuals, organizations, and community groups. This toolkit aims to guide you in leveraging the unique opportunities presented by the Games to connect with and reach your community through the universal language of sports.

The Games are not just global sporting events; they are moments of unity, inspiration, and celebration that capture the attention and hearts of people around the world. These events provide a powerful platform for engagement, allowing us to bridge gaps, build relationships, and contribute positively to our communities.

Purpose of the Toolkit

This toolkit compiles a range of strategies and event ideas intended to assist you in effectively engaging with your community during the Games. Whether you are a sports club, a small group looking to host a local event or a larger organization seeking broader community impact, this resource offers practical guidance and creative ideas to support your efforts.

What you'll find inside

Strategies for Engagement

Each section of the toolkit begins with an overview of a specific engagement strategy, explaining its significance and potential impact. From organizing watch parties to hosting sports clinics, fitness session ideas, and community games, these strategies are designed to be adaptable to different contexts and resources.





Event Organization Guidance

Detailed instructions on how to plan and execute various events are provided to ensure your engagement activities run smoothly. This includes tips on scheduling, securing venues, recruiting volunteers, and promoting your events to maximize participation and engagement.

Activity Ideas

To inspire your planning, we have included a variety of sports and activities suitable for all ages and abilities. Whether it's a friendly soccer match, a mini-Olympics for kids, or inclusive events for people with disabilities, these ideas aim to promote physical activity, teamwork, and community spirit.

Resource Compilation

The toolkit also offers a wealth of resources, including sample schedules, videos, activity descriptions, and checklists that can be integrated into your events. These resources are designed to help you save time and effort, allowing you to focus on building meaningful connections with your community.

Using the Toolkit

We encourage you to explore the different sections of the toolkit, adapt the ideas to your unique context, and ask for guidance and inspiration as you plan your engagement activities. The goal is not only to enjoy the excitement of the Games but to use these events as a catalyst for deeper community engagement.

Conclusion

As you embark on this journey, remember that each event, no matter how small, is an opportunity to reflect your values and objectives and build lasting relationships within your community. The Games are times of great excitement and joy; let's harness this enthusiasm to spread hope, faith, and love.

May this toolkit be a blessing to you and your community as you work together to make a positive impact through the power of sports and shared experiences.

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The legacy of the sporting events for the local community



As the world gathers for the upcoming Games in France, we have an unparalleled opportunity to make a lasting impact on our communities. The Games are not just a global sporting event; they are a unique occasion to bring people together, celebrate unity, and foster a spirit of collaboration. For local communities and organizations, this is a moment to shine and make a positive difference in our cities and neighborhoods like never before.

Opportunities and Initiatives


Sporting events bring people together and create a sense of belonging. We offer a range of initiatives to fulfill these principles in your context. These include engagement programs, community events, sporting activities and more. Communities and organizations are encouraged to participate and organize events that will bring people together and create meaningful connections. These efforts can range from hosting viewing parties and sports clinics to providing volunteer services and support to athletes and visitors.

The Vision of Local Teams

One of the most significant legacies the Games can leave for communities is building Local teams. Local teams are partnerships and collaborations of organizations, groups, and individuals who are united by a common goal: to use the Games as a catalyst for community impact. These teams will work together to address local needs and demonstrate unity and support in practical ways.

Why Local teams Matter

Local teams embody the spirit of unity and cooperation that the Games represent. By coming together, we can pool our resources, talents, and ideas to create a greater impact



than any one organization could achieve alone. This collaboration is not just for the duration of the Games; it has the potential to transform our approach to community engagement and support for years to come.

Call to Action

We invite you to join us in this exciting endeavor. Here are some steps you can take to get involved:

Partner with Other Organizations

Reach out to other community groups and organizations in your area to form a Local Team. Identify common goals and ways you can work together to serve your community during the Games.

Plan and Organize Events

Think creatively about how your organization can use the Games as a platform for community engagement. Plan events that are inclusive, engaging, and impactful.

Seek Guidance

Commit to seeking guidance and support for the success of these initiatives and the unity of your community. Reflect on how best to use this opportunity to create positive change.

Engage Your Community

Involve your members and community participants in the planning and execution of events. Encourage them to participate and invite their friends and neighbors.

A Lasting Impact

The legacy of the Games for local communities and organizations goes beyond the events themselves. By forming Local teams and working together, we can build stronger, more connected communities that reflect unity and cooperation. This legacy of collaboration and partnership will continue to bear fruit long after the last medal has been awarded.

Let us seize this moment to make a difference, shine a light on our efforts, and leave a lasting legacy of unity, hope, and love in our cities and neighborhoods. Together, we can make the Games a powerful catalyst for community transformation. Join us in this journey and be a part of something extraordinary.





