

Inclusive Access to South Australian Sports Clubs for Individuals with Intellectual and Physical Disabilities

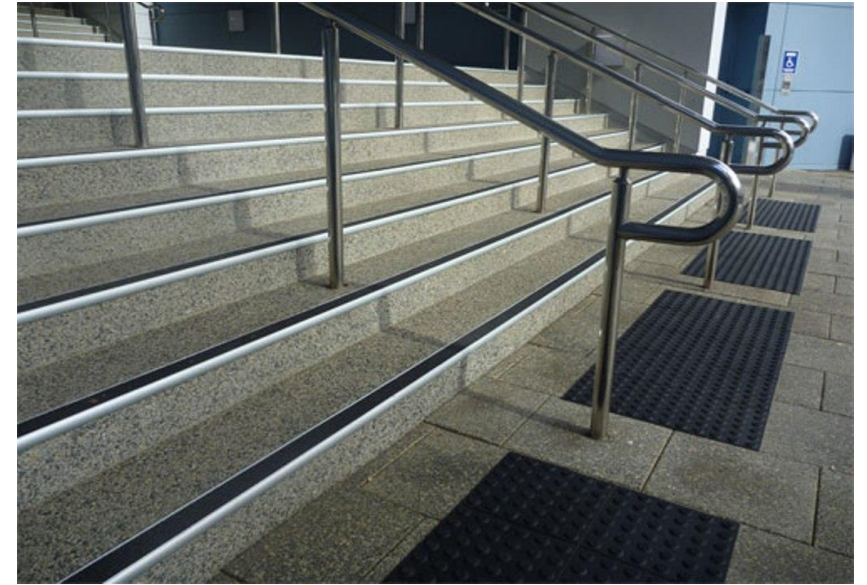
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Introduction to the topic

Barriers:

- Physical barriers
 - (stairs, narrow pathways, steep slopes, lack of ramp access)
- Lack of accessible parking
- Lack of accessible seating
- Social barriers/stigmas
- Personal barriers
 - (motivation)
- Lack of accessible transport

(Stark, Hollingsworth, Morgan & Gray 2007; Jaarsma et al., 2014; Lorenzie, 2014; Misener & Darcy, 2014; Barbosa et al., 2015; Choi et al., 2013)



Introduction to the topic

Facilitators:

- Creating fun and encouraging environments
- Creating opportunities for people to engage in meaningful relationships
- Ensuring the facility is accessible

Benefits:

- Increase in physical wellbeing
- Increase in psychological wellbeing
- Increased opportunities to form choices and help make decisions for a team (or for themselves)
- Increased opportunities to feel self-acceptance and valued in their community

(Jaarsma et al., 2014; Barr & Shields, 2011; Di Palma et al., 2016; Mayer & Anderson, 2014)

Significance of this research

Gap:

There is limited evidence regarding systematic ways to assess barriers that may limit accessibility to sports clubs for individuals with intellectual disabilities

Aim:

To examine accessibility of South Australian sports clubs for people with intellectual and physical disabilities

Background of the research

Mixed method:

Qualitative:

