



Coaching People with Disabilities: Coach Education Framework



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Introduction

Over the last decade awareness of sport for people with disabilities in Ireland has increased due to several factors including, the hosting of the Special Olympics World Games, the successes of Irish athletes at Paralympic Games and the development of structures by the Irish Sports Council, Sport NI, Disability NGB's, Disability Sport agencies and a number of mainstream NGB's.

Coaching Ireland launched the ***Coaching Strategy for Ireland*** with an all-Ireland remit, working to the policies of the Irish Sports Council and Sport NI.

The vision for coaching in Ireland is (as stated in the ***Coaching Strategy for Ireland 2008***)

“Everyone involved in sport is working together with the common aim of delivering a quality coaching system which:

- *Is inclusive and fully integrates participants, performers and coaches of all abilities and backgrounds”*

In order to achieve this vision, The Coaching Strategy for Ireland, included the ***Strategic Theme: Improving Access and Inclusion***. Coaching Ireland worked with an expert group (established by NCTC) to develop this framework and the materials required to implement same. This will provide the opportunity to address coaching for people with disabilities in a pragmatic manner up to 2012, in line with the Coaching Strategy for Ireland.

Coaching People with Disabilities Working Group consists of representatives from the following agencies (representatives are included in Appendix 1 Pg 7):

- CARA Adapted Physical Activity Centre, Institute of Technology, Tralee
- Cerebral Palsy Sport Ireland
- Coaching Ireland
- Disability Sports NI
- Football Association of Ireland
- Irish Blind Sports
- Irish Deaf Sport Association
- Irish Wheelchair Association – Sport
- Special Olympics Ireland

Rationale and Guiding Principles for the Framework and its implementation

- 1. Vision:** The need to build on the vision of the Coaching Strategy for Ireland. In this way the framework would be inclusive of both people working together and of integrating participants, performers and coaches to wish to take part in sport / physical activity.
- 2. Participant/Performer – Coach Driven:** The approach will be to focus on the coaching process to develop the skills and competencies of participants, performers and teams.
- 3. Quality Coaching:** The participants, performers and teams will have access to quality coaching at each stage of their development.
- 4. Learning Modes:** The format for coach education should include a range of learning modes, building up coach expertise through a combination of practical experience, life-long experiences, formal training and self-reflection.
- 5. The Coaching Context:** The context in which coaches work, and the potential role of the coach, will be taken into account when designing coach education.
- 6. Sustainability:** The framework should take into account the coach education structures and systems that have been developed across sport in Ireland (north and south) by NGBs and the disability sport agencies. Existing efforts by NGBs to include coaching for people with disabilities in their programmes should form the basis for further developments by these sports.

Coaching People with Disabilities: Coach Development Framework

CDPI Coach Development Model	Coaching People with Disabilities
Level 4	<p>As part of NGB coaching award, apply Coaching Knowledge, Skills and Competence in disability sport with disability sport performers of an appropriate standard</p> <p>Following NGB coaching award, do sports-specific CPD pan disability workshop and gain experience with participants with a disability OR the NGB could develop a pan disability Level 1 course</p>
Level 3	
Level 2	
Level 1 (include disability awareness)	
Introduction to Coaching (include disability awareness)	

Key Features

The following are the key features of the framework:

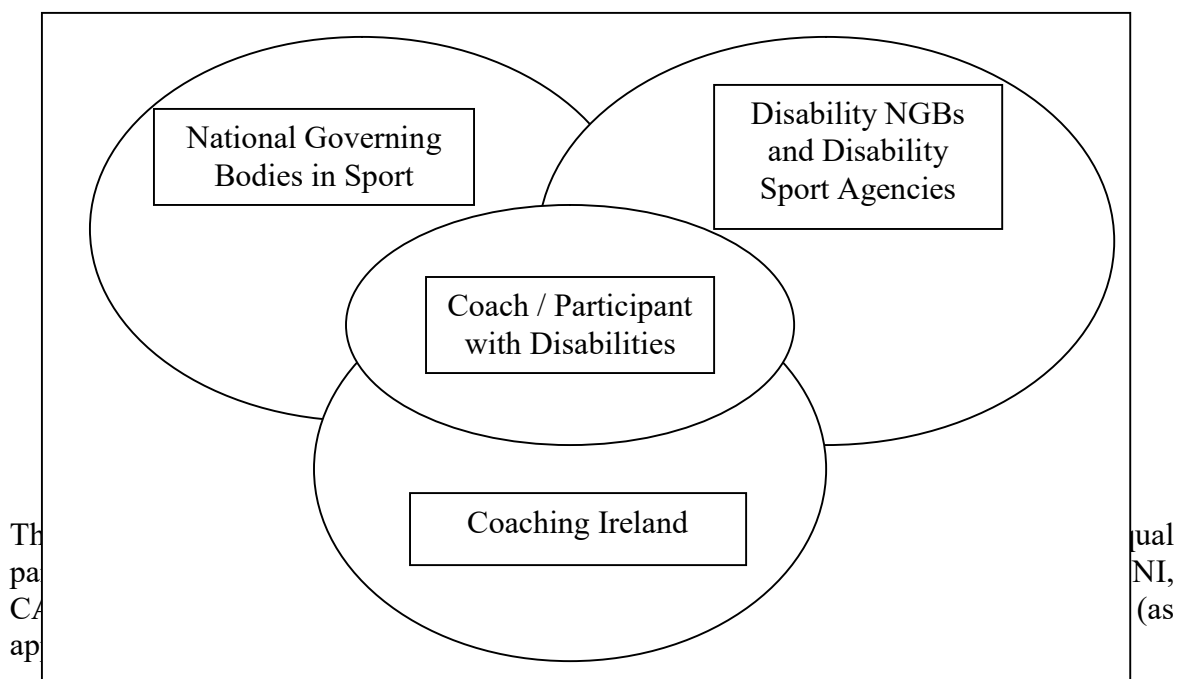
1. **Disability Awareness – Introductory & Level 1:** To fulfil the mission of NGBs to provide opportunities for all people who wish to participate in their sport, disability awareness is to be included in all Introductory (approximately 20 minutes) and Level 1 courses (approximately 45 minutes) in the Coaching Development Programme for Ireland (see outcomes for these in Appendix 2, Pg 9). Materials for use by NGBs, tutors and coaches have been developed to assist in this process, which will be supported by Coaching Ireland, Disability NGBs and Disability Sport Agencies.
2. **Sports-specific Pan Disability CPD Workshops / Level 1 Course:** Sports specific CPD pan disability workshops should be developed to include practical experience (see outline in Appendix 3, Pg 10) OR a full sports-specific pan disability Level 1 course can be developed. Entry to the CPD workshop will be on the basis of having completed an NGB Introduction to Coaching or Level 1 course. Some NGBs may add this work to an Introductory / Level 1 course.
3. **Levels 2, 3 and 4:** At Levels 2-4, coaches should undertake NGB awards and gain their experience in a disability sport setting, with disability sport performers of appropriate standard.
4. **Disability NGBs and Sport Agencies:** Disability NGBs, Disability Sports NI, CARA Adapted Physical Activity Centre and the Paralympic Council of Ireland will play the following roles, as appropriate:
 - Support the delivery of disability awareness modules on NGB Introductory and Level 1 courses
 - Support the development of sports-specific pan disability CPD workshops OR contribute to the development of a sports-specific pan disability Level 1 course
 - Ensure the provision of practical coaching experience with participants / performers of an appropriate standard, with the support of experienced coaches as mentors
 - Support the training of Disability Awareness Tutors by Coaching Ireland and NGBs
 - **Be the NGBs for sports that are not governed by a mainstream NGB.** For example, Special Olympics Ireland is the NGB for Boccia (Intellectual Disability) / Cerebral Palsy Sport Ireland and Disability Sport NI are the NGBs for Boccia (Physical Disability)
 - Special Olympics Ireland, Irish Wheelchair Association-Sport and Disability Sport NI will deliver courses on Coach / Instructor / Leadership Training to build capacity in disability sport

5. **Coaching Ireland:** Coaching Ireland will play an overview role in the framework:

- Facilitate and support NGBs in building disability awareness into Introductory and Level 1 syllabi
- Apply quality assurance procedures to programme validation for sports-specific pan disability CPD workshops / Level 1 courses
- Be the provider of Disability Awareness Tutor Training
- Provide a pan disability CPD workshop on Coaching People with Disabilities. Materials for this have been developed

Implementation

**Partnership in Implementing the
Coaching People with Disabilities: Coach Education Framework**



This partnership should take into account the identification, education, deployment and on-going support of coaches of participants with disabilities. By adopting the principles outlined in the framework and operating in partnership, each organisation can contribute their expertise to the development of a participant centred coach education framework.