Heart values

Our heart values are the foundation that unites and guides us. These principles reflect our dedication to spreading positive messages, nurturing personal growth, and living according to ethical standards. They define where and how we pursue our mission, emphasizing the importance of teamwork, engagement, and partnerships.

Through these core values, we aim to harness the universal language of sport to connect with people of all ages and backgrounds, fostering a sense of community and shared purpose. Whether in community centers, sports arenas, or diverse global communities, our focus remains on promoting positive values, encouraging personal development, and adhering to our ethical principles, all while fostering unity and collaboration. Join us on this journey as we strive to transform lives and communities through the power of shared values and the spirit of play.

What We Do

Proclaim Positive Values: We are committed to spreading positive values that are essential for personal growth and community building. Emphasizing the importance of integrity and compassion, we aim to inspire others to share and uphold these values.


Foster Personal Development: Our mission is to guide individuals in their personal development journey, encouraging them to mentor and support others in turn. This involves ongoing, daily efforts to live by ethical principles and positive examples.

Uphold Ethical Principles: Our foundation is built on upholding strong ethical principles, which reveal the core of our character and plans. We diligently follow and promote these teachings as the guiding truths for our actions and decisions.

Where We Do It

Within Community Organizations: Community organizations play a crucial role in promoting positive values and personal development. Every member has a role, and these organizations function as communities of support and collaboration.

Through Sport and Play: Sport is a universal language that bridges cultural and societal gaps. It offers opportunities for fostering personal growth, leadership development, and community building, and even initiating new community projects.



In Every Country, Every Community: Our vision is global, reaching every country and community with our message of acceptance and compassion. This includes cities, villages, prisons, refugee camps, etc. reflecting the universal nature of our values and commitment.

How We Do It

In Teams: We work in teams based on relationships, trust, and mutual service. Each member has a unique role, and together, we fulfill our mission of promoting positive values and personal growth.

With Humility: Inspired by examples of humility, we lead by serving others. Our resources and efforts are directed toward helping others succeed and fostering a spirit of service within our communities.

By Partnering: We build partnerships within our community, encouraging collaboration and unity. This involves working together with various organizations and individuals to further our mission of spreading positive values.

These core values guide our movement to promote personal development and community building through sport and play, uniting us in our mission to share compassion and acceptance globally.



Opening Ceremony

An exciting community event as we kick off the Games with a spectacular celebration of the opening ceremony! Our festive gathering will feature lively music, delectable food from local vendors, and a variety of engaging activities for all ages.

Experience the thrill of Sport-themed games, enjoy captivating performances, and connect with fellow sports enthusiasts as we come together to honor the start of this global event.



The highlight of the evening will be watching the opening ceremony live on a big screen, allowing us to share in the pageantry and excitement as the world's greatest athletes unite in the spirit of competition.

Don't miss this opportunity to celebrate with friends, family, and neighbors, and to be part of a memorable night filled with joy and community pride!

The opening ceremony can be organized in several phases. You can choose from this guide the strategies that suit you.

We suggest the following format:

Phase 1: Parade (30 to 40 minutes)

Phase 2: Festival (1 to 2 hours)

Phase 3: Game zone and/or sports zone / inclusive sports zone (1 to 2 hours)

Phase 4: Gathering and awards ceremony (30 to 40 minutes)

Phase 5: Watch together the competitions or the opening ceremony (2 - 3 hours)

You can change the order and number of phases as you wish, for example: There can be a Phase 2 and a Phase 3 separately depending on the time and availability of people, or there can be only Phase 2 and not 3, or Phase 3 and not 2, etc.

Welcome and Gathering

Start your event by incorporating some of these suggestions to get everyone excited about having a good time together. This part sets the stage for the rest of the event. Select and organize what suits your context best.

- Welcome everyone in an open and warm atmosphere
- Explain the context of the event and what participants can expect today
- Opening speech by a local politician or a member of the administration, an active or retired athlete, a local celebrity, etc.
- Presentation of local dances or songs
- Singing the national anthem together
- Overview of the upcoming program – Give people options and the freedom to choose activities
- Choose other activities based on your context and preferences