Research previously completed

- Greenland and Lante, 2015

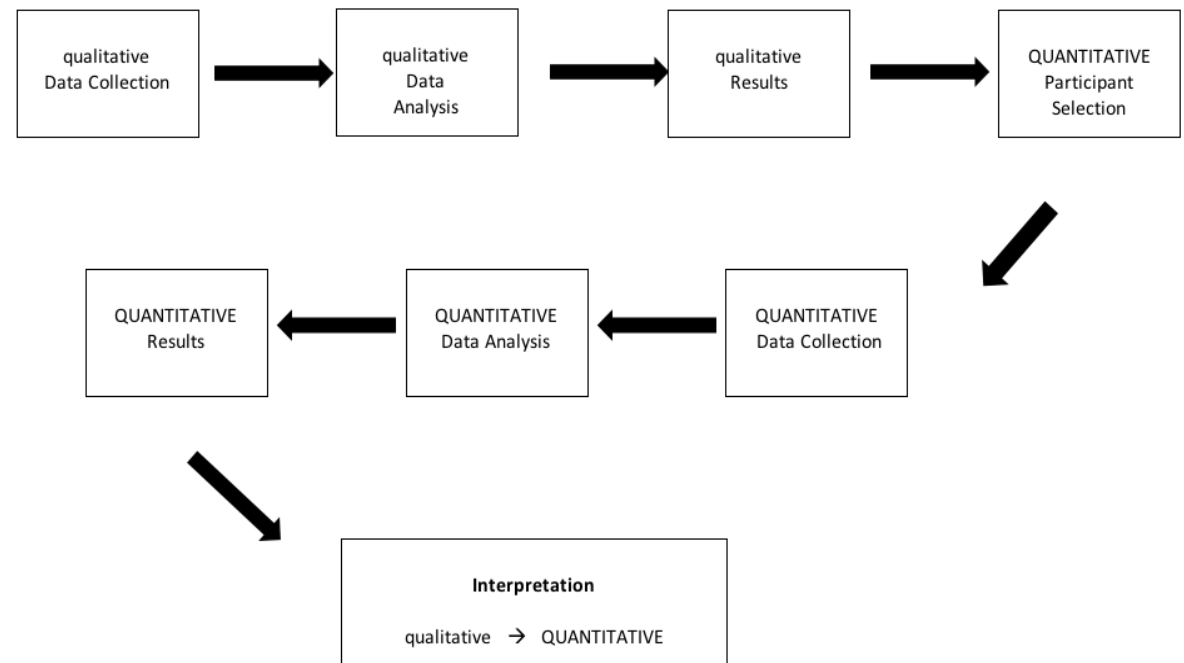
Quantitative:

Development of an audit tool

- To assess the accessibility of a clubs facility
- Utilised Australian Building Standards measurements and literature

Figure 3.1 - Sequential Participant Selection Model (adapted from Creswell and Plano Clark (2007))

Note: The quantitative data collection and analysis has a heavier weighting (denoted by capital letters) than the qualitative sections.



Background of the research

Audit tool sections:

- External access
- Internal access
- Bathroom access
- Access to pool areas (if applicable)

Participants:

- Outdoor swimming club
- Indoor swimming club
- Surf life saving club
- Football club (Australian rules)
- Netball club



Audit Tool for South Australian Sport Clubs

Introduction

Who developed this tool?

This tool was developed by an Honours student from the Bachelor of Disability and Developmental Education degree at Flinders University, South Australia. This was developed from a variety of existing resources.

What is the purpose of this tool?

This audit tool aims to help South Australian Sports Clubs (SASC) increase their awareness of how they can make their physical environment more inclusive for all.

Who should complete this tool?

This audit can be completed by anyone within a SASC; as well as others around Australia as the measurements are based off of the Australian Standards for access and mobility.

How do you complete this tool?

To complete the tool for each section you need to

1. Read the description and explanations at the start of each section
2. Read each question and respond by circling one of the provided options; **YES, NO, Don't Know or Not Applicable**
3. Where requested provide a measurement (in meters, centimetres or millimetres) or time (in seconds)
4. Add any comments you think may be of value to the comments box

You will need;

- A copy of the tool
- A measuring tape
- A stop watch

Examples of elements of the Audit Tool relevant to Intellectual Disability

Signage:

- Can the signage in the foyer be seen from a sitting position?
- Does it allow the person to get around the facility independently?
- Is the background of the sign a contrasting colour to the writing (to assist with visibility and ability to process the provided information)

2.1 Internal Access; Signage

Note; this section refers to features on the inside of your facility

Question	Please circle and comment if necessary		
	Answer Options		Comment
2.1.1 Is all signage in the foyer area visible from a seating and standing position?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
2.1.2 Is there directional signage around the facility?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
2.1.3 If yes, does all directional signage have arrows that will increase the ability to get around independently?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
2.1.4 Does signage also provide information in braille? If no, please go to question 2.1.6	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
2.1.5 Is the braille located 8mm below the text line? (Braille Tactile Signs Australia, n.d.)	YES <input type="checkbox"/>	NO <input type="checkbox"/>	Please provide a measurement: _____ millimetres
2.1.6 Is the international symbol of access displayed within the facility? <i>*Refer to figure 1 on pg 9</i>	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
2.1.7 Is the international symbol of deafness displayed at the reception desk? <i>*Refer to figure 2 on pg 9</i>	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
2.1.8 Are there temporary safety signs placed where needed/appropriate? E.g. wet floor signs	YES <input type="checkbox"/>	NO <input type="checkbox"/>	Not Applicable
2.1.9 Are backgrounds behind signs painted in a contrasting colour? <i>*Refer to figure 7 on pg 10</i>	YES <input type="checkbox"/>	NO <input type="checkbox"/>	

Examples of elements of the Audit Tool relevant to Intellectual Disability

Emergency and Safety:

- Is there a flashing visual system (or similar) within the fire alarm system?
- Are the fire alarms supported by an audible warning system?
- Are emergency exits easily identifiable by the green exit signs?

