National Sport Snapshot | Ciplun Cenedlaethol o Chwaraeon

National Sport Snapshot Survey Report

April 2024 - March 2025

Inclusion in Action: Disabled Participation in Welsh Sport and Physical Activity

National Sport Snapshot

Ciplun Cenedlaethol o Chwaraeon

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Introduction

The National Sport Snapshot Survey (previously the Inclusive Club and Session Survey) provides insight into the participation trends of disabled individuals within community sport and physical activity across Wales. Initially launched in March 2022, the survey is disseminated biannually in April and September.

Participation data is collected by Disability Sport Wales (DSW) via an online survey completed by community club or session representatives. This report consolidates data from both Phase 1 and Phase 2 to reflect participation trends for the 2024/2025 fiscal year. The timeline for the Survey is outlined below:

In addition to overall participation, the survey captures intersectional data including:

- Gender identity
- Age groups (0–17 years, 18–59 years and 60 plus)
- Welsh language proficiency
- Ethnic diversity
- LGBTQ+ identification

Workforce demographics and club support needs are also explored.

For a definition of disability under the Equality Act 2010: please click here

Key Findings

The 24/25 National Sport Snapshot Survey Summary:

- Total Responses: 278
- Total Participants: 5,878 disabled individuals across 40 sports and activities
- Highest number of responses (regional area): Actif North Wales
- Highest number of responses (local authority area): Cardiff

Demographics & Representation

- Male participation was 37% higher than female participation.
- Disabled Female participation declined by 4% compared to 2023/24.
- Participation decreased with age; the 0–17 age group had the highest engagement.

Diversity Indicators

- 10.5% Welsh speakers (down 1.5% from the previous year).
- 4% identified as being from an Ethnically Diverse Community (down 2%).
- 2.5% identified as LGBTQI+ (up 1.5%).

Impairment Data

- 2,010 participants reported a learning impairment.

Workforce:

- Only 16% of the workforce identified as disabled.
- Need for support in retaining participants, coaches, and volunteers.
- Preference for workshop-based training and resources.

Thematic Overview

The survey findings are presented under six themes:

- Theme 1: Overview of Response Rates
- Theme 2: Inclusive Sport & Physical Activity Opportunities
- Theme 3: Participant Profiles and Participation Data
- Theme 4: Sport Partnership Data (including Local Authority data)
- Theme 5: Workforce Delivery & Support

Theme 1: Overview of Response Rates

This section provides an overview of the response rates to the National Sport Snapshot Survey 24/5, covering overall participation as well as response breakdowns by sport partnerships and local authorities.

Overall Response Rates

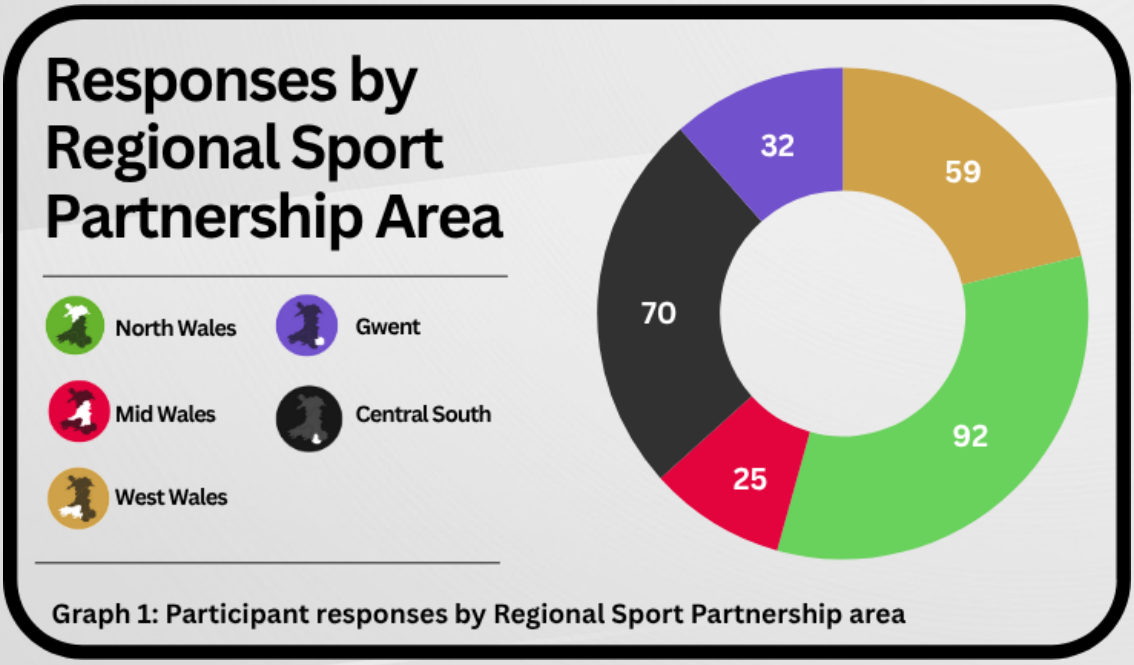
A total of 278 responses were collected from representatives of community clubs and session providers across Wales, spanning two phases of the survey. Phase 2 saw a decline in participation, with responses dropping by 56, from 167 to 111.

Appendix 1 - details all providers who delivered sessions or managed community clubs during the data collection period—covering Phase 1 (October to March 2024) and Phase 2 (April to September).

Appendix 2 - illustrates the insport standards assigned to each provider, ranging from "None" and "Working Towards" to Ribbon, Bronze, Silver, or Gold

Sport Partnership Response Rates

Actif North Wales had the highest response rate at 33%, while the Mid Wales Sport Partnership had the lowest at 9%. Graph 1 shows the combined total response rates for each of the five sport partnerships in Wales.



Graph 1: Participant responses by Regional Sport Partnership area

Local Authority Response Rates

Cardiff recorded the highest response rate with 30 responses, whereas Monmouthshire had the lowest, with just 3 responses.

The table below presents the total number of responses for each Local Authority in Wales.

Local Authority	Total Responses
Cardiff	30
Isle of Anglesey	28
Pembrokeshire	23
Gwynedd	17
Wrexham	16
Rhondda Cynon Taf	16
Neath Port Talbot	15
Ceredigion	14
Newport	13
Conwy	13
Carmarthenshire	13
Bridgend	12
Powys	11
Denbighshire	9
Flintshire	9
Swansea	8
Merthyr Tydfil	7
Torfaen	6
Vale of Glamorgan	5
Blaenau Gwent	5
Caerphilly	5
Monmouthshire	3
Wales Total	278

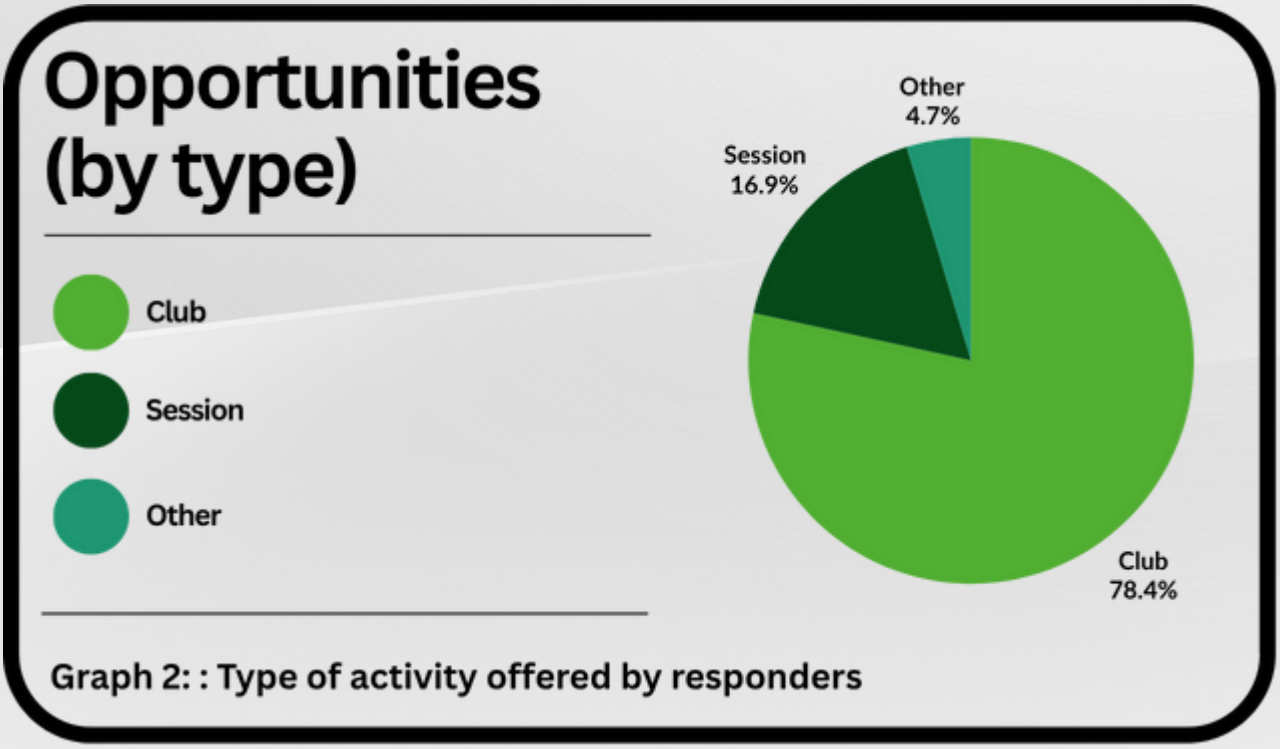
Table 1: Response rate for each local authority (ranked 1-16).

Theme 2: Inclusive Community Sport & Physical Activity Opportunities

This section provides an overview of the type and variety of activities delivered by providers across Wales to promote participation among disabled individuals.