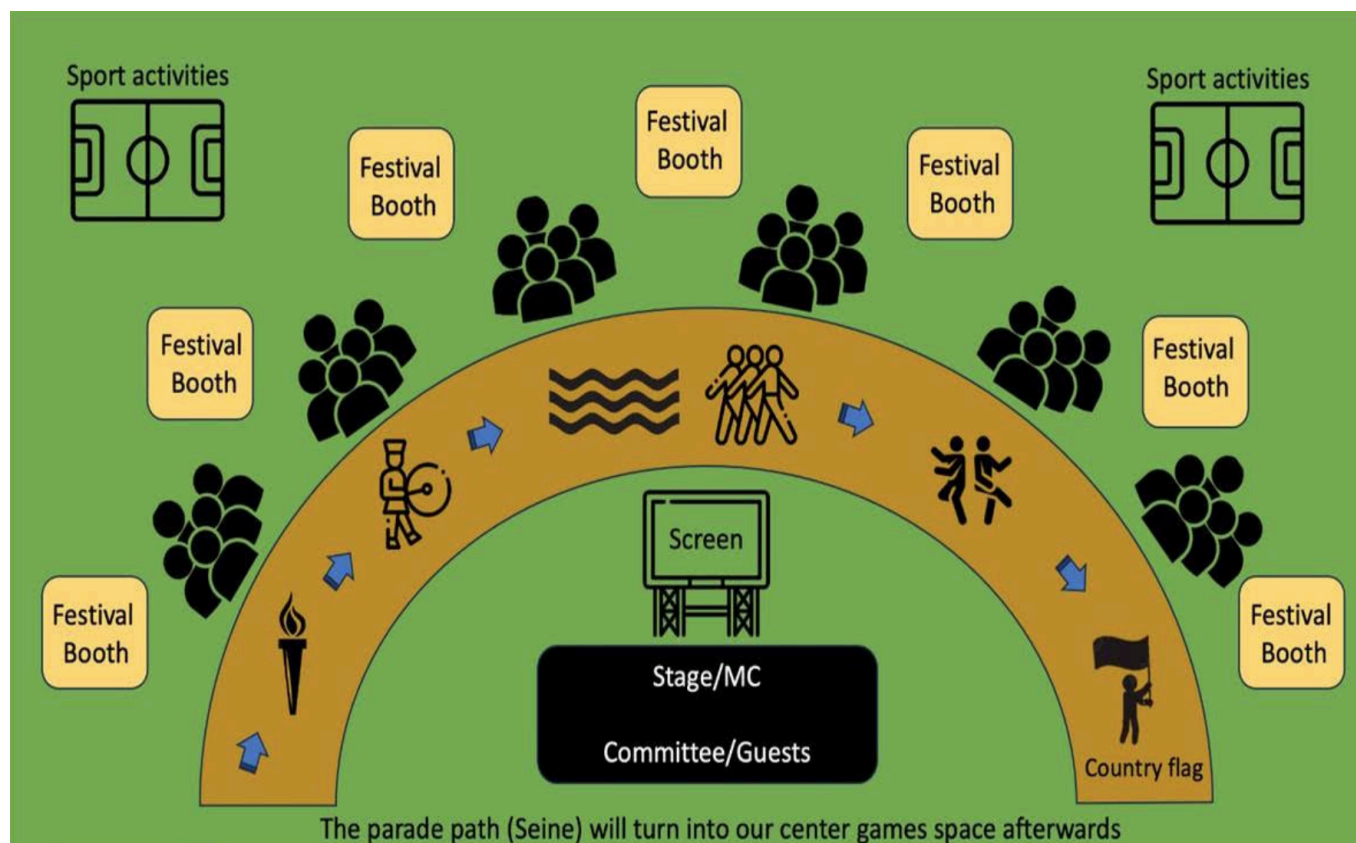


Parade

The whole community is invited to gather in a public area and watch the parade, similar to what will be on the Seine River a few hours later. There is an MC who introduces each group in the parade as the crowd cheers.

The parade may be led by that nation's flag followed by community leaders / sports stars / etc. Each community determines what their parade looks like. There will be traditional dress and a celebration of all things French and locals appreciate.

- There may be dancers / gymnasts / sports teams/ scouts / community groups / schools. Every group is acknowledged and celebrated. We want to emphasize that in both the parade and the following activity, the participants are the stars.
- The local leaders welcome everyone and give a speech. When it is completed, a local personality runs in with a torch and if possible, a cauldron is lit.
- Speeches from athletes (recordings of speeches of local or international athletes) can be a good way of highlighting their heroes and engaging the community.
- The MC would guide the program offering very clear details of what the program is like and it includes an invitation to the closing ceremony.



Games zone

For those who are not as interested in sports activities, it is possible to include non-sporting competitions such as performances, singing, or dancing.

During the program, we are looking for potential leaders for future children's games.

Kids games booths

This is a program for children using games to engage children, adolescents, and families, making them have fun, learn, and enjoy together.

The principle of the game zone is to include everyone. Since interests vary from person to person, some may prefer reading or creative arts over sports, or enjoy family activities such as games. To cater to this diversity of tastes, it is best to offer a variety of workshops and booths. This way, everyone can find an activity that interests them and fully enjoy the event. By diversifying the options, we ensure that everyone, regardless of their interests, feels included and has a good time.

Activities

- “In the Pond/Out the Pond”;
- Water Balloon Volleyball;
- Limbo;
- Sack Races;
- Egg & Spoon Race;
- Three-Legged Race;
- Giant tug of war;
- Keeping a large beach ball in the air;
- Karaoke;
- Inviting everyone to join in a dance;
- ...