2.7 Internal Access; Emergency and Safety

Note; this section refers to features on the inside of your facility

Question	Please circle and comment if necessary			Comment
	Answer Options			
2.7.1 Is there a flashing visual system (or similar) within the fire alarm system?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	Don't know	
2.7.2 Are the fire alarms supported by an audible warning system?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	Don't know	
2.7.3 Are the fire extinguishers located on a wall at approximately hip height for easy access?	YES <input type="checkbox"/>	NO <input type="checkbox"/>		
2.7.4 Are emergency exits easily identifiable by the green exit signs? <i>*Refer to figure 5 on pg 10</i>	YES <input type="checkbox"/>	NO <input type="checkbox"/>		

Examples of elements of the Audit Tool relevant to Intellectual Disability

General facility queries:

- Are staff always available at the reception desk to assist customers?
- If there are televisions in the facility, do they show teletext?

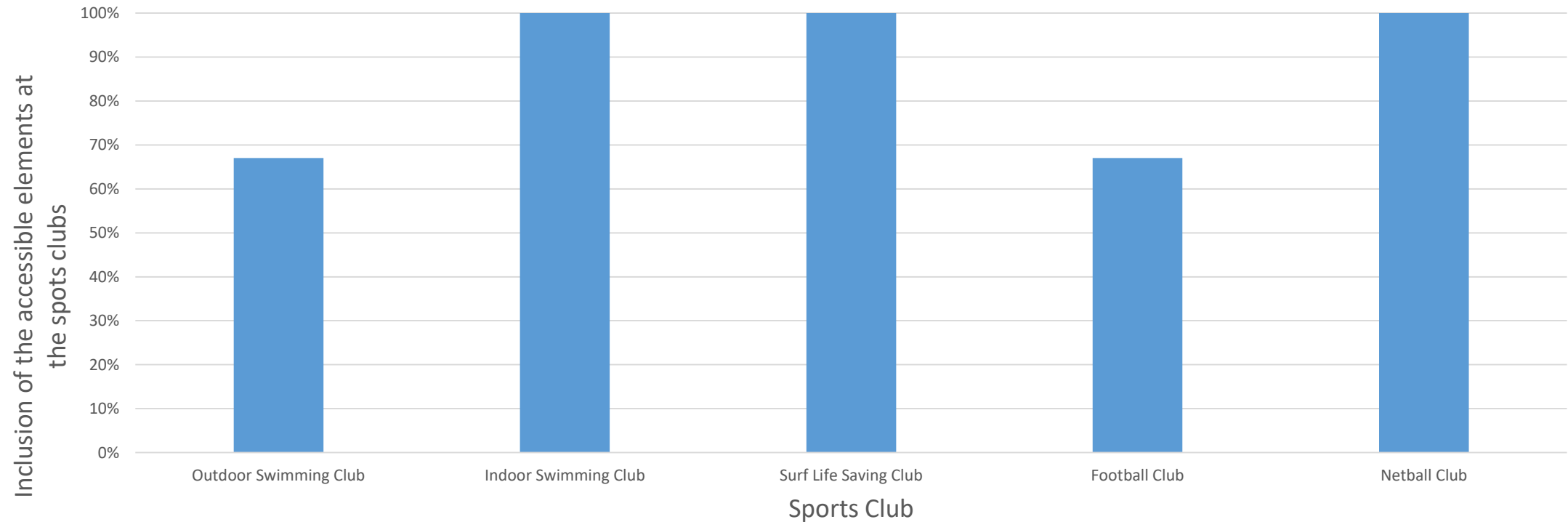


2.8 Internal Access; General

Note; this section refers to features on the inside of your facility

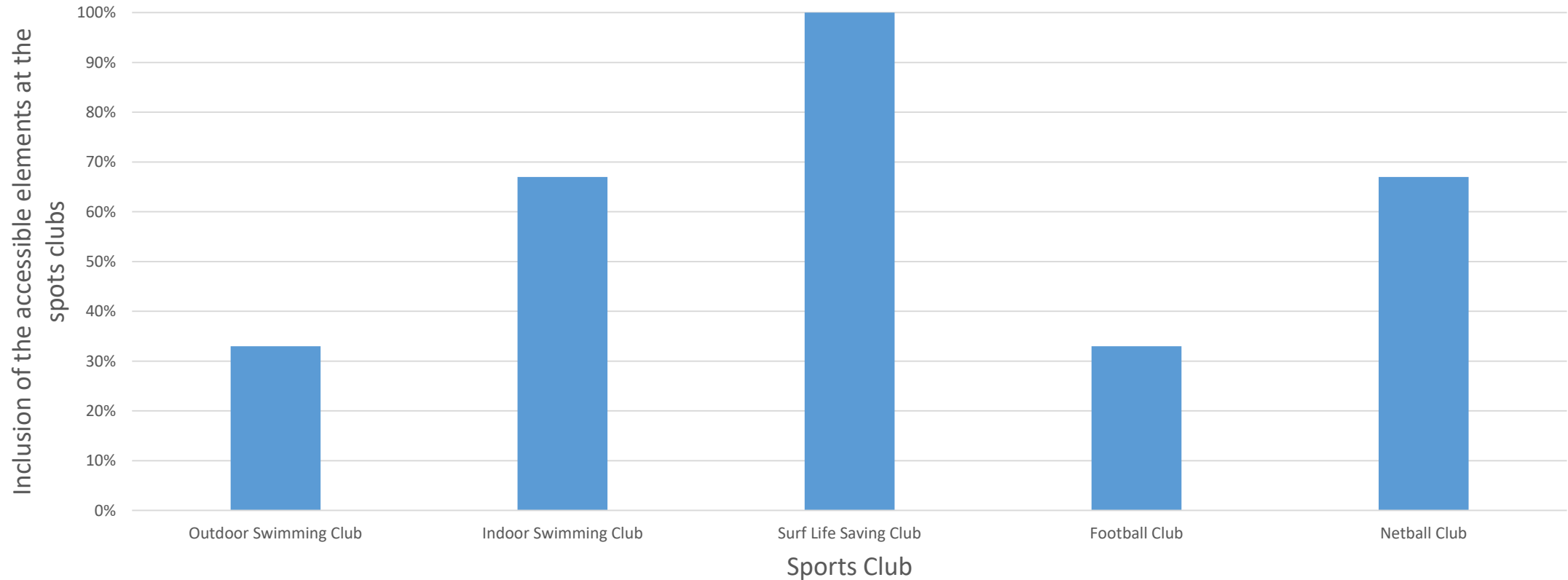
Question	Please circle and comment if necessary			Comment
	Answer Options			
2.8.1 Are staff always available at the reception desk to assist customers?	YES <input type="checkbox"/>	NO <input type="checkbox"/>		
2.8.2 Are there televisions within the facility? If no, please go to question 2.8.4	YES <input type="checkbox"/>	NO <input type="checkbox"/>		
2.8.3 If there are televisions in the facility, do they show teletext?	YES <input type="checkbox"/>	NO <input type="checkbox"/>		
2.8.4 Are the paths of travel a minimum of 1 metre wide? (Government of Western Australia, 2014)	YES <input type="checkbox"/>	NO <input type="checkbox"/>	Please provide a measurement: _____ meters	
2.8.5 Is the area in front of the door at the main entrance of the facility obstructed? <i>*Refer to figure 3 on pg 9</i>	YES <input type="checkbox"/>	NO <input type="checkbox"/>		
2.8.6 In the inside of the facility are all lights in working order (to ensure adequate visibility)?	YES <input type="checkbox"/>	NO <input type="checkbox"/>		
2.8.7 Is there a canteen at the facility? If no, please go to question 3.1.1	YES <input type="checkbox"/>	NO <input type="checkbox"/>		
2.8.8 If yes, is the canteen counter 0.75m high?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	Please provide a measurement: _____ meters	

