
Adaptive Sports & Recreation in Post- Secondary Institutions



OPC SUMMIT • 07/08 – 11/2023

What's next?



1. Final Evaluation Report
 2. Ongoing consultation with existing schools around program sustainability
 3. Facilitate new school inquiries
-



**TORONTO ACCESSIBLE
SPORTS COUNCIL**

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Adapted Sport at Carleton University

Michael Cicchillitti (he/him)
Assistant Manger, Children's Programs & Adapted Sport
Dept. Recreation & Athletics



Overview

- How we started
- Where are we now?
- What have we learned along the way?
- Video highlight of our adapted programs

How It All Started

E-mail From Ontario Parasport Collective – July 2021

- What programming do you offer students with disabilities in Athletics?
 - **We didn't have an answer**
- “Students with disabilities pay the same athletic fee as students without disabilities”
- OPC offered support to launch adapted programming
 - Trillium grant application
 - Guidance



Creation of the Adapted Sports Committee – Aug 2021

- Made up of 5 people (management, advancement, adapted athlete)
- **Program for CU students**
 - Boccia
- **Program for community**
 - “Junior Ravens” basketball
 - Why not Junior Ravens Wheelchair Basketball?

How It All Started Cont'd

How Will We Pay For This?

- **Canadian Tire Jumpstart**
 - **\$43,000** grant application in **August 2021**
 - Junior Ravens Wheelchair Basketball program
 - 12 wheelchairs & 4 coaches (2 head coaches & 2 assistant coaches)
 - Goal to launch November 2021
 - Application Approved in **September 2021**
 - **“This is really happening” moment**
- **Trillium Foundation**
 - Carleton Athletics chosen for pilot project for Trillium Foundation **\$10,000 grant January 2022**
 - Boccia for Carleton Students & Community

Junior Ravens Wheelchair Basketball Launch

November 2021

Partnership OCWSA (Ottawa Carleton Wheelchair Sports Association)

- Sam Graham (Vice President)
- Josh Davies (Vice President)

Attendance

- 5 participants (age 8 -14) → almost all from OCWSA
 - Open to ages 6-18

Cost

- \$50 (7 classes) Nov – Jan → COVID ☹️ (3 classes)
- Fee subsidized by Jumpstart
- Contemplated no cost

Equipment

- 12 wheelchairs (\$2,600 each) = \$32,000

Coaches

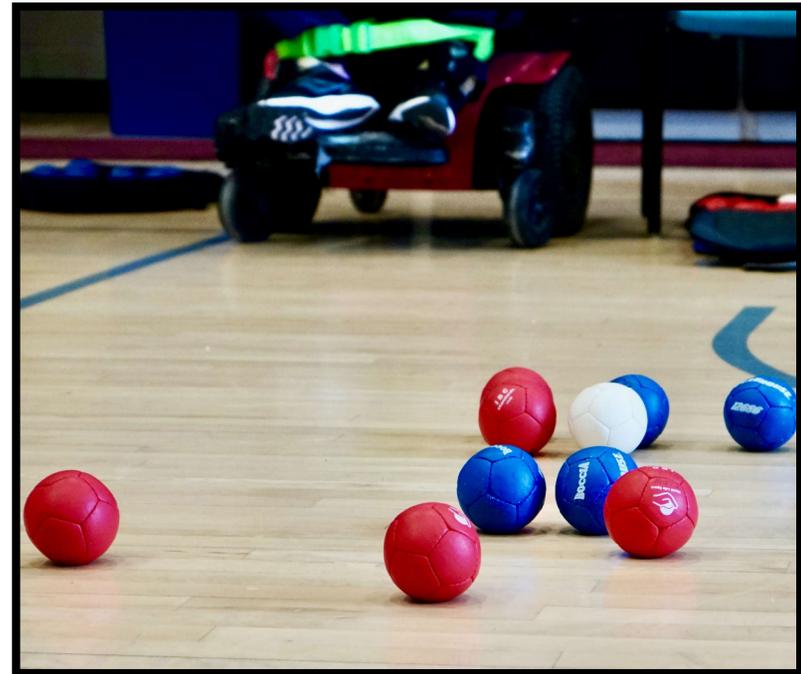
- 2 head coaches & 2 assistance coaches
 - All with wheelchair basketball experience