Sports zone

Matches, small competitions, and workshops take place here, organized by local sports clubs. The activities can explore individual sports such as jumping, running, discus throwing, and archery, as well as team sports like football, basketball, volleyball, badminton, etc.

This zone provides an opportunity to present and discover these different sports for children, adolescents, and anyone wishing to practice a sport.

We are looking for talented players as part of the project, with the aim of integrating them into local clubs or creating new clubs and sports teams if necessary.

Sports Zone booths

We aim to create a dedicated space where sports clubs and local associations can showcase their activities, allowing people to connect with them. Here, different sports and skills will be taught, offering a wide range of opportunities for all participants. Competitions will be organized, accompanied by technical evaluations by experienced coaches, to identify talented players.

There can also be fitness sessions and opportunities to organize competitions in ping pong, spikeball, darts, etc.

This place aims to be a meeting point for all those who wish to discover, learn, and engage in various sports activities.



Gathering, awards and closing ceremony



Like major sporting events, it is always pleasant to reward the efforts of the various participants as well as the winners of the competitions organized throughout the day.

Also, consider:

- Inviting a celebrity, athlete, or local official to give an official speech and talk about the importance of sports for society.
- Encouraging participants to connect with the different sports clubs and associations present to sign up and continue participating in the sport that interests them.
- Informing participants and spectators about upcoming events that will be organized and inviting them to participate, challenging them to bring at least one friend next time.
- Presenting a local dance or inviting participants to dance together.
- Introducing the teams and athletes who have won the competitions and presenting them with awards.



Watch parties

Opportunity:

Providing a safe, fun, and engaging atmosphere for people to enjoy watching a sports game, ceremony, or event to build relationships through celebration and common passion.

Requirements:

1. Meaningful pretext (what brings us together, i.e.: celebrating World Cups, Olympics, sports finals);
2. hospitality (building a familial environment), generosity and kindness, being willing to reach people;
3. Must be free of charge and inclusive of all supporters, nationalities, abilities;
4. An atmosphere of celebration and non-conflictual behavior between supporters, with emphasis on celebration and fun;
5. Good connectivity, appropriate technological equipment, updated subscriptions, right channels and legalities on viewing numbers;
6. Consider snacks if financially and logistically possible;
7. Make sure the space is accessible to all abilities! Wheelchair accessible, subtitles for the deaf, appropriate audio for the blind, etc.;
8. A great way to educate people on a new or different sports through teaching/games including about rules, history, players, or teams;
9. Use international games or events to learn about and appreciate the diversity of other cultures - have people of a participating nation share some of their traditions? Food? Songs, games, haka, anecdotes, stories, etc.





Process:

Before the event:

- Confirm and abide by legalities of the number of persons viewing (private or public); rules around promoting the event - i.e., public flyers, social media, etc., only word of mouth, and whether adverts can be played or not;
- Target invitations to specific people groups such as students or for everyone including families;
- Set up the screen, audio, and location.

During the event:

- Consider having a team focus on technical logistics ensuring audio quality, commentary language, sub-titles, Sign-Language Interpretation, or extra support for persons with disabilities;
- Consider a team-leading icebreaker game for meet and greet - to connect with others;
- Have team members focusing on hospitality and welcoming (preparing food and drinks for everyone, greeting people and engaging in conversation - especially with those that come alone, etc.)

After the event follow-up:

- Invite people to the next watch party or some other event
- Plan follow-up activities beforehand that are fitting for the people that you are inviting

Activities:

Consider these activities at an appropriate time – pre-game, half-time, or post-game/event:

1. Perhaps share a meal or light refreshments
2. Quiz - about the sport, or the countries participating
3. Show a video testimony of an athlete/ invite a (former) athlete to speak
4. Some games or fun activities (ice breakers, small challenges, quick 5-minute workout or stretch, ...)



Posture:

- Warm, welcoming, full of hospitality, celebration and fun.
- Select games that are appropriate for the target group - students, entire family, youth group, men's group, women's group, etc.

