

# Halberg Inclusion Training



A course on modifying sport and physical activity to include all New Zealanders

Halberg Inclusion Training is a course on modifying physical activity and sport to include all New Zealanders in mainstream activities, events and programmes. The Inclusion Training programme enables schools and organisations to deliver physical activity to all, across various physical abilities and skill sets.

The course is delivered by a local Halberg Adviser, is tailored to meet your requirements and can be done face-to-face or online. Contact your local Adviser to discuss what options would best suit your school or organisation.

## Sessions include:

- An introduction to disability, inclusion and the Halberg Foundation
- A framework for modifying physical activity and sport
- An action plan created by participants, specific to their school or organisation
- Practical and interactive experience learning modified activities



## Additional resources and support include:

- Ongoing support and guidance from your local Halberg Adviser
- Evaluation process and review from the Halberg Foundation
- Certificates of participation at completion of programme

*"Completing a Halberg Inclusion Training has enabled our school to ensure that every student is involved without being excluded because of the structure or rules of a game."*

**Belinda Rowe**  
Deputy Principal  
Sunnydene School, Auckland

*"Do it.  
It's fun, useful and challenging"*

**Staff Member**  
Inglewood High School  
Taranaki



Register for a Halberg Inclusion Training at  
[www.halbergactive.co.nz](http://www.halbergactive.co.nz) or contact John Sigurdsson -  
Taranaki, Manawatū & Whānganui Adviser,  
021 190 4881 / [johns@halberg.co.nz](mailto:johns@halberg.co.nz)

# Inclusion Training Handout



## Our Vision

An inclusive New Zealand.

## Our Purpose

To enhance the lives of physically disabled New Zealanders by enabling them to participate in sport and recreation.

### The 'What is Inclusion?'

Halberg's philosophy on inclusion is to be accepted, empowered, valued and actively participating within a group structure or activity.

Apply STEP to increase inclusion and provide more opportunities for participants to achieve success in sports and active recreation.

## STEP for SUCCESS

**SPACE:** Consider surface, varying size of playing area, distance, zones.

**TASK:** Adjust rules, time, task complexity, individual roles, positions, pace, and utilise small sided games.

**EQUIPMENT:** Modify size, shape, weight, texture, sound, colour, and type. Add or remove equipment.

**PEOPLE:** Group people based on skill level, mixed ability, similar ability, use a buddy system, unopposed players.



# Halberg Adviser Regions and Contacts



For further information on how to include physically disabled young people contact your local Adviser or visit [www.halbergactive.co.nz](http://www.halbergactive.co.nz)



# Halberg Active Programme



Halberg Active is the Halberg Foundation's community programme supporting physically disabled young people around New Zealand to be active in sport and recreation.

## Halberg Games

The Halberg Games is a national three day sports competition open to 8-21 year olds with a physical or visual impairment.

Athletes compete for their regions and experience an authentic Games village environment. The event gives athletes an opportunity to enjoy the thrill of competition, healthy camaraderie and pursue further sporting goals.

The sports festival includes opening and closing ceremonies, masterclass sessions and up to 20 different sports.



## Halberg Advisers

Halberg Advisers are based around New Zealand and support young people and families to connect them to sport and recreation opportunities.



Advisers deliver Halberg Inclusion Training courses and collaborate with schools, local sport and recreation organisations, facilities and clubs to support inclusive programmes and events.

### Halberg Advisers can help you to:

- Connect to sport and recreation opportunities in your region
- Arrange a local Halberg Inclusion Training course at your school, sports club, facility or organisation
- Access information and support
- Learn about the Halberg Games
- Find out about local inclusive sports events and programmes
- Apply for Halberg Activity Fund grants towards equipment, lessons camps



For more information on any Halberg programme call your local Halberg Adviser on 0800 HALBERG or go to [www.halbergactive.co.nz](http://www.halbergactive.co.nz)



The Halberg Activity Fund provides grants to physically disabled young Kiwis to enable them to participate in sport and recreation.



Grants are provided to support physically disabled young people (aged 5 - 21) and help fund the costs of equipment, lessons, coaching or camps, thanks to the support from the Eagles Golfing Society of New Zealand.

#### What can you apply for?

- Equipment - either the adaption of equipment or the purchase of disability sport equipment
- Lessons and/or coaching
- Camps - costs associated with the young person attending the camp



The fund accepts applications made by, or on behalf of, individual physically disabled young people.



Halberg Junior Sports Days are regional events hosted by Halberg that engage young people to connect with different sports and recreational activities.

Halberg Advisers work with local sports clubs and organisations to deliver sports and activities. Attendees have the opportunity to experience a new sport and hopefully go on to join a local programme so they continue being active.



# Tips on Communication

- Communication needs to be clear and concise so everyone can process it
- It is important to break down each skill
- If someone doesn't understand or misses a key piece of information, they will struggle with the full task
- Sometimes we ask someone to perform an action that is made up of many different skills
- If someone hasn't learnt the skills first, then how can they complete the action?
- Everyone learns at different speeds so allow enough time for your group to learn at each step

Introduce yourself clearly

Offer assistance, but always wait for a reply

Give clear instructions and recheck for understanding

Speak directly rather than through a parent, caregiver or support person

Speak to the individual as you would to anyone else, regardless of age or impairment

# Tips on Terminology

- **Don't fixate on labels or medical terms** - you will only need to know if someone has a medical condition that may put them at risk in your activity
- **Learn about recommended wording** - ask a Halberg Adviser
- **Focus on what people can do** - let this guide your planning
- **Be open to learning** - disabled people will grow your knowledge as a coach as you learn more about their abilities
- **Keep it positive** - sport is a positive vehicle for social change and sport is fun. Positive language will enhance everyone's experience



Speak from the heart



Focus on what people can do



Be open to learning about conversations



Keep it positive

# What is Inclusion?

Halberg believes inclusion is belonging; being accepted, empowered; valued; and actively participating within a group structure or activity.

Inclusion can be a 'feeling' and in many different forms; we encourage this wholeheartedly as freedom of choice. Whether it is in your local netball club, in a youth group for other disabled children or choosing a recreational activity, we believe as long as you feel accepted in these areas then you are included.



## Barriers to Inclusion

### Attitudinal

- Attitude towards disability
- Attitude towards what an individual can do
- Attitude behind language used

### Structural

- Physical structures - buildings
- Sport curriculum structures
- Lack of education of those facilitating sport



### Personal

- Previous experiences
- Personal preferences
- Functional ability



# Can we do more?

## National Sports Organisations (NSOs)

- Inclusion policy
- Action plans or strategy
- Programme creation
- National alignment



## Regional Sports Organisations (RSOs)

- Collaborations with other organisations
- Inclusive events
- Training
- Messaging



## CLUB

- Welcoming attitudes
- Accessibility
- Inclusive programmes
- Promotion



## Regional Sports Trusts (RSTs)

- Practical training sessions
- Consultation with disabled people
- Collaboration with Halberg/ Parafed/Special Olympics
- Events for all

## Be a champion

Take responsibility for a situation and become the hero young disabled people need. It often takes someone to step up, be a leader and make changes to allow for inclusion.

And that isn't always the person in charge - change can come from anywhere. Be that champion!