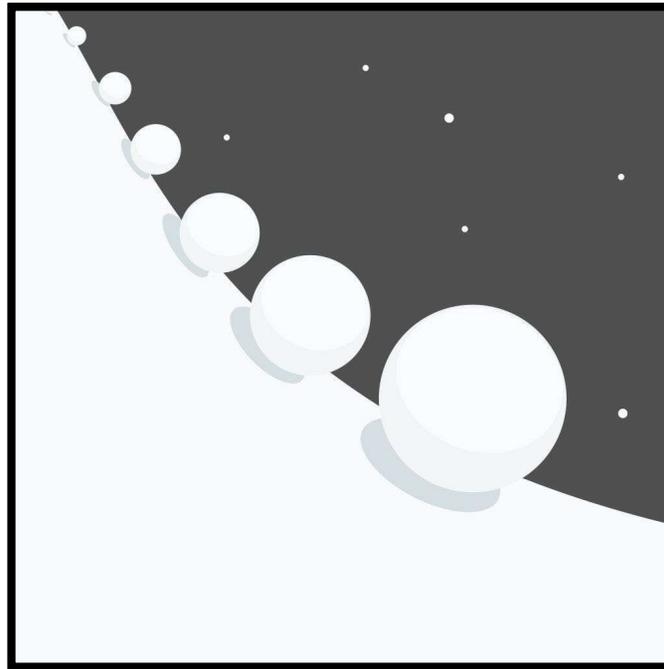
Boccia Program Launch

February 2022

- **Attendance**
 - 10 participants (Post covid shutdown)
 - 7 were Carleton Students
 - Ages 20 – 49
- **Pilot of 2 Classes**
- **Cost**
 - \$0 (target CU students)
- **Supported By Trillium Grant**
- **Ran by the Ontario Cerebral Palsy Sports Association** (Jules von Cramon & Amanda Fader)



“We Can Do This And More”



Where We Are Now – November 2023

Junior Ravens Wheelchair Basketball (Sam Graham & Josh Davies)

- Launched fall 2021 and is still running (returns 7th time this winter)
- **64 registrations** (ages 6 – 18 years old) to date

Boccia (Martha Roblin, Amanda Fader & Jules von Cramon)

- Ontario Trillium Foundation Grant
- Launched winter 2022 and is still running (returns 5th time this winter)
- **27 registrations** (ages 16 – 53 years old) to date
 - 13 have been CU students (free to register)

*Inclusive Dance (Sonia Awad)

- Launched fall 2022 → winter 2023 (program on pause)
- **9 registrations**
 - 5 CU students (free to register)

*Adapted Summer Sports Camp (Zoe Hahn & Martha Roblin)

- Launched summer 2022 & returned summer 2023
- **11 registrations** (4 in 2022 & 7 in 2023) → ages 9 -17
- Range of adapted sports (wheelchair basketball, boccia, wheelchair rugby, wheelchair tennis)



Where We Are Now – November 2023 Cont'd

Adapted Strength & Flexibility (Alicia Gal)

- Launched winter 2023 → **program on pause** for fall 2023
- **6 registrations** all CU students (**free to register**)

