



## Inclusion Conference 2018 Workshop Information

### Keynote Speakers

#### Megan Giglia

Gold medallist at the Rio 2016 Paralympics and two times gold medallist at the UCI Para-Cycling Track World Championships in 2015, Megan Giglia will be attending to talk about her experience in disability sport; what she has achieved and what barriers she has faced. Megan will also discuss the impact that her coach has had on her successful career and will offer coaches advice and tips on how they can positively influence the experience of each disabled participant in order to keep them involved in gymnastics.



#### Bryony Page

British Gymnastics' very own Trampoline Gymnast and Rio 2016 Olympic Silver Medallist, Bryony Page, is excited to attend the conference to speak about her experience as a female



within sport. She will share with delegates insight about her journey and achievements within a sport where there are more female than male participants, and any barriers that she thinks women can experience within sport generally. Bryony will focus on how she thinks coaches can provide an inclusive experience for women and girls, helping them to achieve success and enjoy the sport for longer.

## Workshop Descriptions - Day 1

### Session1 - Practical Workshops

Option1	Festival Gymnastics – Providing Opportunities for Your Members	Richmond Gymnastics Association	Richmond Gymnastics Association run a large Disability Gymnastics programme and in 2017 a group of their young disabled gymnasts were selected to perform a festival routine at the British Gymnastics Gala Evening. Richmond’s workshop will include a combination of theory and practical elements to introduce you to ‘Festival Gymnastics’. Festival routines consist of group displays to music, using props, costumes and visual effects. Festivals are open to everyone – people of all ages, abilities and genders, and are a fantastic opportunity for gymnasts to perform and show off what they have been practicing without the pressure of competition. The workshop will give you ideas about what festival events you could attend, how you can get started with choreography and how to include disabled members within your festival team.
Option 2	How to Adapt Trampoline Gymnastics for Your Disabled Members	AAA Sports	AAAsports offer opportunities for disabled members within their trampolining and gymnastics programme; with both inclusive mainstream and dedicated disability sessions. This workshop will be an opportunity to learn from them and other coaches attending the conference, sharing ideas about ways Trampolining can be adapted for individuals with specific needs. Using their experience coaching gymnasts with a range of impairments, AAAsports will share some of the activities she uses within their sessions, including using hand apparatus, parachutes and exercise balls.
Option 3 (Leisure Centres Only)	Making Your Leisure Centre Sessions Inclusive of Disabled Participants	British Gymnastics	For those delivering recreational gymnastics within a leisure centre setting, this session should introduce how you can adapt activities for all abilities, including how you can use the Jump activity programme with your disabled members. It will cover making warm up games fun and accessible for all, finding new ways of teaching skills and tips & tricks for communicating effectively. The session will be practical and there will be a chance to ask questions.

## Session 2

Option 1	Engaging With Disabled People in Sport	English Federation of Disability Sport	TBC
Option 2	Inclusion of Trans People Within Gymnastics	British Gymnastics	This workshop aims to raise awareness of gender diversity and how British Gymnastics is supporting the inclusion of trans people in gymnastics. The workshop will cover considerations and share best practice on how to offer a fully inclusive environment.

## Session 3

Option 1	How to Engage and Coach People with a Physical Impairment	Wheel Power, Limb Power, Cerebral Palsy Sport, Dwarf Sports Association	Delivered by a collective of National Disability Sports organisations, this workshop aims to raise awareness of various physical impairments. The workshop will cover considerations, adaptations and will share best practice on how to provide opportunities for participants with a variety of physical impairments.
Option 2	Insight on Female Participation in Sport	Women in Sport	Women in Sport is a charity, which is passionate about transforming the lives of women and girls through sport and physical activity. In 2017 Women in Sport undertook research with British Gymnastics Clubs, which explored ways in which girls aged 11-13, who were already involved in gymnastics, could be encouraged to remain involved with the sport. For this 90-minute interactive session, Women in Sport will take you through the findings from this research and the 'Should I Stay or Should I Go' case study, combined with learnings from other areas of their research, exploring girl's values and motivations. This session is designed to help further your understanding about girls and gymnastics with opportunities to think about how to apply this thinking in your club or setting.