Research Results – Signage



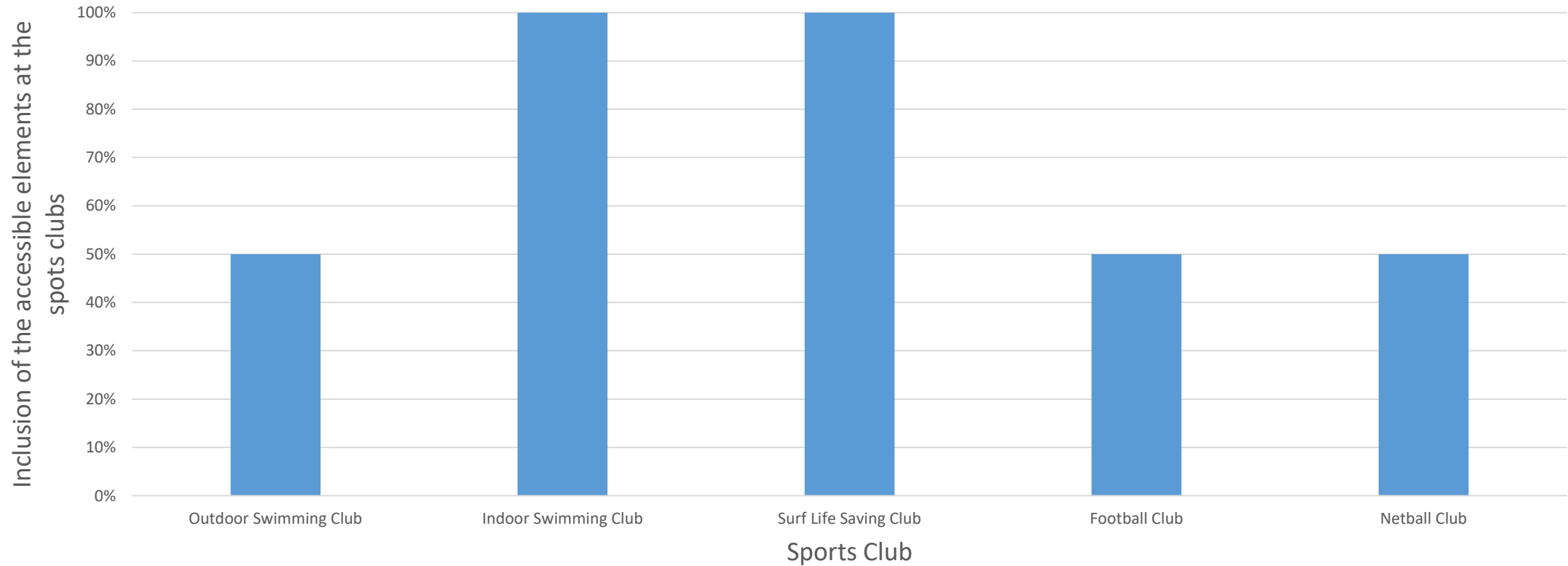
1. Can the signage in the foyer be seen from a sitting position?
2. Does it allow the person to get around the facility independently?
3. Is the background of the sign a contrasting colour to the writing (to assist with visibility and ability to process the provided information)

Research Results – Emergency and Safety



1. Is there a flashing visual system (or similar) within the fire alarm system?
2. Are the fire alarms supported by an audible warning system?
3. Are emergency exits easily identifiable by the green exit signs?

Research Results – General



1. Are staff always available at the reception desk to assist customers?
2. If there are televisions in the facility, do they show teletext?

Implications and Limitations of the Results

Implications:

We need to find a way to make South Australian sports clubs equal in accessibility to promote and optimize opportunities for people with intellectual disabilities in the sporting community

- Each club is doing well in various areas, but not at the same rate

Limitations:

- Small sample size
- Time of year that audits were conducted
- Lack of co-design opportunities

Future Research Ideas

1. Expanding the audit tool to investigate different areas of inclusion/access (for example)
 - Attitude of sports club community (social stigmas)
 - Policy
 - Information/training/education
2. Expand the participant pool to increase awareness and understanding in the South Australian sports club community – with the support of Flinders University (for data collection)



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