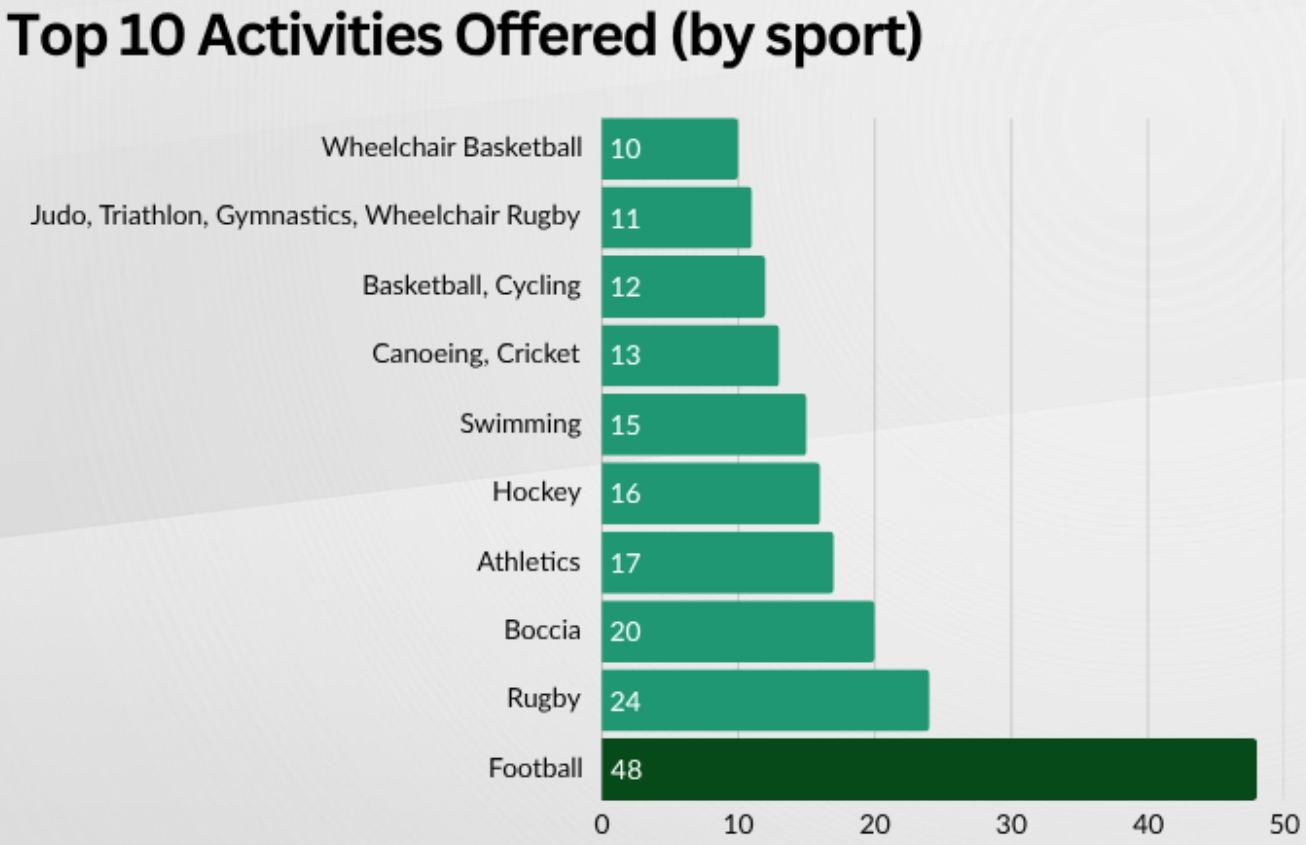
Number of Clubs, Sessions, and Other Activities Offered

Across the year, there were 278 opportunities for disabled individuals to participate in physical activity or sport. Clubs accounted for 78% of these opportunities (218 clubs), while sessions comprised 17% (47 sessions), and the remaining 5% were delivered through other delivery formats (13)



Graph 2: : Type of activity offered by responders

Football was the widest delivered activity across the year.



Graph 3: Top Ten Activities Offered (by sport)

Note: the Boccia sessions were multiple sessions that were offered through various activity providers.

Theme 3: Participation Data and Participant Profiles

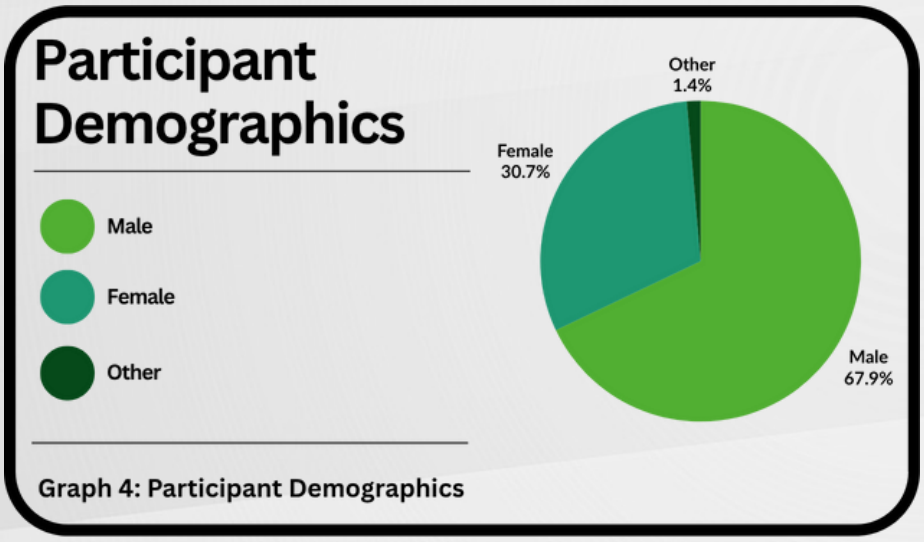
This section presents participation data and a demographic overview. Disabled participants were grouped by gender (female, male, and other) and categorised into three age groups: 0–17 years, 18–59 years, and 60+. The survey also captured data on participants who speak Welsh, come from ethnically diverse communities, or identify as LGBTQI+.

Participant Profiles

Across the 22 local authorities, 5,878 disabled individuals participated in sport and physical activity. A summary of the participant profiles is provided below:

Participant Profiles	Total Participants 2024/25
Female Disabled Participants	
0-17 years	1021
18-59 years	627
60+ years	157
Total	1,805 Disabled Participants who are Female
Male Disabled Participants	
0-17 years	1800
18-59 years	1740
60+ years	452
Total	3,992 Disabled Participants who are Male
Disabled Other Participants	
0-17 years	36
18-59 years	39
60+ years	6
Total	81 Disabled Other Participants
Overall Total:	5,878 Participants 2024/25

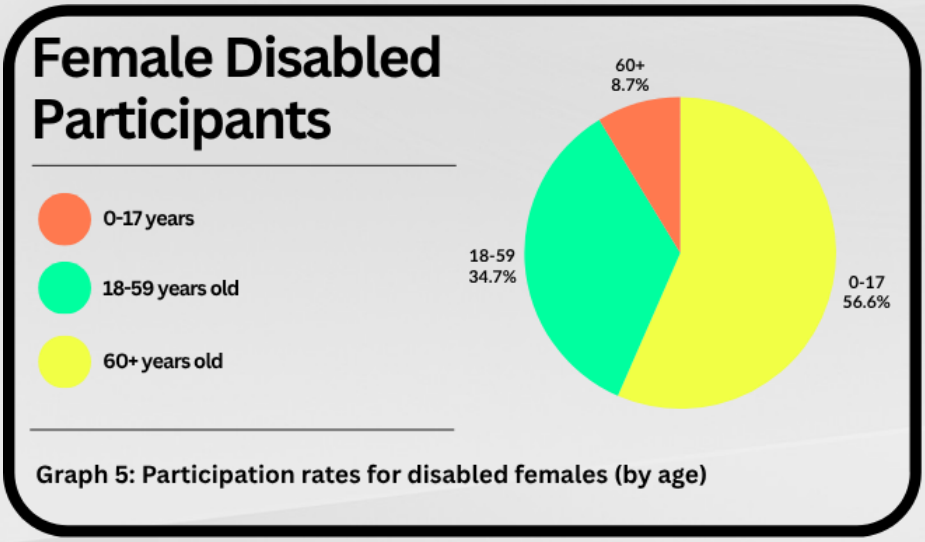
Table 2: Participant Profiles



Graph 4: Participant Demographics

Disabled Participants Who Are Female

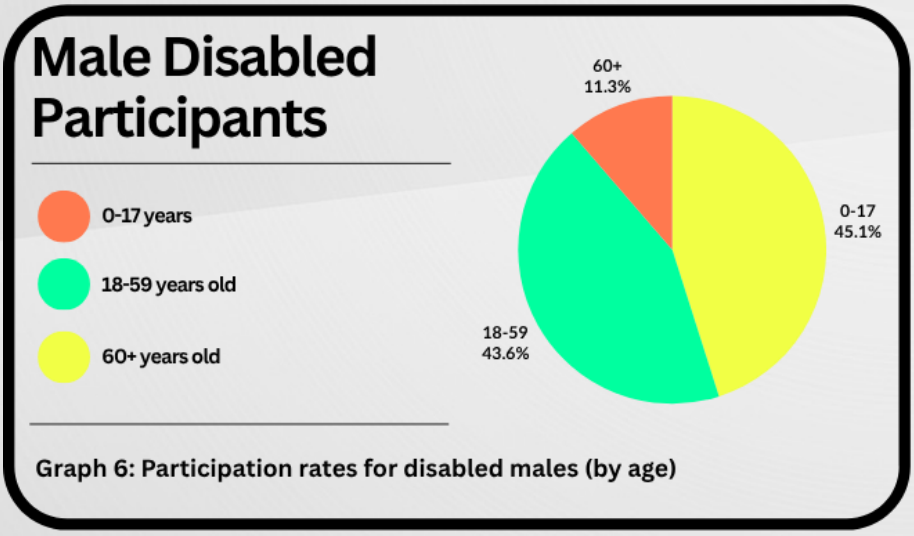
Of the 5,878 disabled individuals who participated in sport and physical activity during 2024/25, 1,805 were female, accounting for 31% of the total population. Most of these participants were aged 0–17 (56%). Participation decreased in older age groups, with 35% of disabled females aged 18–59 remaining active. The lowest participation levels were observed among those aged 60 and over.



Graph 5: Participation rates for disabled females (by age)

Disabled Participants Who Are Male

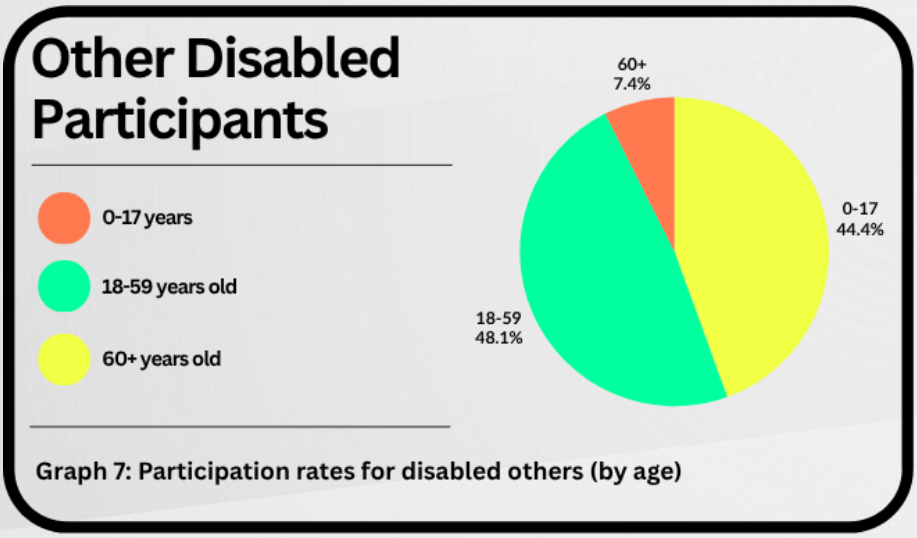
Of the 5,878 disabled individuals who participated in sport and physical activity during 2024/25, 3,992 were male, accounting for 67% of the total population. Most of these participants were aged 0-17 (45%), closely followed by the 18-59 age group (44%). The lowest participation levels were recorded among those aged 60+ (11%).



Graph 6: Participation rates for disabled males (by age)

Disabled Other Participants

Of the 5,878 disabled individuals who engaged in sport and physical activity during 2024/25, 81 belonged to the Disabled Other group, representing just 1% of the surveyed population. Most of these participants were aged 18-59 (48%). The lowest participation rate was observed among Disabled Others was in the 60+ group (7%).