## Session 4

Option 1	Making Programmes Deaf-Inclusive	UK Deaf Sport	UK Deaf Sport is the National Disability Sport Organisation for deaf people in the UK, working towards a vision for every deaf people to be active and inspired by sport. This interactive workshop is designed to increase your knowledge and understanding around how to support and encourage deaf children, young people and adults to take part in your programme. Learn more about what free resources are available to you as a coach, what support can be given from UK Deaf Sport and have a go at learning some basic sign language which you can use within your gymnastics classes.
Option 2	Love to Move; An Age and Dementia Friendly Gymnastics Programme	British Gymnastics Foundation	Patrick Bonner from the British Gymnastics' Foundation will be providing an overview of the Love to Move Programme, an age and dementia friendly gymnastics exercise programme, originally developed in Japan. A principal focus of the session will explore bilaterally asymmetrical movement patterns, which is the key component of the gymnastics exercise programme and understood to help people improve cognitively, emotionally and physically. The session will also incorporate some practical examples of the movement activities, so that delegates can enjoy having a go themselves, whilst understanding the benefits of their practical application for people living with dementia.

## Workshop Descriptions - Day 2

### Session 1 - Practical Workshop

All	Ideas Sharing – Adapting Gymnastics Delivery for Disabled Members	British Gymnastics	This practical session will provide an opportunity for all delegates to share ideas about how they adapt the way they teach skills within gymnastics to individuals with a range of impairments. In groups, delegates will be given several scenarios to consider, for instance how can you ensure that warm up games are fun and inclusive for a new gymnast with a hearing impairment, or how could you support a wheelchair user to try balancing activities on a bench or beam? Whether you have lots of experience in this area or are completely new, you should be able to learn something from others and gain ideas about adapting activities within your own sessions.
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### Session 2

Option 1	Introduction to Autism for Sport and Physical Activity	National Autistic Society	National Autistic Society are the leading UK charity for autistic people (including those with Asperger syndrome) and their families. Delegates attending this workshop will gain an increased understanding of the autism spectrum and some of the common differences experienced by autistic people when participating in sport and physical activity. They will also learn of some basic strategies of support that can be provided to autistic individuals when in sporting environments.
Option 2	Connecting Differently Through Sport: Including deafblind participants	Sense	Sense is a national charity that supports people who are deafblind, have sensory impairments or complex needs, to enjoy more independent lives. Their workshop will provide information on a range of different visual and hearing impairments, as well as some examples and activities to demonstrate and simulate the experience of a deafblind person. Coaches will learn about methods of communication with deafblind people and practice how to implement these when working directly with a deafblind audience.

### Session 3

Option 1	<p>Visual Impairment Awareness in Sport, P.E and Physical Activity</p> <p>How to Engage and Coach People with Intellectual (Learning) Disability’.</p>	<p>British Blind Sport</p> <p>Special Olympics Great Britain</p>	<p>British Blind Sport are a National Disability Sport Organisation working to enable blind and partially sighted people to have the same opportunities as sighted people to access and enjoy sporting opportunities in the UK. This workshop will provide attendees with an overview about the work that British Blind Sport do, whilst also developing an understanding of sight loss, types of visual impairments and how we use sight classifications to create an equal playing field for VI athletes. From developing this understanding, we will then discuss the needs of VI people and the relevance in Gymnastics through providing adaptive techniques that will modify a session to be accessible to all your participants. We hope that from this presentation you are able to provide pathways and opportunities for VI people to participate in the sport of Gymnastics.</p> <p>Special Olympics will be delivering a workshop to support coaches and clubs to engage and support people with Intellectual (Learning) Disability to access and participate in Gymnastics. The workshop will expand your knowledge on; What is an Intellectual (Learning) Disability; Participation – Barriers &amp; Pathways; Communication; Engagement &amp; Coaching Tips and Support Resources</p>
Option 2	Introduction to Makaton	The Makaton Charity – Course Beetle	<p>Makaton is a language programme using signs and symbols to help people communicate. Having an awareness of what Makaton is - and how to ‘have a go’ is an ideal way for teachers or instructors to enhance the welcome they can offer to people with learning or communication difficulties. This Makaton Taster provides a practical introduction to the Makaton Language Programme, and how best to include people who may have difficulty with understanding and/or talking.</p> <p>Taster topics include:</p> <ul style="list-style-type: none"> <li>• Learning 30 signs and symbols to help get the idea of how Makaton works</li> <li>• How Makaton could be applied in gymnastics sessions</li> <li>• Hints and tips for effective signing</li> </ul>