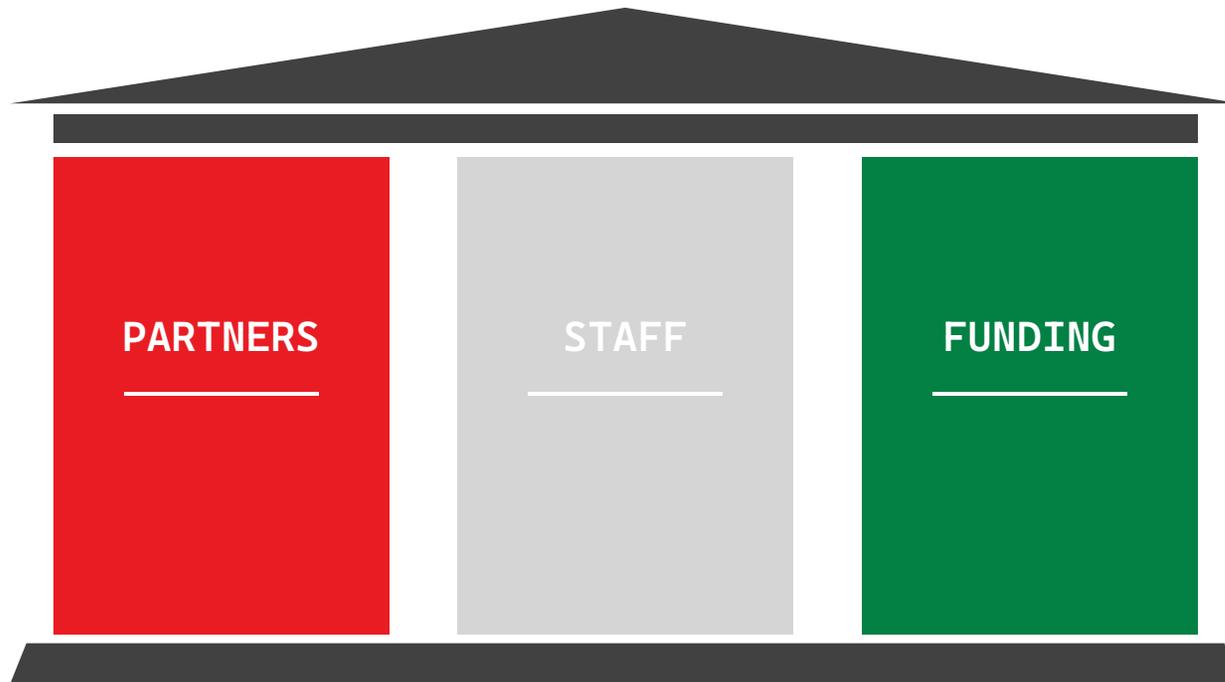


Para Swimming (Darda Sales, Swim Ontario, Parasport Ontario & Paul Menton Centre)

- Ontario Trillium Foundation Grant
- Learn-to-swim and stroke improvement lessons in a safe and welcoming environment
- Launched March 2023 and is still running
- **45 registrations** to date (ages 9-26)
 - 8 registrations are CU students (**free to register**)



What We Have Learned



Partners



Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario



Partnerships Cont'd

Partners Have The Expertise → Rely On Them

- **Emily Glossop (Abilities Ottawa)**
 - Emily has been instrumental in providing guidance to us from the start
 - Proper terminology in program descriptions & information we need to collect at registration
 - Staff training
 - Staff referrals for hiring
 - Equipment needs
 - **Morale boost: Launch of Junior Ravens Wheelchair Basketball (5 registrations) → Great Start**

Partners Know The Community → Invite Them To Your Programs

- **Ottawa Carleton Wheelchair Sports Association (OCWSA)**
 - **Carleton Athletics:** We have the equipment and the space
 - **OCWSA: We have the participants**
 - Junior Ravens Wheelchair basketball would fail without this partnership

Partners Can Help To Validate Your Programming → Build Trust With The Community

- Carleton Athletics new to adapted programs
- CU Students & Community → “Do they know what they are doing?”