Graph 7: Participation rates for disabled others (by age)

Age-Related Trends in Participation

Data shows a clear decline in participation rates for both Disabled Males and Disabled Females as they age:

	0-17 years	18-59 years	60+years
Disabled Females	1021	627	157
Disabled Males	1800	1740	452

While the overall trend reflects decreasing participation with age, there is a slight increase in engagement within the 18–59 age group among individuals identifying as Disabled Other. However, participation drops significantly in the 60+ category:

	0-17 years	18-59 years	60+years
Disabled Others	36	39	6

The age group data reveals that the 0-17 age group had the highest number of disabled participants in sport and physical activity during the 2024/25 year, with a

total of 2,857 individuals. In contrast, the 60+ age group recorded the lowest participation, with only 615 individuals taking part.

Participant Profiles	Total Participants 2024/25
Disabled Participants 0-17	
Disabled Female	1,021
Disabled Male	1,802
Disabled Other	36
Total	2,857 Disabled Participants Aged 0-17
Disabled Participants 18-59	
Disabled Female	627
Disabled Male	1,740
Disabled Other	39
Total	2,406 Disabled Participants Aged 18-59
Disabled Participants 60+	
Disabled Female	157
Disabled Male	452
Disabled Other	6
Total	615 Disabled Participants Age 60+
Overall Total	5,878 Participants 2024/25

Table 3: Age Group Data

Disabled Participants who are Welsh Speaking

The total number of disabled participants who were Welsh speaking was 620 out of 5,878. This equates to 10.5% of the survey population.

Disabled Participants from an Ethnically Diverse Community

The total number of disabled participants who were from an ethnically diverse community was 235 out of 5,878. This equates to 4% of the survey population.

Disabled Participants who identify as LGBTQI+

The total number of disabled participants who identified as LGBTQI+ was 152 out of 5,878. This equates to 2.5% of the survey population.

Participants' Specific Impairment Types (optional question)

The table, below, outlines the types of impairments/disabilities among participants who took part in activities and/or sports at the clubs that responded to the National Sport Snapshot Survey 24/25.

Impairment	Total Participants
Visual Impairment (Blind or Partially Sighted)	262
Hearing Impairment D/deaf or Hard of Hearing)	383
Physical Impairment & Ambulant with a Prosthetic (lower limb or upper limb)	152
Physical Impairment & Ambulant (No Prosthetic)	708
Physical Impairment & Wheelchair User (including power chair, manual or sports)	471
Learning Impairment/Disability	2010
Neurodiverse (e.g. Autism Spectrum, ADHD)	1072
Learning Difficulty (Movement Co-ordination Difficulty, Dyspraxia, Dyslexia)	1308
Another Disability or Impairment	367

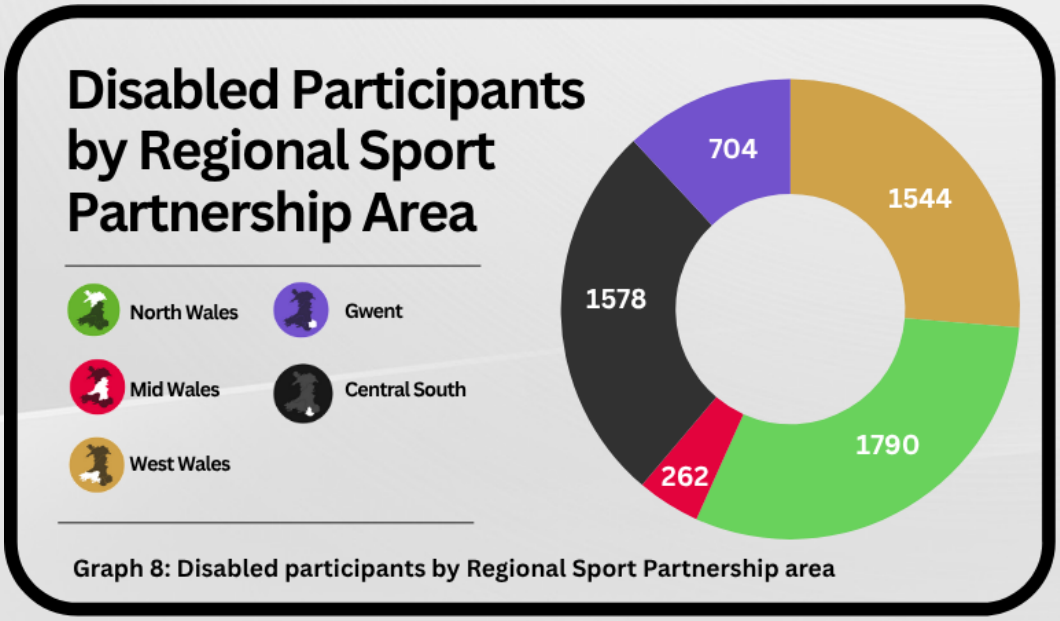
Table 4: Types of Impairments/Disabilities

Theme 4: Sport Partnership Data

This section presents an overview of the findings for each of the five sport partnerships in Wales:

- Central South Active
- Gwent (in development)
- Mid Wales
- Actif North Wales
- West Wales

The chart below shows the breakdown of disabled participants for each Sport Partnership.



Graph 8: Disabled participants by Regional Sport Partnership area

Further details on the demographic data for each Sport Partnership is available on the following pages.

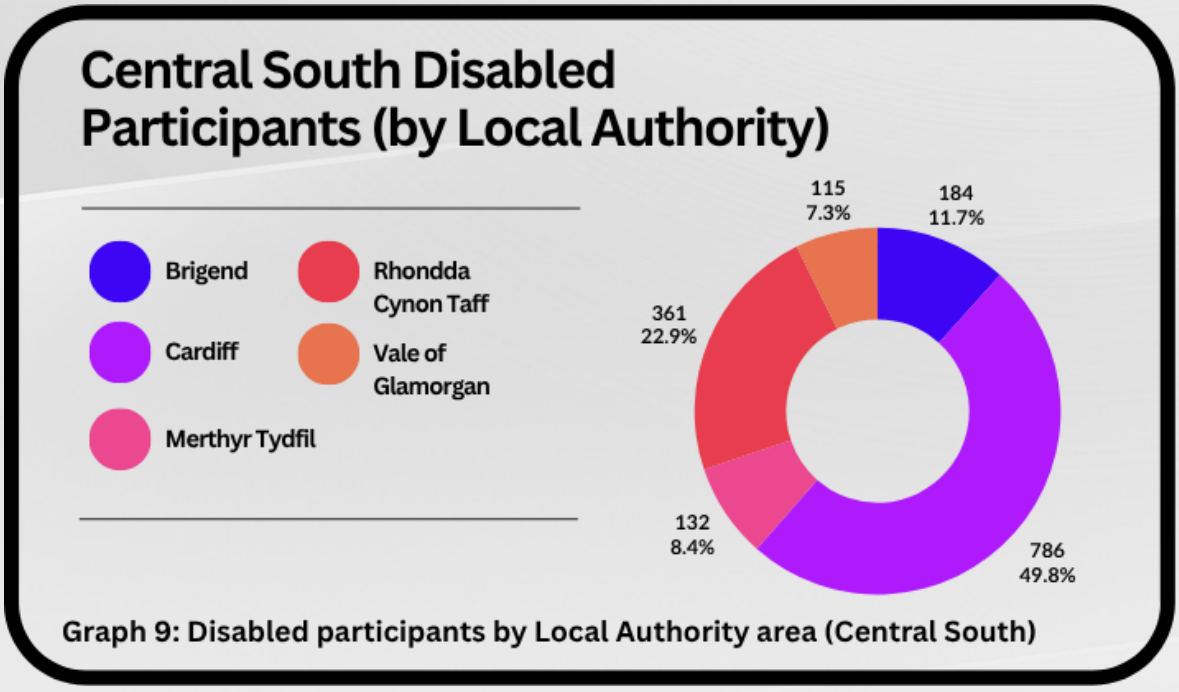
Central South Active Sport Partnership

The Central South Active Sport Partnership consists of five local authorities:

- Bridgend
- Cardiff
- Merthyr Tydfil
- Rhondda Cynon Taf
- Vale of Glamorgan

1,578 participants represented the Central South Active Sport Partnership, accounting for 27% of the overall surveyed population.

The local authority with the highest number of disabled participants was Cardiff with 786 participants.



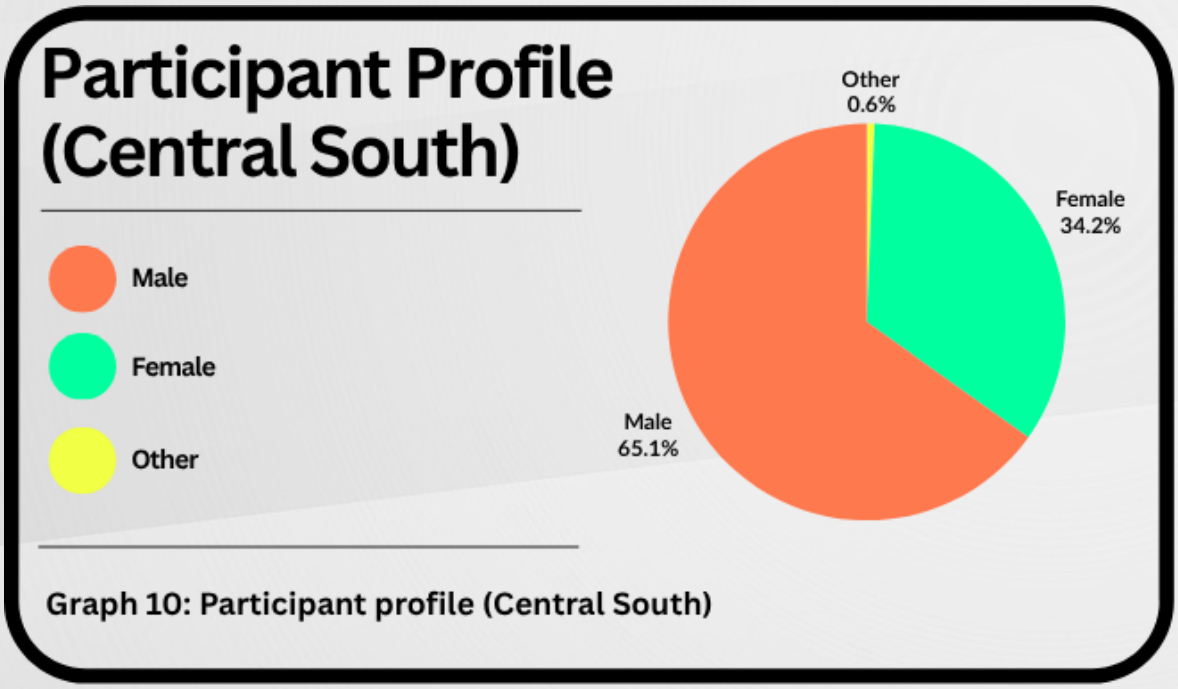
Graph 9: Disabled participants by Local Authority area (Central South)

The Table, below, provides an overview of participant profiles and the number of participants for each of the five local authorities in the Central South Active Sport Partnership:

	Bridgend	Cardiff	Merthyr Tydfil	Rhondda Cynon Taf	Vale of Glamorgan	TOTAL
Males						
0-17	64	94	55	141	27	381
18-59	36	231	17	53	49	386
60+	5	254	0	2	0	261
Total Males	105	579	72	196	76	1028 Males
Females						
0-17	62	69	38	133	17	319
18-59	14	87	20	27	20	168
60+	2	43	2	4	2	53
Total Females	78	199	60	164	39	540 Females
Other						
0-17	1	2	0	0	0	3
18-59	0	4	0	1	0	5
60+	0	2	0	0	0	2
Total Other	1	8	0	1	0	10 others
Total Participants	Bridgend 184	Cardiff 786	Merthyr Tydfil 132	Rhondda Cynon Taf 361	Vale of Glamorgan 115	Central South 1578

Table 5: Local Authority Participation Figures Central South

The largest participant group was Disabled Males, making up 65% of the region's population. In contrast, the smallest group was Disabled Other, accounting for just 1% of the survey population.