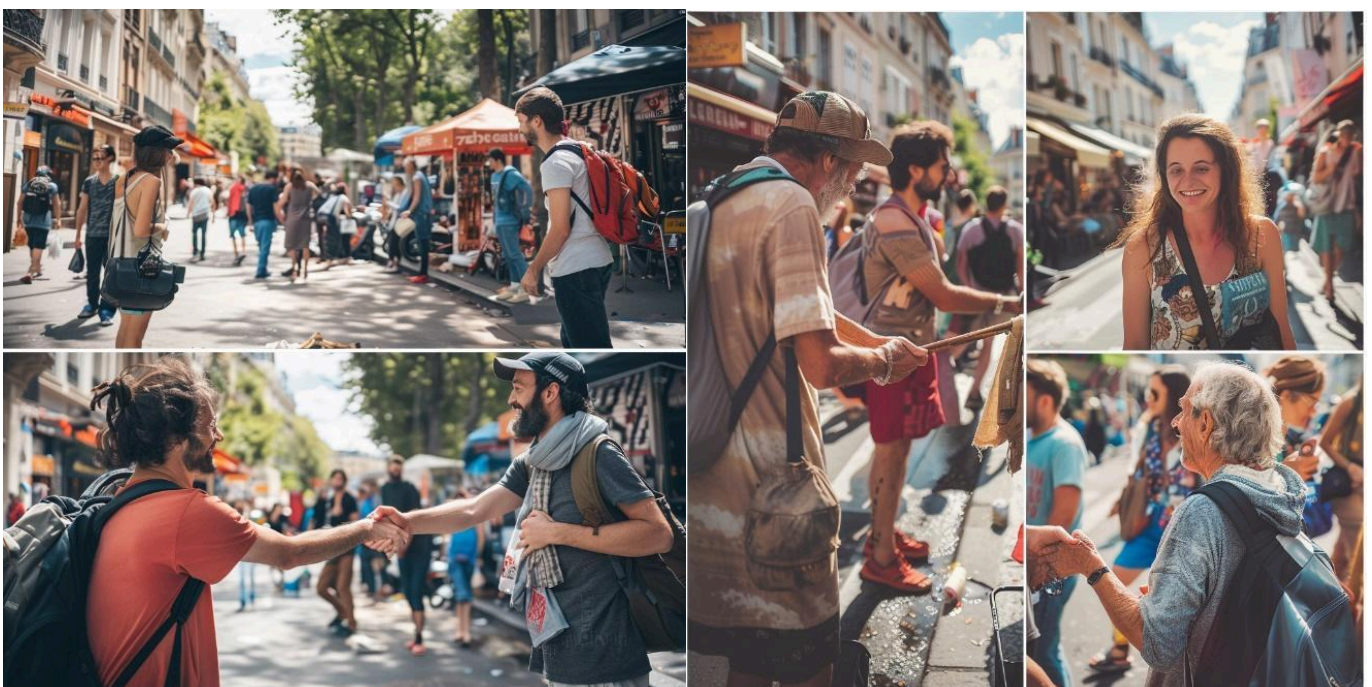


Community impact actions

There are different types of events you can organize to improve the atmosphere in your neighborhood or community. Here is a list of some initiative ideas you can organize for your community:

- Community meals;
- Hospitality;
- Cleaning a park or street;
- Distributing food and water to the homeless;
- Visiting people in a retirement home (to sing songs, read books, play with them, etc.);
- Visiting orphans;
- Organizing one of the initiatives from this guide;
- Organizing a festival or celebration for your community;
- ...

You can draw inspiration from examples of hospitality and community meals to organize your impactful action.



Community meal



Opportunity:

Inviting **neighbors** to have a meal together, building a community through trust and goodwill amongst those who live with you and near you.

Requirements:

- A planning group if possible (individuals, family, team, organization, ...);
 - Invitations if you want to have a formal time;
 - Food (could be shared by everyone or provided for everyone);
 - A list of fun activities
-

Process:

As people arrive:

Familiar faces in a hospitality team make everyone feel at home, offering name badges, drinks/snacks and play areas for children. Try to move on quickly to the meal.

Over lunch:

Consider the logistics of seating beforehand, including service areas, family seating and seating by age. A host (MC) reduces discomfort to make it easier for people to join in the meal. You'll find a few activity ideas in the "play area" section for inspiration.

Activities after lunch:

Organize games and challenges where everyone is invited to watch or take part. Consider what kind of team would be suitable for the different games and challenges.

Watching the competition:

Some sports events and disciplines can be broadcast on the side for those who are interested in watching.



Ending the Day:

Take a moment to reflect on the neighborhood, and think together about the next steps to gather again.

Posture and Follow-Up:

Always plan with the end in view, thinking for instance :

- What are your dreams for your street or neighborhood?
- What will be the next way that you will connect with the neighbors?
- Could you set up a new way for the community to stay in touch, e.g. with a WhatsApp group?

Expect your street to be different after the party. There might be more conversations on the street, an increase in waving as people drive by or a thank you note. Be ready to pick up on these invitations for deeper connection towards conversation and eventually deeper sharings.



Hospitality

Opportunity:

For you (individual, family, company, organization, etc.) who are located in 'just the right place,' major sporting events like the Olympic and Paralympic Games offer a wonderful opportunity to open your doors as hospitality centers. These events attract diverse crowds, and you (individual, family, company, organization, etc.) can offer and provide welcoming spaces for visitors, fostering community, offering support, and sharing your values through different acts of hospitality and service.