Staff

No Staff = No Program

- **Inclusive Dance & Adapted Strength and Flexibility Paused**
- Finding experienced staff can be hard
- Work backwards when possible
 - Find staff first with program planning
- Pay staff well → Quality staff = Quality program
- Provide professional development opportunities (coaching certifications)
 - Increase staff retention



Funding

Adapted Programs Are Expensive

- We want to provide **Quality Equipment & Quality Experiences**
 - **Equipment Cost**
 - Wheelchairs = \$2,600 each
 - Competitive boccia set = \$450
 - Non-competitive boccia set = \$170
 - **Staffing Cost (you want the best)**
 - **Reduced or Zero Cost Registration Fees**



Grants That Helped

- **Canadian Tire Jumpstart Charities**
 - **Has provided \$68,000 in funding to Carleton Athletics**
 - \$43,000 grant (Wheelchair basketball)
 - \$10,000 grant (Adapted Multisport Summer Camp)
 - \$15,000 grant (Purchase 4 additional chairs for Wheelchair basketball)
 - Application submission timelines for different program start dates
- **Ontario Trillium Foundation Grant**
 - **Has provided \$10,000 in funding to Carleton Athletics**
 - Boccia
 - Para swim



Discover Adapted Sport & Recreation at Carleton Athletics



Thank You



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**SWIM
ONTARIO**

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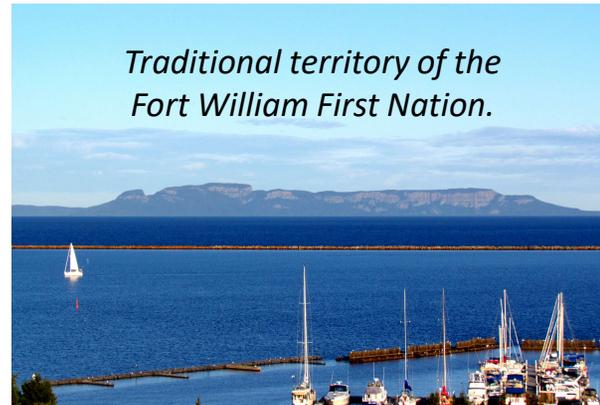


School of
Kinesiology

**Thunder Bay
Ontario**



**KINE3070:
Adapted
Physical Activity**



Adaptive Sports and Recreation in Post-Secondary Institution Project



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario



**TORONTO ACCESSIBLE
SPORTS COUNCIL**



To bring parasport programming to post-secondary campuses in Thunder Bay

To imbed parasport programming into intramural recreation

Inputs	Activities	Outputs	Short-Term Outcomes	Long-Term Outcome: Sustainable programming that increases accessibility on campus	
Target Participants: Students, community members with and without disability Funding: Ontario Parasport Council; In-kind from Lakehead and Confederation Athletics (space, promotion), School of Kinesiology (evaluation, sustainability), Student Accessibility Services (design, promotion) Partners: Ontario Parasport Collective, Lakehead University, Confederation College, Thunder Bay Accessible Sports Council. Additional supports: equipment and technology	Participants				Increase in accessibility of sports on campus Increase relatedness and engagement with accessibility through sports
	Drop in parasports for students with disabilities, people from the community with disabilities, and the able-bodied student population	Number of participants that attend the entire program			
	Parasports Organizing Team				Increase in capacity to meet participants' needs Increase in capacity to evaluate outcomes
	Standardized training for instructors/coaches	Number of training hours			
	Record keeping, monitoring, evaluation	Evaluation strategy, reports to stakeholders on program impact			
	Parasport Community in Thunder Bay				Increase in coordination of services Increase in awareness of programs, resources and supports
	Expansion of accessible options in Thunder Bay	Referrals who meet program edibility			
	Networking and promotional activities with partners	Participants reached through promotional efforts			

Opportunities:

- **Parasports athletes:** local and proximal parasport programming available to an underserved segment of the student population and the general population
- **For Lakehead University:** partnership, recruitment opportunities, research opportunities
- **Thunder Bay:** increased accessibility and opportunities for inclusive sports
- **Lakehead kinesiology students:** volunteer experiences and opportunities to support sustainability of program. Coaches of program.