Graph 10: Participant profile (Central South)

- Among Disabled Males, the 18-59 age group had the highest participation in sport and physical activity, with 386 individuals—slightly more than the 381 participants in the 0-17 age group.
- Overall, 1,028 Disabled Males engaged in sport and physical activity within the Central South Active Partnership, nearly double the 540 Disabled Female participants.
- Notably, participation among Disabled Females declines after age 17, dropping from 319 participants in the 0-17 age group, to 168 participants in the 18-59 category, and finally to 53 participants in the 60+ group.
- In the 60+ population group, Disabled Males (261) were more active in sport and physical activity than Disabled Females (53) and Disabled Others (2).
- Of the 1,578 participants in the Cardiff South Active Partnership, 148 were Welsh-speaking, 69 identified as from an ethnically diverse community, and 35 as LGBTQI+.

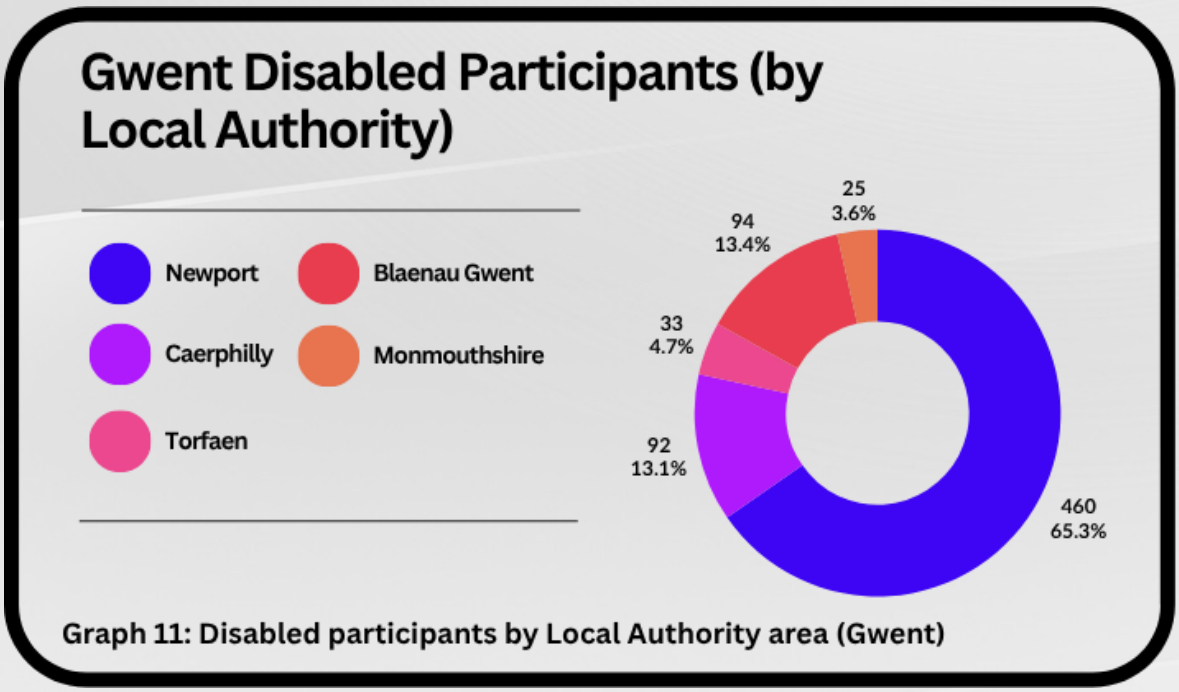
Gwent Sport Partnership

The Gwent Sport Partnership, which is under development, consists of five local authorities:

- Blaenau Gwent
- Caerphilly
- Monmouthshire
- Newport
- Torfaen

A total of 704 participants represented the Gwent Sport Partnership, accounting for 12% of the overall surveyed population.

The local authority with the highest number of disabled participants was Newport, with 460 participants.



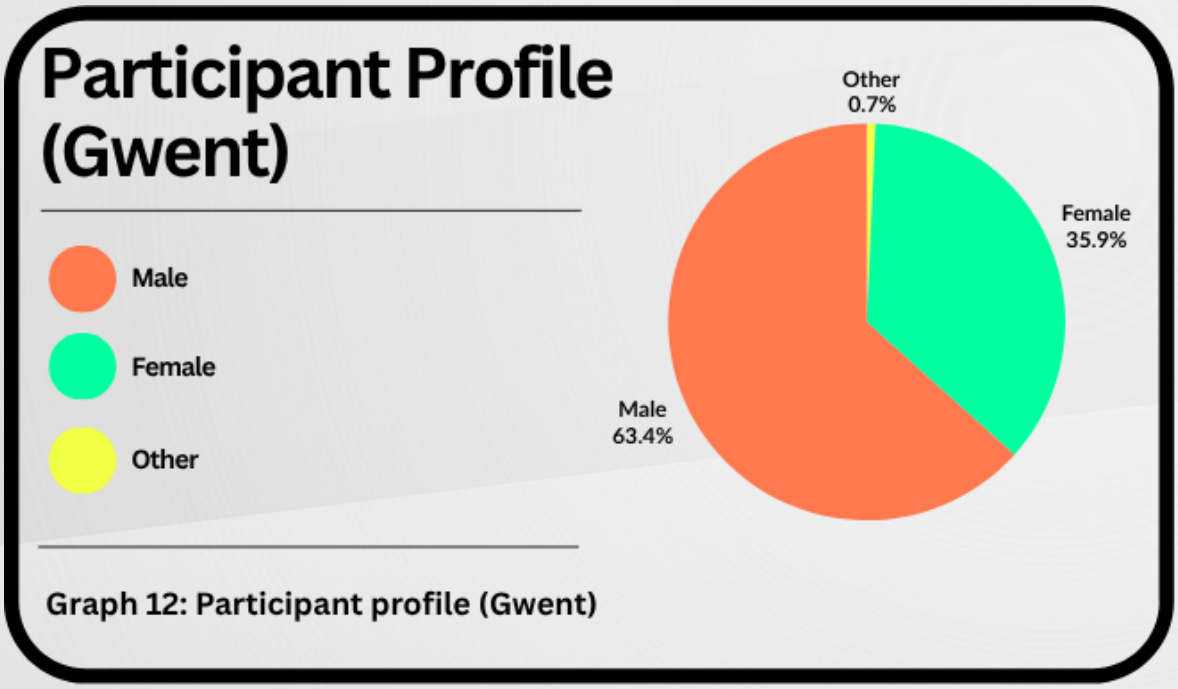
Graph 11: Disabled participants by Local Authority area (Gwent)

The table below, provides a detailed overview of participation profiles and the number of participants for each local authority in Gwent.

	Blaenau Gwent	Caerphilly	Monmouth shire	Newport	Torfaen	Total
Males						
0-17	20	11	18	234	6	289
18-59	40	12	0	41	17	110
60+	12	0	0	30	5	47
Total Males	72	23	18	305	28	446 Males
Females						
0-17	5	60	7	135	0	207
18-59	16	9	0	9	5	39
60+	1	0	0	6	0	7
Total Females	22	69	7	150	5	253 Females
Other						
0-17	0	0	0	0	0	0
18-59	0	0	0	5	0	5
60+	0	0	0	0	0	0
Total Other	0	0	0	5	0	5 Others
Total Participants	Blaenau Gwent 94	Caerphilly 92	Monmouth shire 25	Newport 460	Torfaen 33	Gwent 704

Table 6: Local Authority Participation Figures - Gwent.

The largest participant group was Disabled Males making up 63% of the population. In contrast, the smallest population group was Disabled Other, accounting for just 1%.



Graph 12: Participant profile (Gwent)

Key Findings

- Among Disabled Males, the 0-17 age group had the highest participation in sport and physical activity, with 289 participants. Participation figures dropped, however, at 18 years to 110 participants in the 18-59 age bracket, and dropped again in the 60+ age group to 47 participants.
- Notably, participation among Disabled Female declines after aged 17, dropping from 207 participants in the 0-17 age group, to 39 participants in the 18-59 category, and finally to 7 participants in the 60+ group.
- In the 60+ age group, Disabled Others (54) were more active in sport and physical activity than Disabled Males (47) and Disabled Females (7).
- Of the 704 participants in Gwent, 18 were Welsh Speaking, 41 identified as from an ethnically diverse community, and 13 as LGBTQI+.

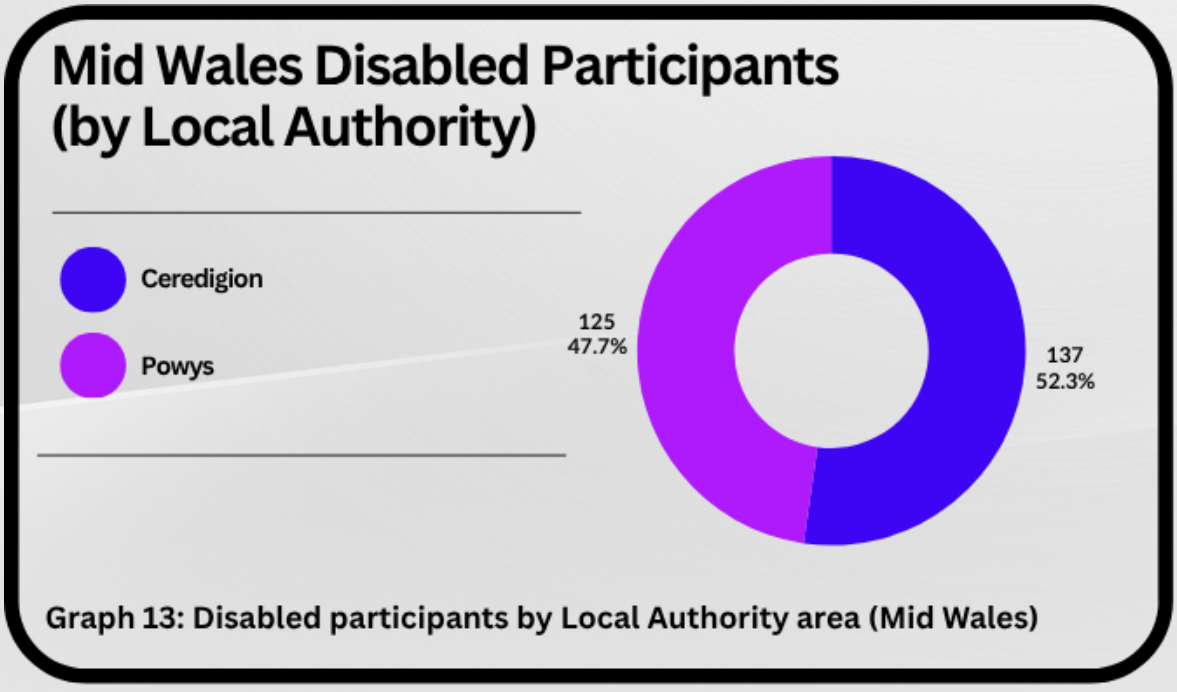
Mid Wales Sport Partnership

The Mid Wales Sport Partnership consists of two local authorities:

- Ceredigion
- Powys

A total of 262 participants represented the Mid Wales Sports Partnership, accounting for 5% of the survey population.