You can provide the opportunity for visitors to:

- Take the weight off their feet,
- Find a welcome and some refreshments,
- Get advice and help based on local expertise,
- See the Games on a larger screen,
- Access the internet,
- Offer meals to the needy,
- And a bit more if possible



Requirements:

This strategy requires you to have a space (the organization's building, house, shop, etc.) not far from the venues that are hosting the different disciplines or even close to crowded venues.



Process:

Throughout the games, there will be a lot of people (visitors, neighbors, or even people from your community) wandering around.

Opening your location, house, or shop to just receive them, share with them a drink or a meal, shared hospitality provides you an opportunity to chat and discuss with them.

Activities:

A wide range of programs/ services that you can provide such as:

- **Providing a welcome desk** as the first point of contact, designed to welcome, engage, and inform your guests – both members of your local community and visitors;
- **The Refreshments Area** makes it look and feel like a place people will want to be in, you could be providing food, drinks, and toilet facilities for visitors.
- **Quiet Space** with all the noise and bustle of thronging crowds, many may wish to have access to a Quiet Space or Chill Zone;
- **Internet Access** can be a boon to any international traveler.
- **Watch the competitions** on large-screen TVs, people will be interested in watching the Games and keeping in touch. So have a large screen television in the refreshment area or in some other location;
- **Mini-Concerts/Sketches** - If the venue is suitable, your anticipated guests might like it, consider putting on mini-concerts, drama performances, or similar events that would attract more people, and having their attention will allow you to share with them what is relevant and important to you.

Think of more services and activities to the community and the visitors that they may be interested in.

Posture:

Engage with empathy and authenticity, understanding the experiences and challenges of your community and visitors. Be humble and true to yourself, ready to share your personal stories and values. Listen actively to what is happening in others' lives to better serve and support them.

Follow-Ups:

Consider ways that you can follow up with individuals and families toward deeper relationships.

Here are some ideas:

- Creating home discussion groups,
- Invite them to come back anytime,
- Invite them to some community event,
- You can add your own ideas to this list.



Sports day or community cup



Opportunity:

A sports day is a day that brings the community together to celebrate sport. It can revolve around one sport or several sports, offering workshops, matches and community cups. You can see more details in the sports zone section.

The Community Cup is a tournament that provides a platform for the community to come together and celebrate. The Community Cup fosters relationships. It brings the whole community (groups of people, schools and local organizations) together around a tournament and festival. It can be organized around any sport or game with the different groups in your community.

Requirements:

- Forming a Team to help organize the sports day with you;
- Look for a venue suitable for your sports day;
- Getting all the sporting and administrative equipment needed for the day;
- Get some trophies and medals for the winners;

Process:

- Decide which sport to use;
- Apply for municipal authorization if required;
- Plan for the tournament and all the needed logistics;
- Recruit teams and players that will be part of the sports day;
- Conduct the tournament with your team;
- Wrap up the day and debrief;

Activities:

Drawing ceremony:

The drawing ceremony is an event that occurs few days before the tournament and festival or on the same day. Captains and players come together to view the drawing of the teams. The ceremony provides an opportunity to build relationships between team captains, players, sponsors, and volunteers.

Opening and closing ceremony:

The DNA of your Team objectives will be modeled at the opening ceremony through celebrating all the players, and families of your city and village. The goal is to present a united team effort to be catalysts for your city and village.

Sports activities and tournaments:

The time when the different players show their skills while playing the various games as participants.

Festival:

You can, after the closing ceremony, invite all the participants to join a joyful celebration where everyone will be welcome to participate and celebrate.

Closing Ceremony:

This ceremony aims to thank all participants, volunteers, sponsors, and spectators. One can then highlight the key moments of the day or the presentation of the community cup and celebrate the diversity of the community.

Follow up:

At the end of the day, there is an invitation to attend something else that is happening in the community. When connections are turned into relationships, which can produce partnerships. Individuals can discuss projects, future events, and other social community activities.





Fitness

Opportunity:

There are many different ways of how people can gather to do health and fitness activities. The model depends on the needs and demographics of the community and the resources you have. The strategies can be used and modified easily for any age or level of fitness. The purpose is to build community in a safe and supportive environment. Also, providing and developing holistic health by engaging and training the body, mind, and spirit together.

Requirements:


- Space and equipment depending on the type of activity (see proposed activities)
- Someone (preferably a trainer, fitness coach, or physio) leading the session,
- Ways of inviting people

Process:

- Choose a location for meeting and training that fits the activity (for example: in a park for a running group, in a big open space, or in a room for workouts),
- Decide if the event is a one-time or regular event,
- Bring people together with an interest in working out, Plan the training session based on the people that are attending/invited (children, families, elderly, young people, etc.) and according to their fitness level,
- End the training session with something positive (relaxation, stretching, fun game, etc.)