Marketing, promotion

Lakehead Athletics



The screenshot shows the Lakehead University website with the following elements:

- Header:** "Lakehead THUNDERWOLVES" with the university logo and navigation links: Home, Varsity Programs, Clubs, Campus Rec, Facilities, Inside Athletics, Kids Programs, Resources.
- Search Bar:** "search site..." with a "GO" button.
- Parasports Section:** A large blue banner with "PARASPORTS" in white text. Below it, a breadcrumb trail reads "LAKEHEAD ATHLETICS > CAMPUS REC > PARASPORTS".
- Parasports Content:**
 - Section Header:** "PARASPORTS"
 - Sub-section:** "Parasport At Lakehead"
 - Text:** "Lakehead University is excited to be offering Parasport activities for the 2022-2023 school year. Lakehead University was selected as a site for the **Adaptive Sports and Recreation in Post-Secondary Institution project**. These projects, which are taking place at select University's across Ontario, are possible due to a grant from the Ontario Trillium Foundation (OTF), the Toronto Accessible Sports Council (TASC), along with many partners at the Ontario Parasport Collective (OPC)."
 - Logos:** Ontario Trillium Foundation, Fondation Trillium de l'Ontario, and Toronto Accessible Sports Council.
 - Image:** An illustration of people participating in various sports and activities.
- Right Sidebar:** "CAMPUS RECREATION" menu with links: HOME, ACTIVITIES & CLASSES, EVENTS, FITNESS, GROUP FITNESS, PERSONAL TRAINING, SMALL GROUP TRAINING, PARASPORTS, MODO YOGA, INTRAMURALS, HOW TO REGISTER, INTRAMURAL FAQ'S.
- Footer:** A URL "https://thunderwolves.ca/campus-rec/" is visible at the bottom left.



Lakehead

PLAY PARASPORTS

SITTING VOLLEYBALL

DROP-IN WEEKLY INSTRUCTION

THURSDAYS 5:45-6:45PM
WOLF DEN GYM

COST FREE! FUNDED BY

Ontario Trillium Foundation



Ontario Parasport Collective



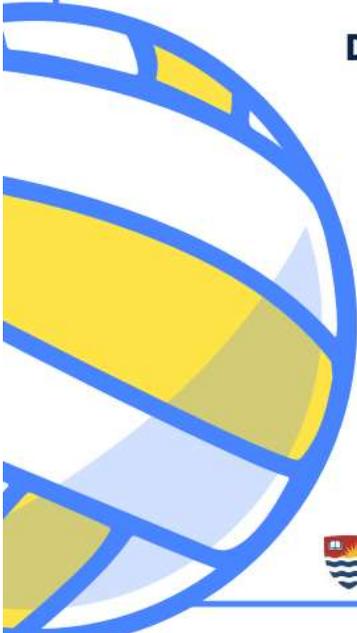
SIGN UP HERE

QUESTIONS: EMAIL TARYN
TKLARNER@LAKEHEADU.CA



Lakehead UNIVERSITY

School of Kinesiology




<https://paralympic.ca/team-canada/bryce-foster>

Each week between 8 and 16 people, mainly Lakehead students but also some members of the community, participated