The local authority with the highest number of disabled participants (52%) was Ceredigion, with 137 participants.



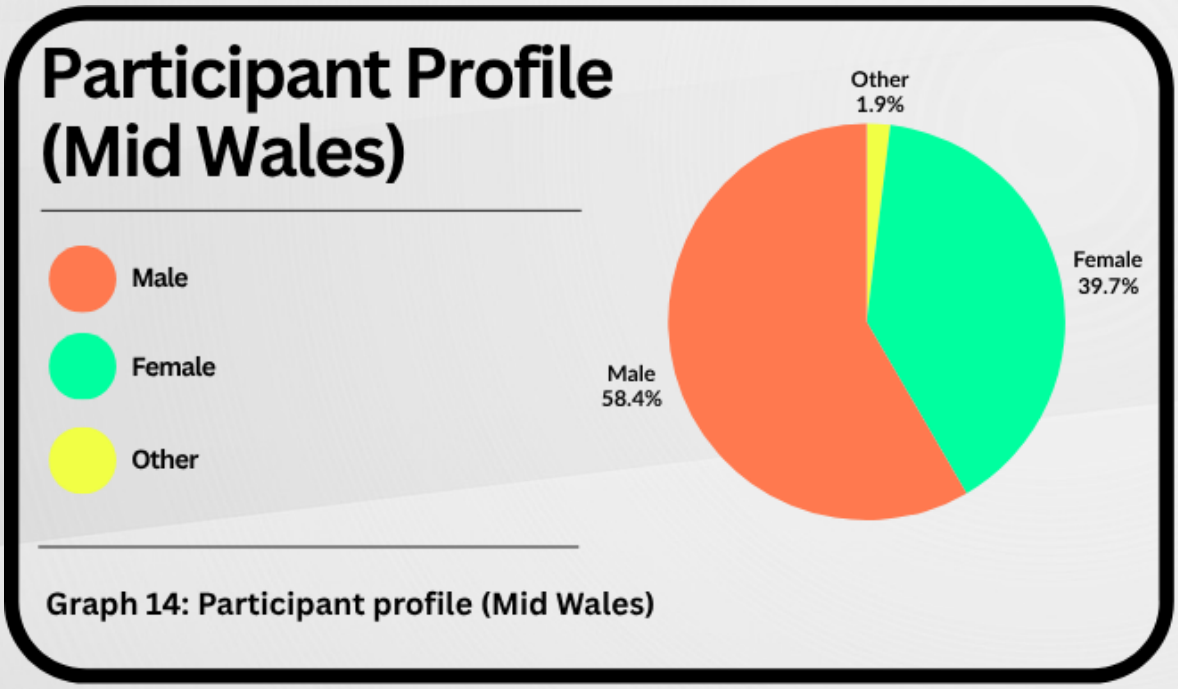
Graph 13: Disabled participants by Local Authority area (Mid Wales)

The table, on the next page, provides an overview of the participant profiles and the number of participants for each local authority in the Mid Wales.

	Ceredigion	Powys	Total
Males			
0-17	45	17	62
18-59	30	30	60
60+	16	15	31
Total Males	91	62	153 Males
Females			
0-17	17	13	30
18-59	22	35	57
60+	7	10	17
Total Females	46	58	104 Females
Others			
0-17	0	5	5
18-59	0	0	0
60+	0	0	0
Total Other	0	5	5 Others
Total Participants	Ceredigion 137	Powys 125	262 Mid Wales

Table 7: Local Authority Participation Figures

The largest participant group was Disabled Males, making up 58% of the region's population. In contrast, the smallest group was Disabled Other, accounting for just 2%.



Graph 14: Participant profile (Mid Wales)

Key Findings

- Among Disabled Males, the 0-17 age group had the highest participation in sport and physical activity, with 62 individuals – slightly more than the 60 participants in the 18-59 age group.

- Participation among Disabled Females increased for the 18-59 age group, with 57 participants, compared to 30 participants in the 0-17 age group. This figure was different to data in the other partnerships, where there was a drop off in participation for Disabled Females aged 18 plus.

- For the 60+ population, Disabled Males (31) were more active in sport and physical activity than Disabled Females (17) and Disabled Others (5).

- Of the 262 participants in Mid Wales, 31 were Welsh Speaking, 6 identified as from an ethnically diverse community, and 5 as LGBTQI+.

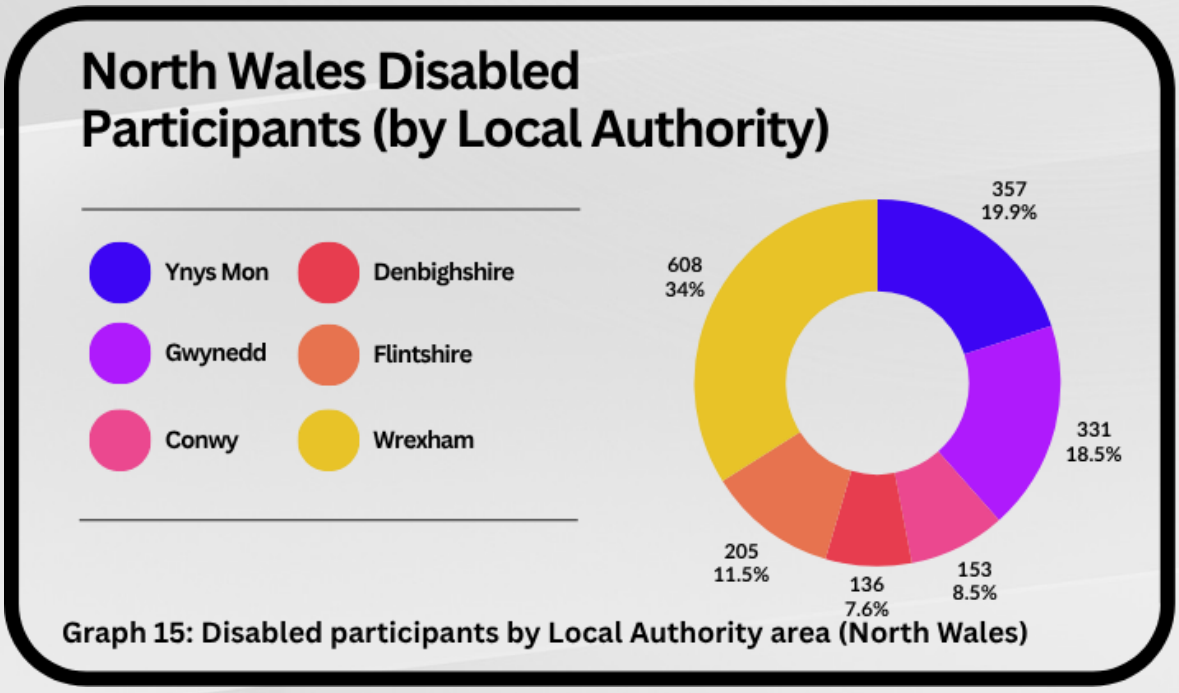
Actif North Wales Sport Partnership

The Actif North Wales Sport Partnership consists of six local authorities:

- Conwy
- Denbighshire
- Flintshire
- Gwynedd
- Isle of Anglesey
- Wrexham

A total of 1,790 participants represented the Actif North Wales Partnership, accounting for 30% of the overall survey population.

The local authority with the highest number of disabled participants was Wrexham, with 608 participants.



Graph 15: Disabled participants by Local Authority area (North Wales)

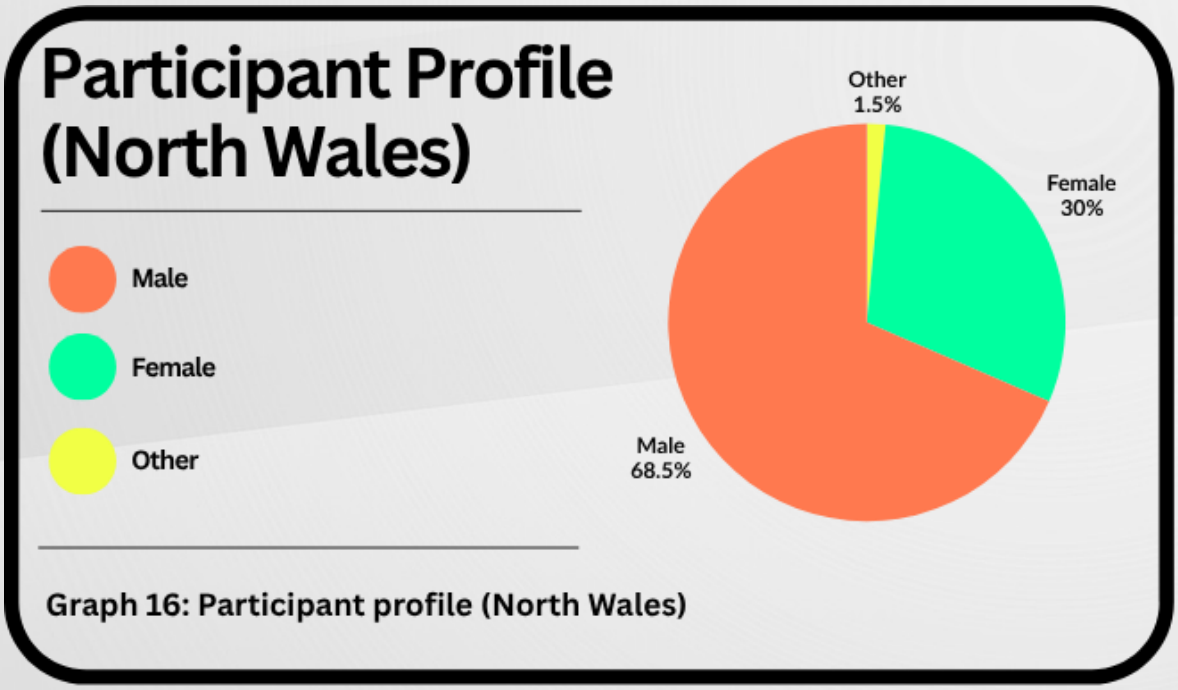
The table below provides a detailed overview of the participant profiles and the number of participants for each of the six local authorities in North Wales.

	Conwy	Denbighshire	Flintshire	Gwynedd	Isle of Anglesey	Wrexham	Total
Males							
0-17	39	36	65	100	50	338	628
18-59	42	46	52	90	159	143	532
60+	17	5	4	15	19	6	66
Total Males	98	87	121	205	228	487	1226 Males
Females							
0-17	16	25	48	76	17	82	264
18-59	21	21	28	44	91	25	230
60+	13	3	5	2	18	2	43
Total Females	50	49	81	122	126	109	537 Females
Other							
0-17	0	0	0	1	0	10	11
18-59	5	0	3	0	3	2	13
60+	0	0	0	3	0	0	3
Total Other	5	0	3	4	3	12	27 Other
Total Participants	153	136	205	331	357	608	1790 North Wales

Table 8: Local Authority Participation Figures – North Wales

The largest participant group was Disabled Males, making up 68% of the region's population. In contrast, the smallest group was Disabled Other, accounting for just 2%.