Activities:

- running groups;
- hiking groups;
- high or low-intensity group exercise sessions;

- 
- family fit;
 - total fit;
 - nutrition;
 - physiotherapy;
 - Tikva;
 - garage gym;

Posture:

- The goal is to engage people and encourage participation,
- Create a safe environment without shame,
- Build good relationships and eventually share your values,

Follow-Ups:

- Connect fitness/ health professionals in your city and community.
- Offer follow-up events.
- Help people find fitting sports activities (if they are interested).
- Invitation to regular meetings and discussion meetings (only if there is interest).



Festival

Opportunity:

A small, fun community celebration that brings people together from the neighborhood. A move from isolation to engagement, to an experience of genuine community where people see and appreciate each other.

Requirements:

- Meaningful pretext (what brings us together, i.e.: celebrating the World Cups, Olympics);
- Greeting and invitation;
- Hospitality, generosity, and kindness;
- Free of charge and inclusive;
- Games selected with sensitivity to what is happening with the crowd and how they are interacting;
- Emphasis on community celebration and reflection;
- No other community engagement clashing with date;
- The life of the team is a role model example;
- Open environment;
- Clear next steps in place on how to continue working with the community.



Process:

Engagement:

Games that are easy to join or watch - MC to give information on the day.

Participation:

Build a sense of belonging - all to feel seen and loved, especially children.

Celebration:

Harness the building excitement for the community after the festival.

Activities:



Phase 1 - Engagement

Choose activities that invite and motivate people to join in. They should be easy to understand and require no prior knowledge of the game. Here are a few examples:

In The Pond, Out the Pond

Ask all the players to stand in a circle and hold onto a rope. Then place the rope on the ground - this will represent your pond.

When the game leader says "In the pond" - all the players jump forward over the rope into the pond. The game leader says "Out the pond" - all players jump backwards over the rope to the outside of the pond.

The game leader can also do the opposite of what he says. Players must always follow what the leader says, not what the leader does.

Players who make a mistake are eliminated and asked to enter the pond to act as judges, checking whether the remaining participants have made any mistakes.

Parachute Games

There are many versions of games with parachutes. Here are a few options:

- Move the parachute up and down to create a large half-round shape.
- Move the parachute up and down. The leader of the game then calls out to different people, for example "everyone wearing glasses". All the participants who wear glasses and therefore belong to the category called cross the parachute by running under it to the other side and grab the parachute again in a new position.

- Move the parachute and add one or more light balls on top. Try to move the ball in a circle.
- "Cat and mouse" - Ask one player to be the cat and stand over the parachute. Ask another player to be the mouse and go under the parachute. The other players move the parachute up and down while the cat tries to catch the mouse.
- ...



Phase 2 - Co-operation

In this phase, choose games that involve playing with other people. This will help create a sense of cooperation and belonging. Here are a few examples:

Relay races

- Three-legged race;
- Relay race with a sponge and water;
- Egg race;
- ...

Tug of war

How to play : An equal number of players take each end of the rope. The players start pulling the rope at the judge's signal. Each player pulls back as hard as they can. Teams continue to pull until the center of the rope (ribbon mark) crosses the judge's reference point.

Ball in the air

How to play: Group the players together and challenge them to keep the ball in the air by tapping it. Give the players a time limit, for example two minutes, or set a number of taps to reach and see if they can do it.

Dance (traditional, famous or common in the community)

Phase 3 – Celebration

This phase focuses on building a sense of community and uses fun activities that all participants enjoy doing together. Here are some examples:

Follow-Up:

After the festival, there is an invitation to attend something else that is happening in the community. When connections are made, they turn into relationships, as well as future partnerships. Individuals can discuss projects, future events, and other social community activities.



Understanding disability



There are different types and levels of disability. Therefore, it would be impossible to account for all of them here. Our goal is to help you be as inclusive as possible. This guide will give strategies, suggestions, and models for inclusion and accessibility.





We live in a diverse world where individuals can be neglected or marginalized for various reasons - physically, intellectually, and socially. Our inclusive sports ministry aims to integrate people with disabilities into sports, play, and fitness.

Understanding Perspectives

The World Health Organization states, “Disability is part of the human condition. Almost everyone will be temporarily or permanently impaired at some point in their lives.”

The key concepts for understanding and supporting individuals with disabilities are **INTERACTION** and **BELONGING**. These individuals engage with their environment and other people in different or unique ways. Recognizing this is essential for true inclusion, ensuring that disability is viewed not as a defining characteristic of a person, but as the way in which that person interacts with their world.

By focusing on these principles, we strive to create an inclusive environment where everyone can participate, belong, and thrive in sports and play.