A targeted approach will be taken by initially focusing on those NGBs of the sports that the disability agencies support both greater participation of people with disabilities and / or high performers with disabilities. Other NGBs who wish to implement the framework will be accommodated.

Conclusion

Coaching Ireland and the Coaching People with Disabilities Working Group will continue their work with the aims of:

- Supporting NGBs to integrate the disability awareness materials into their coach education courses
- The further development of pan disability sports-specific CPD workshops on coaching people with disabilities
- Provision of tutor training and tutor in-service on disability awareness and coaching people with disabilities
- Development of further materials and the Coaching Ireland website as resources to support coaches of people with disabilities

This framework is to be a work in progress, with lessons learned from its on-going implementation feeding into its further development and application by all partners.

Appendix 1

Coaching People with Disabilities Working Group

- CARA Adapted Physical Activity Centre, Tralee – Niamh Daffy
- Cerebral Palsy Sport Ireland – Brenda Hopkins
- Coaching Ireland – Declan O’Leary, Chair
- Disability Sports NI – Kevin O’Neill, Elaine Reid
- Football Association of Ireland – Oisin Jordan
- Irish Blind Sports – TBC
- Irish Deaf Sport Association – Paul Ryder
- Irish Wheelchair Association – Sport – Ed Niland
- Special Olympics Ireland – Eilidh Bartlet, Fiona Murray

Appendix 2

Disability Awareness: Introductory and Level 1 Outcomes

Introduction to Coaching

To enable the coach to:

1. Respect that persons with disabilities take part in sport as participants
2. Examine the coach's role and their personal reaction to the issue of disability
3. Focus on each participant's ability – the Social Model
4. Reflect on the use of language and etiquette
5. Consider skill development and how it applies to people with disabilities
6. Identify the broad disability groupings
7. Identify national and local contacts for further information

Level 1

To enable the coach to:

1. Define inclusion and what it means for participants with disabilities
2. Outline a model for the inclusion of participants with disabilities based on the concept of 'readiness'
3. Outline ways of communicating with people with differing abilities
4. Adapt skills/drills as part of the coaching process
5. Identify national and local contacts for more information
6. Consider examples of successful inclusion
7. Undertake an awareness visit to a coaching session involving participants with disabilities

Appendix 3

Draft Outline CPD Sports Specific Pan Disability Workshop

Aim

The aim of the module is for coaches to consider how they can apply their coaching knowledge, skills and competence to coaching participants with disabilities.

Entry Requirement

Coaches will be certified by the NGB at Introduction to Coaching or Level 1.

Outcomes (Draft)

To enable the coach to:

1. Apply their coaching skills (plan, organise, communicate, observe, analyse and provide feedback) when coaching a participant with disabilities
2. Consider the participant pathway in their sport for participants / performers with each type of disability – intellectual, physical and sensory
3. Outline the classification system for each type of disability
4. Identify the rules and how the sport is modified to allow opportunities for participants with disabilities to do the sport / physical activity
5. Consider the coaching process and practically coach participants with disabilities in the sport, focusing on communication and skill adaptation
6. Following the module, gain more experience in coaching participants with disabilities

Schedule (Draft) – breaks excluded

9.00 am	<p>Introductions</p> <p>The Coaching Process – What coaches bring to coaching ALL participants</p>
10.00 am	<p>Participant pathways in the sport for people with disabilities – intellectual, physical, sensory</p> <p>The participant with a disability – focusing on the individual's ability / needs</p>
11.00 am	Rules and modification of the sport for people with disabilities
12.00 am	Communication and skill adaptation
2.00 pm	Practical coaching and observation (rotation of coaches)
4.00 pm	<p>De-brief of practical coaching</p> <p>Local opportunities to gain experience – booking it!</p>
5.00 pm	Conclusion, close and depart