Table 16: Participant Profiles- North Wales



Key Findings

- Among the Disabled Male group, the 0-17 age group had the highest participation in sport and physical activity, with 628 individuals.

- Participation among Disabled Males declines after age 17, dropping from 628 in 0-17 group to 532 in the 18-59 category.

- Overall, 1,226 Disabled Males engaged in sport and physical activity within the Actif North Wales Partnership, more than double the 537 Disabled Female participants.

- Notably, participation amongst Disabled Females declines after age 17, dropping from 264 in the 0-17 group to 230 in the 18-59 category.

- For the 60+ population Disabled Males (66) were more active in sport and physical activity than Disabled Females (43) and Disabled Others (27).

- Out of the 1790 participants in North Wales, 340 were Welsh Speaking, 69 identified as from an ethnically diverse community, and 51 as LGBTQI+.

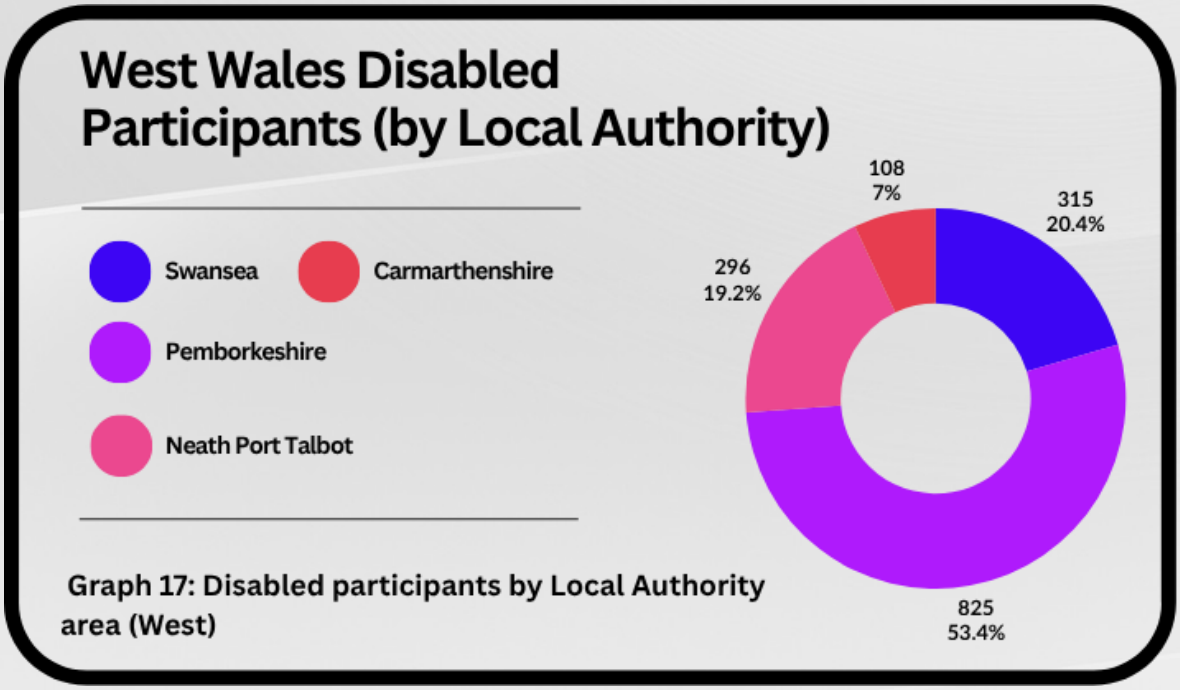
West Wales Sport Partnership

The West Wales Sport Partnership consists of four local authorities:

- Carmarthenshire
- Neath Port Talbot
- Pembrokeshire
- Swansea

A total of 1,544 participants represented the West Wales Sport Partnership, accounting for 26% of the overall survey population.

The local authority with the highest number of disabled participants was Pembrokeshire, with 825 participants.



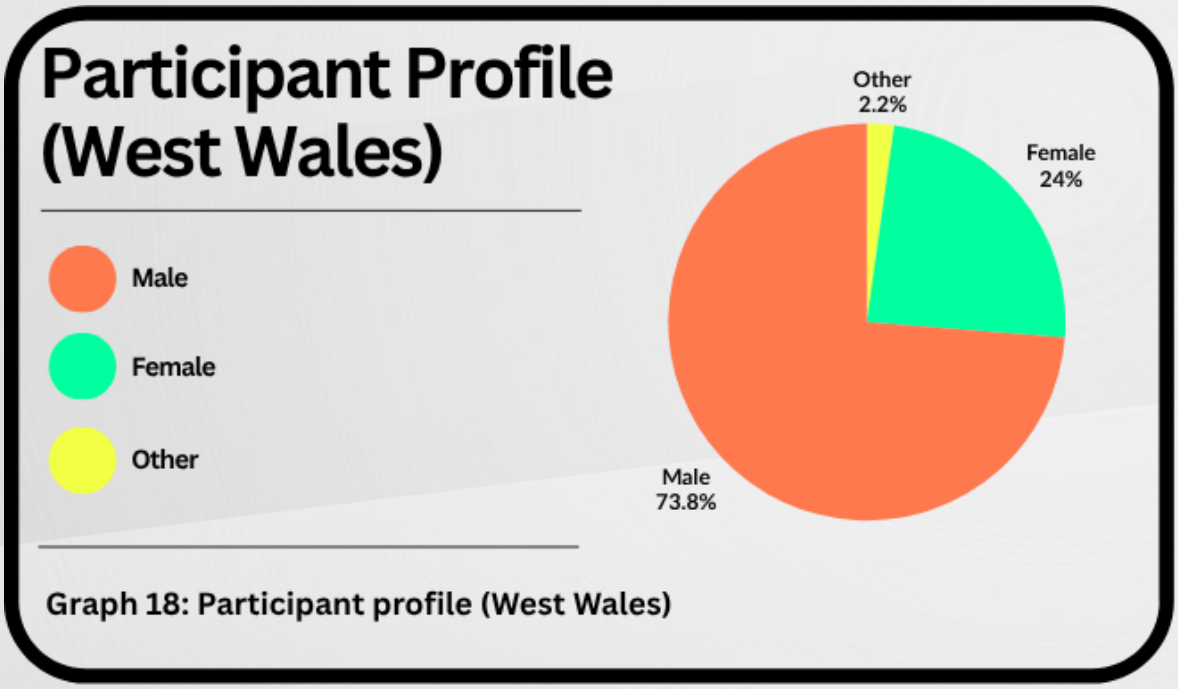
Graph 17: Disabled participants by Local Authority area (West)

The table overleaf provides a detailed overview of participant profiles and the number of participants for each of the four local authorities in West Wales.

	Carmarthenshire	Neath Port Talbot	Pembrokeshire	Swansea	Total
Males					
0-17	54	130	237	19	440
18-59	17	92	313	230	652
60+	0	3	34	10	47
Total Males	71	225	584	259	1139 Males
Females					
0-17	28	57	114	2	201
18-59	8	7	72	46	133
60+	1	0	35	1	37
Total Females	37	64	221	49	371 Females
Others					
0-17	0	5	10	2	17
18-59	0	1	10	5	16
60+	0	1	0	0	1
Total Other	0	7	20	7	34 Others
Total Participants	108	296	825	315	1544 West Wales

Table 9: Local Authority Participation Figures – West Wales

The largest participant group was Disabled Males, making up 73% of the region's population. In contrast, the smallest group was Disabled Other, accounting for just 2%.



Graph 18: Participant profile (West Wales)

Key Findings

- Among Disabled Males, the 18-59 age group had the highest participants in sport and physical activity, with 652 individuals, 212 more than the participants in the 0-17 age group.

- Overall, 1,139 Disabled Males engaged in sport and physical activity, compared to 379 Disabled Females.

- Notably, participation among Disabled Females declines after age 17, dropping from 201 in the 0-17 age group to 133 in the 18+ category.

- For the 60+ population, Disabled Males (66) were more active in sport and physical activity than Disabled Females (43) and Disabled Others (27).

- West Wales had the highest number of Disabled Other participants (34) across the five sports partnerships,

- Of the 1,544 participants in West Wales, 83 were Welsh speakers, 50 identified as being from an ethnically diverse community, and 35 identified as LGBTQI+

Theme 5: Workforce Delivery & Support

Workforce

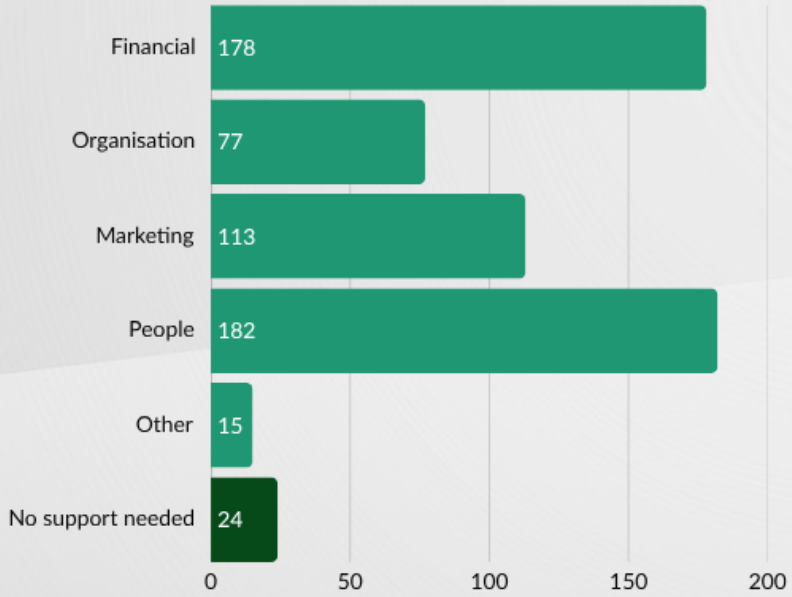
The National Sport Snapshot Survey also explored who was involved in delivering and supporting inclusive or disability-focused activities within clubs or sessions, including coaches, officials, and other volunteers or support staff who help sustain these opportunities.

Data from the survey indicates that, of the 2,973 individuals in the workforce, 84% were non-disabled (2,491 individuals) and 16% were disabled (482 individuals). Additionally, among these individuals, 138 were Welsh-speaking, 48 were from ethnically diverse backgrounds, and 63 identified as LGBTQI+.