Physical disabilities	Visual Impairments	Hearing Impairments	Intellectual Disabilities
			

An inclusive Event from start to finish

We aim to show our love and acceptance by celebrating individuals living with disabilities. To support this, we have developed an effective tool designed to help communities better understand those with disabilities and to connect with disabled individuals more effectively.

To help people see and taste some of the usual struggles that disabled people are struggling with daily, we welcome everyone to take part in different sports and games that will take place in this inclusive festival.



Accessibility is an essential factor in the process of inclusion, for that, think of :

- Can disabled children move themselves around the site?
- What other help do they need?
- Can they participate safely and joyfully in all activities?
- What small changes can be made so we can answer yes to these questions?

Practical Tips

- **For wheelchair users:** Try to position yourself at their eye level. Remember that a wheelchair is someone's personal space, so do not lean on it.
- **For people with mobility difficulties:** Having a chair nearby can be helpful.
- **For visually impaired people:** Ensure there are no obstructions or tripping hazards.
- **To guide a blind person:** Offer your elbow for them to hold and walk half a step ahead to guide them, informing them of any entrances, steps, uneven or narrow places.

- **Have a water container for guide dogs.**
- **For people with speech impediments or learning difficulties:** Try to give them time to finish their sentence and ask them to repeat something if you do not understand. People prefer to repeat something rather than be treated condescendingly.
- **For people who are hard of hearing:** Ensure you have eye contact before speaking; speak clearly but without exaggerating the words, as this distorts your mouth.
- **For people on the autism spectrum:** Difficulties with communication, eye contact, or social "rules" and repetitive behaviors are characteristics of autism, so expectations should be clearly explained, and they may need a quiet space to escape sensory overload.



Inclusive sports zone

Adapted Sports:

Choose a sport and adapt it so it is inclusive of all abilities...e.g.

- Choose a larger ball to make it easier to hit/kick/catch;
- Use a lower net
- Increase the size and number of targets
- Tee up the ball to keep it stationary and easier to hit
- Play games on a table-top so people can play from a seated position
- Play cooperatively to see how many passes you make, instead of most goals scored
- Use brightly colored or audible balls for people with sight or concentration difficulties



Goalball

Goalball is a three-a-side sport for players with sight loss, who all wear eyeshades and play with a ball containing an internal bell to hear and locate it during play.

Arrange a mini Goalball activity:

Form a circle with legs apart and feet touching. Everyone closes their eyes or covers them with eyeshades or a scarf. Players roll the bell ball around/across the circle. Lose a point if the ball goes through your legs!

Sitting Volleyball

Sitting Volleyball is a six-a-side sport for players with reduced or no movement in their upper and lower limbs.

Try a mini-game

Blow up several balloons. Sit players on the floor in the form of a circle. Players work together to try and keep a balloon in the air for as many hits as possible. Increase the number of balloons or introduce a lightweight ball to make it harder. Divide the circle into two to introduce the concept of two teams playing against each other

Chill-out zone

For some people, particularly those with autism or complex needs, overstimulation can lead to extreme anxiety and associated problems and so they may need a safe place to escape and calm down. Create a safe space with beanbags and soft mats to make an environment where people can sit/lie down in a more comfortable setting which is less busy. The zone could be located in a gazebo and be managed by adults with pastoral gifts, and who are CRB-checked to maintain appropriate safeguarding procedures.



Closing Ceremony

An unforgettable celebration as our community comes together to mark the closing of the Games with a vibrant and joyous event!

This festive gathering can feature live music, delicious food from local vendors, and an array of family-friendly activities.

From thrilling sports demonstrations and interactive games to cultural performances that highlight the spirit of the Games, there's something for everyone to enjoy.

As we honor the athletes' incredible achievements and the unity brought by the Games, let's celebrate with camaraderie and pride. Don't miss this chance to be part of a memorable evening filled with fun, laughter, and community spirit!

Phase 1: Welcome and Gathering (20 minutes) ;

Phase 2: Sports (Duration to be determined by the organizing committee) ;

Phase 3: Award Ceremony for the winners ;

Phase 4: Community Festival Celebration (60 to 90 minutes) ;

Phase 5: Viewing of the closing ceremony of the Games (2+ hours)





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- Here are some useful links to contact us and get support, to learn more and share your experiences, ideas and comments.

Please fill out this **form** so that we can understand your goal and context, to better assist you and meet your needs. <https://forms.office.com/r/6mG3HgUj2W>



Join the **WhatsApp** community, share your experiences and needs.

<https://chat.whatsapp.com/Gusc2YY2ymEBCXcUjAFiX1>



Join the **Telegram** community, share your experiences and needs.

<https://t.me/+ERnPMdLdUvU4NzQ0>



Contact us directly on the following email address :

info@couronsensemble.org



Visit our website for more information.

<https://couronsensemble.world>





