

Case Study

Inclusive Summer Camps

- Establish effective partnerships for an inclusive sector culture
- Empower and inclusive workforce
- Grow as a sector-leading, healthy and accountable organisation



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MetCaerdydd
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Background

The Cardiff Met Junior Holiday Sports Camps have been offering mainstream inclusive provision for several years, however I identified a need to offer some specific disability inclusive sessions for disabled children who would benefit for additional support or specific provision, plus their siblings.

After meeting with colleagues, Keira and Gethin, who run the Junior Holiday Camps we decided to trial four new disability inclusive sessions, each for a half day. Running on the first two Friday's of the school holidays, the mornings comprised of a multisport offer for disabled children and their siblings and the afternoons were wheelchair basketball sessions.

Workforce

Ahead of the Summer Camps all coaches for the mainstream and disability specific camps received a day of training. Part of this day was a one hour workshop I led on disability inclusion. This was a mix of practical activity and question and answer sections so coaches could build their confidence on including disabled children in sessions.

The majority of the coaches were Cardiff Met Students and in total over 30 coaches attended this training, which was very well received.

Coaches were asked to express and interest in coaching the disability sports camps and it was great to see so many coaches coming forward to work on this project and gain valuable experience



Outcomes

In total 32 children were booked on across the 4 camps. There were approximately 8 to 9 children at each camp, the majority being disabled children but a few were non-disabled siblings. We kept the camp cost at the lowest rate Cardiff Met camps were offering (bearing in mind the insight that families with a disabled child are almost twice as likely to be living in poverty as families who do not have a disabled child). We also offered a 50% discount for siblings to encourage families to bring their children to enjoy sport together in an inclusive environment.

Overall I was pleased with the number of bookings as we were trying the camps for the first time. We did promote it widely but there is work to be done to see how we can spread the word further as all the feedback from parents and children was very positive with several parents stating they couldn't understand why more parents didn't book their children in.



Whilst we had initially planned for the multisport session to be a mix of structured and unstructured activity, all the children preferred unstructured exploratory play, despite the coaches best efforts to run warm up drills. Due to the coaches training they were able to adapt to this and work with the children in small groups or on a one to one basis to ensure every child was having fun whilst being physically active in a way of their choice with a wide range of activities on offer. All the children stayed fully engaged for the full 3 hours of each session.

The wheelchair basketball sessions worked well as a more structured coached session which also matches what is provided at the weekly junior wheelchair basketball session at Cardiff Met University. This made it a familiar environment for children at the camp who already attend the weekly sessions and gave new participants an easier transition if they wanted to join the weekly sessions.

Planning inclusively from the outset meant we had a wide range of inclusive, adaptive sports equipment available. This became invaluable as not all the parents and guardians had completed the additional disability information when booking via the app. This meant that despite the fact a powerchair user with minimal arm movement attended the multisport camp, we had appropriate equipment available and enough staff and coaches to provide additional support for the child to experience a variety of activities.

Overall the camps were a big success and something I am sure we will repeat in the future.

“ Quote from a coach

Coaching disability sports within the summer camp program supplied by Cardiff Met Sport has been a joy to be a part of. It has enabled me to step out of my comfort zone of coaching and experiencing coaching in a different light.

The staff of the disability sector of Cardiff Met sport were a great help to me supplying me with support and guidance when coaching and supplying feedback along the way.

Coaching people with disabilities is a very rewarding practice, you get to see the joy on the children's faces getting them involved in sports that they don't normally get to face.

Seeing the children along with the parents enjoying interaction through sport is a great feel. I am proud to say I was able to help them get that joy from sport.

Coaching in this sector is a great way to expand the coaching knowledge and learn different sports and ways of coaching. Anyone who is looking to expand their coaching knowledge, I suggest helping within this sector.

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**Connor -
Cardiff Met Student
and Coach at all four
summer camps**