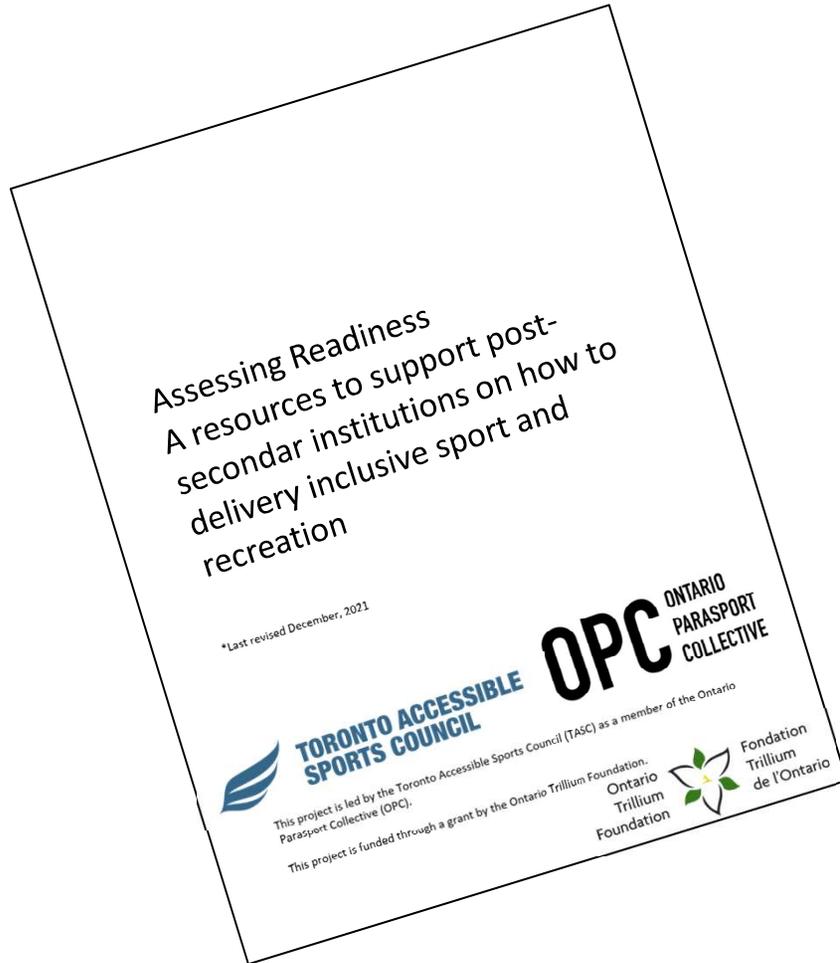
Continued parasport programs at

LU



**Guide to
Activities and
Lessons in
Sitting
Volleyball**

**Program
Evaluation**



The Steadward's Centre Ten P's of a Para Ready Program

1. **Proactive** – being prepared and stating you have para programming available on your website, so athletes know there are opportunities for them without having to ask.
2. **Policy** – there is a clear statement/commitment saying you are inclusive and welcoming of all athletes. Ensure all messaging uses appropriate inclusive language and is accessible. Have your inclusion policy in an easy to access location.
3. **Promotion** – include key messaging when you engage with the community about your program's accessibility, local transportation options, parking, equipment available, and coach certifications. Ensure language used is inclusive and appropriate.
-  4. **Programming** – consider the equipment needed for the programming to be fully inclusive.
5. **People** – find coaches who want to champion the program and provide them with education sessions to ensure they are set up for success.
6. **Participation** – consider the type of programming you will be offering and how you will ensure quality participation: belonging, autonomy, engagement.
7. **Place** – ensure your facility, and any facility you attend, is fully accessible for all disability groups (i.e., individuals in a wheelchair, blind, deaf, etc.).
-  8. **Pathway** – athletes enter sport at different times and not all want to be Paralympians. Ensure there are options available for the different levels of sport participation.
9. **Price** – consider that cost is usually a barrier to participation, ensure there is a way to minimize cost if needed.
-  10. **Partnership** – develop partnerships with local and provincial disability sport organizations for support and resource sharing.

becoming-para-ready-final-alt-txt.pdf

Accessible Facilities

- Facilities audit of accessibility of physical spaces on campus (Rick Hansen Foundation)
- Modern and accessible hub for health, wellness and recreation in Thunder Bay