Support

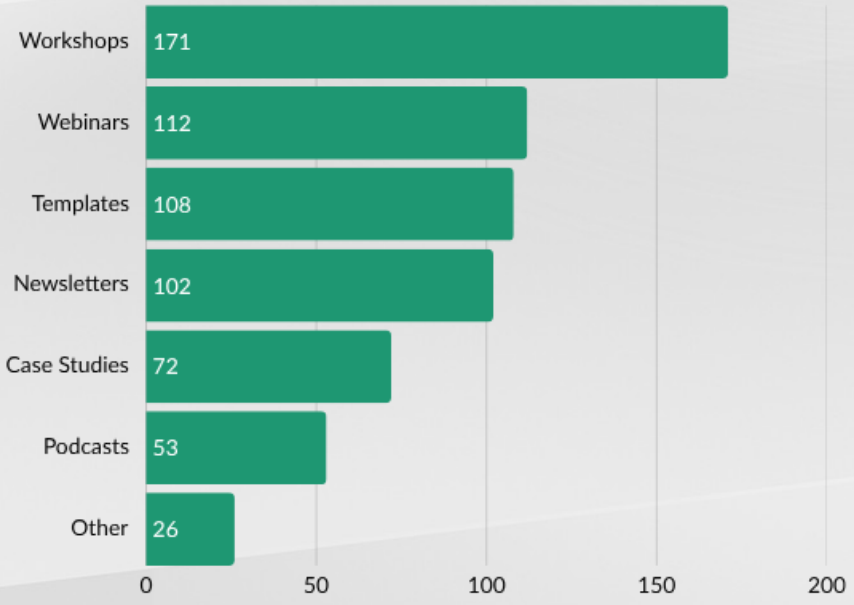
Respondents also shared the type of support their club or session would be interested in to enhance their practice (tools, resources, or training). Combined responses indicated a strong demand for support across several areas, with the 'People' category receiving the highest level of interest. The 'People' category refers to 'attracting and sustaining participants, coaches, and volunteers.

Number of responses requesting further support (by areas of support)



Graph 20: Areas of support respondents were interested in

Number of responses requesting further support (by type of support)



Graph 21: Tools, resources, or training respondents were interested in

Reflection and Enhancement Areas Moving Forward

This section offers a reflection on the findings and presents recommended actions for improvement

Explore the Decline in Participation Among Disabled Individuals with Age

The National Sport Snapshot Survey 2024/25 highlights a clear decline in sport and physical activity participation among disabled individuals as they age. While there is a slight increase in engagement within the 18–59 age range for those identifying as Disabled Other, the overall trend shows a marked drop in participation with increasing age.

This pattern is consistent with findings from the Sport Wales Activity Tracker Survey, which reported that 20% of respondents aged 55 and over had done no physical activity in the past week—compared to 10% of those aged 35–54 and just 6% of those aged 16–34 (Sport Wales, 2025).

There is substantial evidence indicating a decline in participation rates among disabled individuals, particularly as they age (Carr, Atkin & Milton, 2025; Sport Wales Activity Tracker Survey, 2025). The findings from the National Sport Snapshot Survey also correlate with data from the National Survey for Wales 2020-2023, which highlights that inactivity increases with age for disabled adults.

Improve Participation Among Disabled Adults Aged 60 and Over

As noted above, inactivity increases with age among disabled adults. Those aged 60 and over have the lowest participation rates in the National Sport Snapshot Survey, with only 10% currently engaging in sport or physical activity.

Findings from the Wales Activity Tracker Survey further reveal that older adults in Wales face multiple challenges when accessing and participating in sport and physical activity. Notably, only 66% of older adults believe they are capable of being physically active, compared to 77% of younger adults (Sport Wales).

These figures highlight the urgent need for targeted interventions and meaningful collaboration with disabled individuals aged 60 and over. Efforts should aim to address key barriers—such as accessibility, awareness, and motivation—to create inclusive, supportive environments that encourage and enable participation in sport and physical activity in later life.

Address the Gender Gap in Disabled Participation

Data from the 2024/25 National Sport Snapshot Survey clearly highlights a gender disparity in sport and physical activity participation among disabled individuals. Female participation stands at just 31%, significantly lower than the 68% reported for disabled males—a gap of 37 percentage points.

This trend mirrors findings from both the National Survey for Wales and the School Health Research Network Surveys (2021–2023), which also show consistently lower participation rates among females compared to males.

Notably, the 2024/25 figure for Female Disabled participation (31%) represents a 4% decrease from the previous year's survey (35%). In contrast, male disabled participation increased by 11 percentage points, rising from 56% in 2023/24 to 67% in 2024/2

Existing research into the barriers faced by disabled females identifies several contributing factors, including:

- Social and cultural influences
- Limited access and opportunity
- Low confidence and perceived competence
- Life transitions and caregiving responsibilities

To effectively address this disparity, further region-specific work is essential. This should involve meaningful collaboration with disabled females to understand their experiences, listen to their voices, and co-develop targeted strategies. These may include:

- Enhancing female-focused initiatives
- Creating inclusive and supportive environments

- Raising awareness of the physical, social, and mental health benefits of participation

Such actions are key to reducing the gender gap and ensuring more equitable access to sport and physical activity for all disabled individuals.

Promote the Welsh Language

Welsh speakers accounted for 10.5% of participants in the 2024/25 National Sport Snapshot Survey—down 1.5 percentage point from the previous year. This figure is notably lower than the 17.8% reported in the 2021 Census and reflects a broader trend identified in the 2024 Annual Population Survey, which recorded the lowest proportion of Welsh speakers in over eight years at 27.8%.

Given this decline, it would be valuable to investigate how many clubs responding to the National Sport Snapshot Survey currently offer activities in Welsh, as well as the number of Welsh-speaking staff within the workforce. This insight could help inform strategies to strengthen Welsh language provision and better support Welsh-speaking participants across the sport and physical activity sector.

Targeted Engagement Strategies

Participation in sport and physical activity among individuals identifying as LGBTQI+ has increased from 1% in the previous survey to 2.5% in 2024/25. While this growth is encouraging, it remains significantly below the 12.6% of the disabled population who identified as LGBTQI+ in the 2021 Census, highlighting the need for more inclusive and targeted engagement strategies within this community

Participation among individuals from ethnically diverse communities has declined from 6% in the previous survey to 4% in 2024/25, returning to levels observed prior to the implementation of the Get Out Get Active (GOGA) project. This decline highlights the need to reassess and strengthen efforts to engage and support ethnically diverse communities in sport and physical activity.

Types of Impairments/Disabilities

Learning impairments or disabilities were the most reported in the 2024/25 National Sport Snapshot Survey. However, it is important to note that the section of the survey addressing specific impairment types was optional, and several respondents either did not collect this information or were uncertain about participants' impairment classifications. To improve future reporting and inform strategic planning, greater efforts are needed to enhance the consistency, reliability, and accuracy of data collection in this area.

Opportunities for Disabled Others

Disabled individuals identifying as 'Other' often face heightened barriers to inclusion. The 2024/25 National Sport Snapshot Survey revealed that only 1% of this group participated in sport and physical activity, a significant decline from 9% in the previous survey.

West Wales had the highest number of disabled participants across the five sports partnerships, with a total of 34 participants out of the survey total of 81.

Further consultation with support networks and advocacy groups in the local community would help to build a more accessible and welcoming environment for all. Ensuring all disabled participants have access to quality sport and physical activity opportunities is essential for equity and inclusion.

Workforce Delivery & Areas of Support

The results show that most of the workforce (84%) were non-disabled, with only 16% of the workforce identifying as disabled. The representation of disabled individuals within the workforce is even lower among Welsh speakers (5%), those from ethnically diverse communities (2%), and those who identify as LGBTQI+ (2%).

Data from the ONS indicated that during April to June 2024, only 53% of working-age disabled people were employed, compared to 81.6% of non-disabled individuals

(ONS, 2024). This 28.6% gap underscores the need for targeted initiatives to promote the inclusion of disabled individuals in the workforce.

It is suggested that Disability Sport Wales review the feedback from respondents and offer further support in the following areas:

- People
- Finance
- Marketing
- Organisation

Appendix

Appendix 1. Responses to National Sport Snapshot Survey (Club and sessions)

The Table below illustrates which clubs responded to the National Sport Snapshot Survey and their insport status, if applicable.

If they have two numbers (8/9 for example) that means they answered Phase 1 of Survey and Phase 2, so count as two responses.

	Club/Session Name	insport Club Standard (if applicable)
1	Abergavenny Hockey club	Ribbon
2	Abergele Cricket Club	Bronze
3	Abergele Netball Club	N/a
4	Aber kayakers	Bronze
5	Aberystwyth croquet	Ribbon
6	Aberystwyth University Boat Club	N/a
7	Active Wheels	N/a
8/9	Active Wrexham	Bronze
10	Adapted Bikes session	N/a
11	AFAN UNITED UNDER 7 GIRLS	N/a
12/13	All Stars Gymnastics Club	Bronze
14	Amlwch Canoe Club	Silver
15	Amlwch Shotokan Karate Club	N/a
16	Anglesey Badminton Club	N/a
17	Anglesey Lions	Working towards Ribbon
18	Anglesey Pickleball Club	N/a
19	Annedd Ni	Ribbon
20	ASD class Heads of the valleys Tang soo do	Working towards Ribbon
21	ATAC	Working towards Ribbon

22	Athletics academy Eryri	N/a
23/24	Bangor gymnastics club	Gold
25	Barry Town United Pan Disability FC	Bronze
26	Barti Ddu Cleddyfa Fencing	N/a
27	BING DRIVES Boccia	N/a
28	Boccia North Wales	Ribbon
29	Brecon Hockey Club	N/a
30	Brecon Integrated Sports Association	Bronze
31	Broadlands AFC	N/a
32	Bursham kayak and canoe club	N/a
33	C&S Academy Judo	N/a
34	Caerphilly Adventure Group	N/a
35	Caerphilly Tennis Club Sensory Tennis	N/a
36	Canolfan Addysg Y Bont after school icc club	N/a
37	Cardiff Archers Athletics	Ribbon
38	Cardiff Bay Air Target Clun	Ribbon
39	Cardiff Blue Dragons Wheelchair Rugby League	
40	Cardiff Canoe Club	Working towards Ribbon
41	Cardiff Central Youth Club	N/a
42	Cardiff Chameleons Swimming group Cardiff Chameleons Bowls group	N/a
43	Cardiff Chameleons Bowls	N/a
44	Cardiff Chiefs mixed ability rugby team. Male players only.	Working towards Ribbon
45	Cardiff Chiefs RFC	Working towards Ribbon
46/47	Cardiff Huskies Para Ice Hockey Club	N/a
48/49	Cardiff Met Archers Wheelchair Basketball	Ribbon
50/51	Cardiff Rugby ICC	Ribbon
52	Cardiff Sailing Centre - Sailability	Working towards Ribbon
53	Cardiff Visually impaired Touch Rugby	N/a
54	Carmarthen Athletic Minis and Junior Section	N/a

