



NORTHEND UNITED YOUTH FOOTBALL CLUB BALLYMENA Established 2003

Northend United Youth Football Disability Policy

NEUFC – DA01

The aim of this policy is to provide guidelines to Club officials and volunteer team managers and coaches to on how to make Northend United Youth FC Club (hereinafter known as the Club) more inclusive of people with disabilities

1.0 Policy Statement

The Club will continue to proactively try to implement the inclusion of people with disabilities in our football programmes

2.0 Access to Buildings, Facilities and Equipment

The Club will only hire training and match facilities where reasonable adjustments have been made for the inclusion of people with disabilities both as a participant and as a spectator.

3.0 Coach Education and Training

The Club will encourage key personnel within the Club to attend appropriate Disability Awareness training, including DSNI's Disability Inclusion Training Course.

4.0 Participation Options

From experience, Disability Sports NI believes that many people with disabilities can participate in most sports with little or no adaptations. However, it may be necessary to adapt some sports (rules, playing surface, court size etc) to ensure the full inclusion of people with disabilities, particularly those with higher levels of impairment.

The Club has the following participation options for their teams:

- **Mainstream Participation:** Players with disabilities training and competing in one of our teams (e.g. A deaf player, an upper limb amputee player or a player with learning difficulties).
- **Integrated Participation:** Disabled and non disabled young people participating in the Football Development Centre with some adaptations to rules or equipment (e.g. playing a 'zoned' indoor version of football).

5.0 Coaching Guidelines

Many people with disabilities will have the ability to participate fully in football drills with little or no adaptations

However, for some players with more limited functional ability, it is important to adapt the skills sessions to fully include them

5.1 Modifying Rules

Make the game easier or harder by modifying the rules

Adjust the size of the playing area

Vary the size of the goals

Create different zones for players of different abilities

Alter the ways to score

Allow the sport to be played from a seated position

Allow players to play in different ways

Give players more reaction time

5.2 Adapting Equipment

Use larger or softer balls

Slow games down by using balls with less bounce

Use brightly coloured balls or balls with internal bells

6.0 Communication Tips

6.1 Communicating with People with Physical Difficulties

Speak in a manner appropriate to the age of the player

When speaking to wheelchair users do so at their level by crouching or sitting on a chair

When adapting skills, discuss them with the player

6.2 Communication with people with learning difficulties

Speak in a manner appropriate to the age of the player

Always ask the player for specific information

When using instructions, use simple straightforward words, avoiding jargon

Break skills down into easily learned steps and repeat them often and in a variety of ways

Avoid drills that rely on numeracy skills

Always demonstrate drills

Be patient and give players time to learn skills

6.3 Communicating with Blind or Partially Sighted people

Remember most blind/partially sighted people have some degree of sight so the use of equipment with good colour contrast will help most players

Use the player's name to gain attention

It is important that players hear your instructions clearly. To achieve this, face the person and speak directly to them

Before beginning your coaching sessions always familiarize the player with the environment. This includes explaining the layout of the area, number and location of other players and the location of potential hazards.

Give clear descriptions of each drill and always ask the player if they understand

If using any written information consider using large print

6.4 Communicating with people who are Deaf or Hard of Hearing

Make sure you have the player's attention before you start speaking

Position yourself in front of the player and maintain eye contact

Speak clearly but not too slowly and don't exaggerate your lip movements

Don't shout

If someone doesn't understand what you have said, try saying it in a different way and check they understand what you said

Where possible, use visual aids to explain technical points

Where possible, use demonstrations to explain drills

7.0 Language Guidelines

It is important to understand that some words and phrases commonly used to describe people with disabilities may cause offence.

Listed below are some words which many people with disabilities will find unacceptable, together with an alternative preferred by people with disabilities.

7.1 List of Unacceptable Words and Phrases

Unacceptable

Handicapped/cripple/special needs/invalid

Wheelchair bound/confined to a wheelchair

Mentally Handicapped

Deaf and Dumb

Epileptic/Diabetic

Dwarf

Mental

Spastic

Acceptable

Person with disability

Wheelchair user

Person with a learning disability

Deaf person

Person with epilepsy/diabetes

Person with restricted growth

Person with mental health difficulty

Person with Cerebral Palsy

8.0 Etiquette Guidelines

Treat people with Disabilities as adults

Talk directly to people with Disabilities

Do not be embarrassed by using everyday expressions such as “see you later” or “going for a walk”

Do offer assistance to people with disabilities

Do not be over-protective

Remember you should always be opened minded- positive attitudes are key to change