More adapted weight training or accessible equipment in Wolf Den

Den

Reaching the Students

The screenshot shows the Lakehead University website. At the top, there is a navigation bar with links for THUNDER BAY • ORILLIA, STUDENTS, FACULTY & STAFF, ALUMNI, GIVE, VISIT, and an APPLY NOW button. A search bar is also present. Below the navigation bar is a horizontal menu with links for Students, Academic Success, Student Life, Finances, Wellness & Recreation, Career Services & Co-op, and Other Services. The main content area features a large image of a university building with the text "Student Accessibility Services" overlaid. Below the image is a breadcrumb trail: Home > Students > Student Life > Student Life & Services > Support for Students with Disabilities. On the right side of the breadcrumb trail, there is a "Thunder Bay Campus" link with a gear icon. At the bottom of the page, there is a "Menu" button and a "Contact Us" button. The contact information is displayed as follows: Office Hours: Monday, Tuesday, Thursday and Friday 8:30 am - 4:30 pm, Wednesday 10:00 am - 4:30 pm; Closed Daily: 12:30 pm - 1:30 pm. The "Support for Students with Disabilities" link is highlighted in the breadcrumb trail.

Adaptive Sports and Recreation in Post-Secondary Institution Project





Adaptive & Inclusive Sport & Fitness



Nathania Bron, Fitness & Wellness Coordinator
Jennifer O'Reilly, Recreation & Sport Coordinator

Program & Service Assessment

Awareness

- attended informational & educational sessions at conferences
- participated in workshops & training on campus/virtually
- toured post-secondary sport spaces & community rec centres
- browsed booths & spoke to vendors at adaptive sport expos

Audits / Assessing Readiness

- Policy – inclusivity statement, mission
- Place – identifying/removing physical barriers within facilities
- Programming – specialized equipment; using current & buying new
- Proactive – planning through inclusive lens
- Pathway – recognize need for many entry points, experience levels
- Partnerships – internal & external resource sharing
- Promotion – visual representation, channels & language
- People – leaders, training, education & representation
- Price – minimal fee/free
- Participation – belonging, engagement, the ultimate goal