55	Carmarthen Table Tennis Club.	Working towards Ribbon
56/57	Carmarthen Triathlon Club	Working towards Ribbon
58	Carmarthenshire School of Gymnastics	Working towards Ribbon
59	CCYD Motorskills Club	N/a
60/61	Clarbeston Road afc, Clarby Warriors	Silver
62	Clwb Canwio Amlwch Canoe Club	Silver
63	Clwb Hoci Castell Newydd Emlyn	N/a
64	Clwb Hoci Cymric	N/a
65/66	Clwb Hoci Dinas Bangor City Hockey Club	Gold
67	Clwb Mynydda Eryri	Working towards Ribbon
68	Clwb Nofio PBP	Working towards Ribbon
69	Clwb Pwl	Working towards Ribbon
70	Clwb Rhwyfo Sion Cwilt Indoor Rowing Sessions	Ribbon
71	Clwb Rygbi Bro Ffestiniog	N/a
72	Clwb Syffio Llyn	N/a
73	Clwb Triathlon Caerfyrddin	N/a
74	Connah's Quay and District Angling Club	Working towards Ribbon
75	Connahs Quay Tigers Pan ability football	N/a
76	Conwy Disabled Archery (Flint)	Bronze
77/78	Conwy Disabled Archery (Conwy)	Bronze
79	Conwy Sea Rowing Club	Bronze
80	Conwy Castles Boccia Club.	Ribbon
81	Cowbridge Judo Club	Working towards Ribbon
82/83	CP Bow St FZc	N/a
84	CPD Gaerwen FC CPD Gaerwen FC Juniors	N/a
85/86	CPI Bro Dysynni JFC	N/a
87	Craig Ewers Academy	N/a
88/89	Crymych Panthers Boccia Club	Ribbon

90	CyclePower Wales	Ribbon
91	Cynon Back to Netball	Ribbon
92	Deeside ice skating club	N/a
93/94	Delyn Recreational Gymnastics Club	Working towards Ribbon
95	Denbigh Town Football Club	N/a
96	Disability football	N/a
97	Doraibā Judo	N/a
98/99	Dragon Tri	Working towards Ribbon
100/101	Dragons Allstars Mixed Ability Team	N/a
102/103	Dragons Pheonix walking rugby team	N/a
104/105	Dragons Wheelchair Rugby	N/a
107	Dwarf sports association Wales region DSAuk.org	N/a
108	Dysynni Paddling Club	N/a
109	Exiles Dragons	N/a
110	Exiles Netball Club	N/a
111	Extracurricular Basketball	N/a
112	Fishguard and Goodwick Jemima Rowing Club	Ribbon
113	Fishguard Thunderbolts.	N/a
114	Flying High in Denbighshire (Rebound Therapy)	N/a
115	General Gymnastics sessions	N/a
116	Girlguiding Anglesey county (part of Girlguiding UK)	N/a
117/118	Gobaith Cymru FC	N/a
119	Great Britain Disability Boxing / Pembroke and Pembroke Dock Amateur Boxing club	Bronze
120	Gresford Sailing Club	Ribbon
121	Gwent hockey club	N/a
122	Hafren Foresters Archery Club	Ribbon
123	Head Over Heels Gymnastics	Working towards Ribbon
124	Headway Ceredigion	N/a
125	Heath massive run club	N/a

126/127	Holyhead & District Angling Club	N/a
128	Howardian LHC	N/a
129	Impetus Dance CIC	Silver
130	Inclusive Community Club Newtown	N/a
131	Independent Coach + Adult Helper with Scouts	N/a
132	Irfon Judo Club	Ribbon
133	JKS LLANBEDR DC KARATE CLUB	N/a
134	Llandaff Rowing Club	Working towards Ribbon
135	Llanelli Weightlifting Open Gym	Ribbon
136	Llanfairfechan Sailing Club	N/a
137	Llanidloes Rugby Club	Ribbon
138	Llewod y Bont rugby training	Working towards Ribbon
139	Lliswerry Llizards FC Cic	N/a
140	Llwybrau Llesiant - Low impact Fitness Sessions Boccia League	N/a
141	Llyn Brenig sailing club	N/a
142	LLynfi valley amateur boxing club	N/a
143	Llysfaen Petanque Club	Working towards Ribbon
144	Ma rugby	N/a
145/146	Maesteg Canoe Club	Gold
147	Margam Football Club Inclusion Stags	Working towards Ribbon
148	Menai Bridge Cricket Club	Working towards Ribbon
149	Menai Strait's Heritage Sailing	N/a
150	Mencap Mon other	N/a
151	Mencap Mon Swim	Ribbon
152	Mencap Mon Dance	N/a
153	Mencap Môn multi	N/a
154	Mental Health Football in Wales	N/a
155	Mental Health Football in Wales - Connect 76	N/a

156	Merthyr Boccia Club	Working towards Ribbon
157	Aberystwyth Basketball Club (inc additional sessions)	Gold
158	Mochdre Sports Football Club	Ribbon
159	Mold Dodgeball Club	Ribbon
160	NO Name (NHS)	N/a
161	Motion Control Dance	Gold
162	Move it Monday Bridging the gap	N/a
163	Mynydd Du Climbing & Mountaineering Club	Working towards Ribbon
164	N-able	Bronze
165	Neath Afan Gymnastics Club - NO LIMITS GYMNASTICS & TRAMPOLINING	Silver
166	Neath Flyers Trampoline and DMT club	Ribbon
167	Newborough Forest parkrun	N/a
168	Newport and East Wales Triathlon (NEWT)	N/a
169	Newport angels disability football club	N/a
170	Newport Harriers Session 1.	Ribbon
171	Newtown Dragons Mixed Ability Rygby	N/a
172/173	Neyland Cricket Club	Ribbon
174	No name	N/a
175/176	North Wales Crusaders Wheelchair & Disability Sports Association	Gold
177	North Wales Goalball Club	Ribbon
178	North Wales Pickleball - Bethesda	N/a
179/180	O'Oshimeyo Judo club	N/a
181	Ospreys Junior Wheelchair Rugby	Silver
182	Ospreys wheelchair rugby 1	Silver
183	Ospreys Wheelchair Rugby Club 2	Silver
184	Padlwyr rasio Llyn Padarn.	
185	Para powerlifting	N/a
186	Parkinson's Newport Support Group Boccia.	n/a
187	Pembroke & District Angling Club	N/a

188	Pembroke and Pembroke Dock ABC Great Britain Disability Boxing	Bronze
189	Pembrokeshire hockey club	N/a
190/191	Pembrokeshire Puffins Disability Swimming Squad	Silver
192/193	Pembrokeshire Vikings	Working towards Ribbon
194	Pen y Bont triathlon cl7b	N/a
195	Penarth Bowling Club, Rectory Road	Working towards Ribbon
196/197	Penparcau FC	N/a
198	Pentre Football Ckub	N/a
199	Pontardawe ASD Football Academy	N/a
200	Pontypool Triathlon & Endurance club	Working towards Ribbon
201	Port Talbot Panthers	N/a
202	Port Talbot Town Cricket Club	Working towards Ribbon
203	Prevention & Wellbeing Youth Hub	N/a
204	Rct Tigers pan disability football team	Ribbon
205	RCT weightlifting	N/a
206	Red Dragon Archers	Working towards Ribbon
207	RGC Wrexham Thurs	N/a
208	Rhiwbina Squash Club	Gold
209	Rhiwbina wheelchair squash sessions	Gold
210	Rhondda Athletic Club	Ribbon
211	Rhondda ladies	Bronze
212	Rhondda Polar Bears Disabled Swimming Club	N/a
213	Rhydamman Rangers / Ammanford AFC	Silver
214	Rhyl & District Hockey Club	N/a
215/216	Rhyl Raptors wheelchair sports club	Ribbon
217	Ruthin Hockey Club, Juniors	N/a
218	RYA Sailabilty	Silver
219	Sandfields lions and lionesses fc cic	N/a
220	Scarlets Community Llanelli ICC	N/a

221	Scarlets Wheelchair Rugby	Working towards Ribbon
222	SEAS	Working towards Ribbon
223/224	Sentai judo	N/a
225	Session is Run by Sport Pembrokeshire in Fishguard	N/a
226	Seven Sisters RFC	N/a
227	Sgwad Anabl Clwb Pel Droed Dref Aberystwyth	N/a
228	Sion Cwilt Rowing Club	Ribbon
229	Skills	N/a
230	South Pembs Weightlifting Club	Ribbon
231	South Wales Wheelchair Tennis Club	Working towards Ribbon
232	Special Olympics Carmarthenshire West Wales	Working towards Ribbon
233/234	Special Olympics Wrexham Athletics Club 1	Working towards Ribbon
235	Special Olympics Wrexham Athletics Club 2	Working towards Ribbon
236	Sporting Memories	N/a
237	St Asaph City FC	N/a
238	St Christopher's Football Academy	N/a
239/240	Strength Academy Wales	N/a
241	SUP club - SUP Lass Paddle Adventures	N/a
242/43	Swansea Gladiators RFC	N/a
244	Swansea HC	N/a
245	Swansea Storm Wheelchair Basketball Club	Ribbon
246	Swansea Tigers VI FC	N/a
247	Tawe kayak club	N/a
248	Têm Môn	N/a
249	Tenderfoot	N/a
250	The Fit Group CIC	Silver
251	The Umbrella ALN Club	N/a
252	Top tots netball	Working towards Ribbon

253	Torfaen Smallbore Rifle Club	Working towards Ribbon
254	Torfaen Tigers RLFC	Ribbon
255	Training	N/a
256/257	Trearddur Bay Allstars (Trearddur Bay FC)	Working towards Ribbon
258	Trecelyn Netball Club	N/a
259	tresaith mariners sailing club	Working towards Ribbon
260	Undy AFC	Ribbon
261	United Martial Arts	N/a
262	Valley Taekwondo Academy	N/a
263	Wales masters men 035s and 040s	N/a
264	Walking Netball Warriors	Ribbon
265	We care for the impairment being	N/a
266	Welshpool Sharks Amatuer Swimming Club	Bronze
267	Whitchurch HC 1	N/a
268	Whitchurch Hockey Club 2	N/a
269	WISP Judo	Silver
270	WISP SN JUDO	Silver
271	Wrexham Basketball Club	N/a
272	Wrexham Fencing Club	N/a
273	Wrexham inclusion football club	Bronze
274	Wrexham Super 1's at Gwersyllt Cricket Club	N/a
275	Wrexham Super 1's-Cricket Wales/Lords Taverners	N/a
276	Wrexham Tri Club	N/a
277	Youth Wellbeing & fitness	N/a
278	Ysgol y Graig	N/a

Appendix 2: Sport and Physical Activities Offered in 24/25

In 2024/25, providers offered forty different sports or activities to support disabled participation

Activity/Sport	Number of Clubs/ Organisations 2024	Number of Clubs/ Organisations 2025	Total 24-25
Angling	1	3	4
Archery	4	3	7
Athletics	9	8	17
Badminton	6	3	9
Basketball	7	5	12
Boccia	12	8	20
Bowls	4	3	7
Boxing	2	3	5
Canoe	10	3	13
Cricket	7	6	13
Cycling	5	7	12
Curling	2	0	2
Dance	3	3	6
Fencing	2	0	2
Football	29	20	48
Golf	0	1	1
Gymnastics	4	7	11
Hockey	15	1	16
Judo	8	3	11
Karate	3	1	4
Lacrosse	0	0	0
Netball	2	6	8
Orienteering	1	0	1
Pétanque	1	0	1
Rugby	16	9	24
Rugby league	2	1	3

Snowsports	2	0	2
Squash	2	1	3
Surfing	0	1	1
Swimming	7	8	15
Table Tennis	4	4	8
Target Shooting	1	0	1
Triathlon	2	9	11
Volleyball	1	2	3
Walking	5	4	9
Weightlifting	2	3	5
Wheelchair Basketball	7	3	10
Wheelchair Fencing	1	0	1
Wheelchair Rugby	7	4	11
Wheelchair Tennis	2	2	4
Other	28	31	58