Building Capacity for Programs & Enhancing Facilities

OPC Post-Secondary Institutions Group

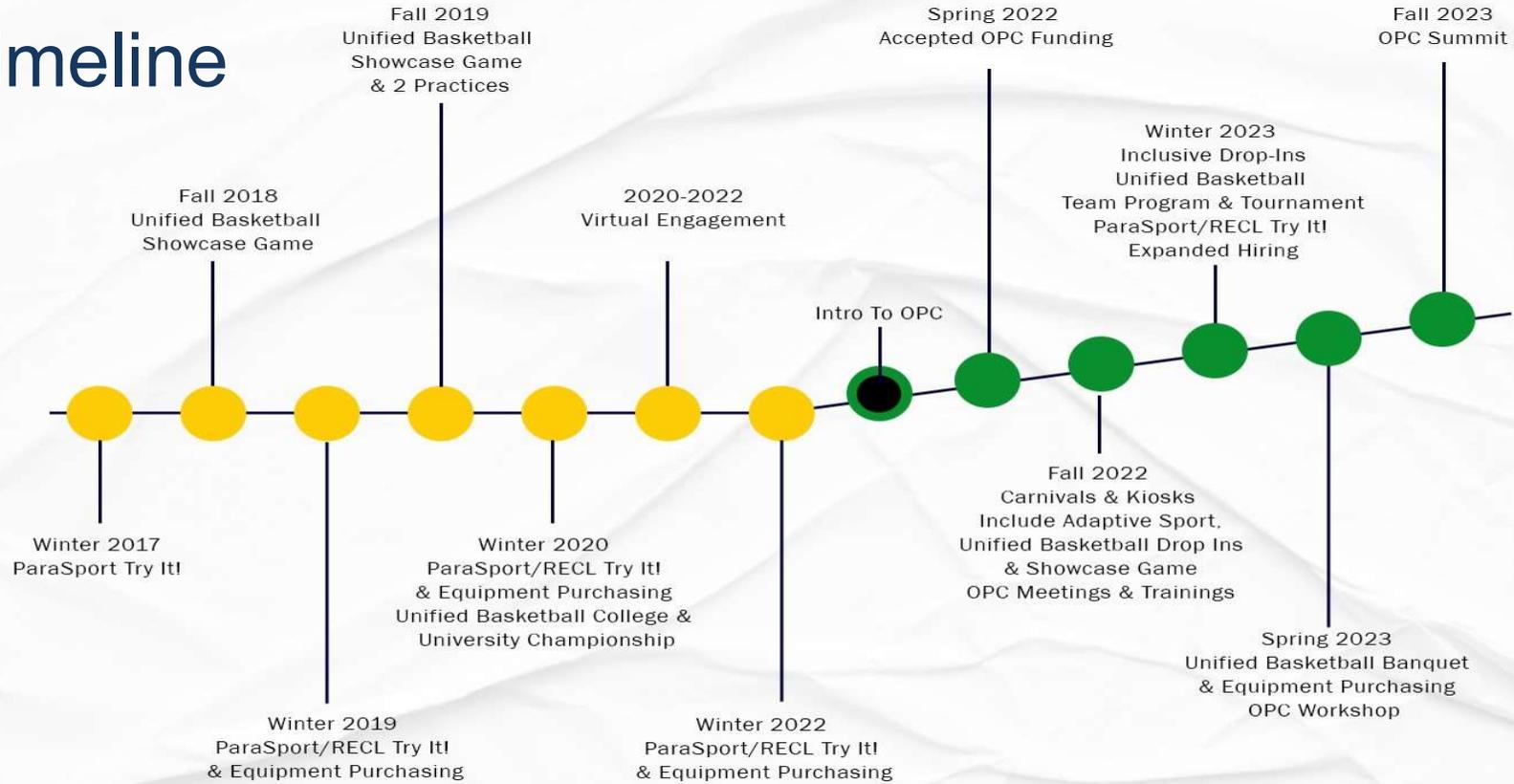
- Introduction to other PSIs with similar goals
- Educational Sessions & Connection to Resources

Grant Use

- Education (ourselves & staff) - preparation/workshops
 - books, training packages for PT, webinars
 - accessibility consultation
 - hiring those with lived experience in meaningful roles
- Equipment (fitness & sport)
 - active hands, single arm skip ropes, boccia, floor curling
 - goalball, audible soccer ball, sitting volleyball nets
- Awareness (everyone, everywhere)
 - video creation to support resource webpage (in production)



Timeline





Adaptive Sports Played at Humber

- Boccia
- Roller Sledge Hockey
- Floor Curling
- Goalball
- Sitting Volleyball
- Powerchair Hockey
- Wheelchair Basketball
- Audible Blind Soccer
- Unified Basketball





On-Site Adaptive Fitness Equipment

-Hand Cycles

-Wheelchair Treadmills

-Strength x3 & Pulley Systems

-Ski Erg

-Adaptive Skipping Gear

-Active Hands

- [Humber Adaptive Fitness & Rec Video](#)



Steadward Centre - University of Alberta



Which role did we play?
Which role do we play now?
Can we play more than one role?
Where will we be next year?

Continuity & Sustainability

Education & Training

- Creating awareness & education modules for our entire team
- Detailed expectations for various roles & build community

Programming Collaboration & Partnerships

- Keep momentum of current programs & connections
- Internal - student union, clubs, res, academics, etc.
- External - OPC members (yes, please!)

Sustainability

- Continue to build our own capacity & adjust focus
 - Program through an inclusive lens
 - Update contacts/connections regularly
 - Follow sport trends/community needs
 - Find new marketing channels
 - Keep the conversation going



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- humberathletics.ca
- [@HumberNorthRec](https://www.instagram.com/HumberNorthRec)
- [@humberlakeshore_athletics](https://www.instagram.com/humberlakeshore_athletics)

