



# RESPECT

Recognizing Sport as a  
Powerful Tool for Inclusion

# RESPECT

*Inclusive Sports for Disabled Youth in Germany, Greece, Italy and  
Türkiye: Insights from Families, Coaches, and Young Athletes*

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# CONTENTS

<b>1</b>	<b>EXECUTIVE SUMMARY -----</b>	<b>5</b>
<b>2</b>	<b>INCLUSIVE SPORTS FOR DISABLED YOUTH IN TÜRKIYE -----</b>	<b>8</b>
<b>3</b>	<b>INCLUSIVE SPORTS FOR DISABLED YOUTH IN GREECE -----</b>	<b>29</b>
<b>4</b>	<b>INCLUSIVE SPORTS FOR DISABLED YOUTH IN GERMANY -----</b>	<b>48</b>
<b>5</b>	<b>INCLUSIVE SPORTS FOR DISABLED YOUTH IN ITALY -----</b>	<b>69</b>
<b>6</b>	<b>ANNEXES -----</b>	<b>89</b>



## Executive Summary

This report provides an in-depth analysis of the focus group research conducted under Work Package 2 (WP2) of the RESPECT project. WP2 aimed to identify barriers and opportunities for inclusive sports participation among three key target groups: young people with disabilities, their families, and sports professionals. The findings are intended to inform subsequent project work packages (WP3 and WP4) by offering evidence-based insights into the needs and expectations of these groups.

The research engaged a total of 344 participants, significantly exceeding the initial target of 200 participants. The distribution of participants across countries was as follows:

- **Türkiye:** 50 young people, 68 families, 49 coaches
- **Greece:** 15 young people, 15 families, 15 coaches
- **Italy:** 6 young people, 20 families, 13 coaches
- **Germany:** 20 young people, 16 families, 17 coaches

The study utilized tailored surveys to capture diverse perspectives, focusing on aspects such as accessibility, barriers to participation, opportunities for inclusive sports, and the role of inclusive policies. These surveys were specifically designed to address the unique needs of each target group, ensuring comprehensive and representative data collection. Copies of the survey tools are included in the annex of this report for reference.

The findings from this research provide actionable recommendations to address the barriers identified, such as limited accessibility and insufficient training for sports professionals, while also highlighting opportunities, including strong family support and the interest of young people in participating in inclusive sports. Additionally, the report emphasizes the importance of creating supportive environments and developing strategies to promote inclusivity in sports.

The data gathered through this research will directly inform the development of inclusive training materials under WP3 and awareness-raising activities under WP4. By addressing the challenges and leveraging the opportunities identified in this report, the RESPECT project aims to create a more inclusive and accessible sports environment for individuals with disabilities, benefiting both participants and the broader community. The findings for each country are detailed separately to provide a clearer understanding of the unique challenges and opportunities within each context.



# Key Findings

## 1. Benefits of Sports Participation

- **Physical Health and Fitness:** Universally recognized as a major benefit, sports improve mobility, strength, and overall physical well-being (e.g., 100% in Italy, 98% in Türkiye, 93.3% in Greece, and 80% in Germany).
- **Social Connections and Confidence:** Sports foster self-esteem and build friendships, particularly emphasized in Italy (100%) and Türkiye (78%).

## 2. Barriers to Participation

- **Accessibility Challenges:** Inadequate infrastructure, such as ramps, elevators, and adaptive equipment, was reported as a key obstacle across all countries (e.g., 92% in Türkiye, 73.3% in Greece, 70% in Germany).
- **Transportation Difficulties:** High costs or limited accessible transport options were prominent barriers in Türkiye (46%), Germany (55%), and Greece.
- **Social Stigma:** Discrimination and a lack of awareness, especially about adaptive sports (e.g., Boccia, Sledge Hockey), were significant in Germany and Greece.

## 3. Family Perspectives

- Families play a critical role, with over 85% acknowledging their impact on participation.
- **Challenges Faced:** Accessibility issues, societal judgment, and limited awareness of programs were common concerns.
- **Digital Potential:** Moderate use of digital platforms highlights an opportunity for improved outreach and engagement.

## 4. Sports Professionals' Challenges

- **Training Gaps:** Most professionals lack adaptive coaching training (e.g., 71.4% in Türkiye, 69% in Italy, 66.7% in Germany).
- **Resource Shortages:** Limited adaptive equipment and insufficient funding were widespread challenges.
- **Positive Outlook:** Despite these barriers, professionals expressed strong motivation to work with disabled youth.





## Recommendations

### 1. Enhance Accessibility

- Upgrade sports facilities with ramps, elevators, tactile signage, sensory-friendly features, and adaptive sports equipment such as wheelchairs and sensory aids.

### 2. Invest in Training

- Develop comprehensive training programs for coaches focused on adaptive sports techniques and disability awareness.
- Establish mentorship initiatives pairing inexperienced coaches with seasoned professionals to build capacity.

### 3. Expand Awareness Campaigns

- Promote lesser-known adaptive sports through public awareness initiatives, sports fairs, and school programs.
- Highlight success stories of disabled athletes to reduce stigma and inspire participation.

### 4. Strengthen Family Support

- Provide resources and workshops to empower families to encourage sports participation.
- Organize family-inclusive sports events to foster shared experiences and strengthen familial bonds.

### 2. Barriers to Participation

### 5. Address Logistical Barriers

- Collaborate with local governments to ensure affordable and accessible transportation to sports facilities.
- Offer financial aid programs to reduce economic barriers to participation.

### 3. Barriers to Participation

### 6. Foster Community Integration

- Host events that bring together disabled and non-disabled participants to promote inclusion and reduce stigma.
- Implement anti-discrimination policies and provide sensitivity training for sports staff and community members.



## Inclusive Sports for Disabled Youth in Türkiye: Insights from Families, Coaches, and Young Athletes

This study was conducted within the scope of the RESPECT project, implemented by a consortium of partners committed to fostering inclusive sports environments for disabled youth. In Türkiye, the research was carried out collaboratively by three Turkish partners: the Turkish Disabled Sports Federation (TBESF), the International Youth Education Culture and Sports Association (IYECSA), and the Federation of Anatolian Youth (ANGEF). Together, these organizations bring a wealth of expertise in promoting sports, education, and youth empowerment, with a shared vision of advancing inclusivity and breaking down barriers for young people with disabilities.



Türkiye has an estimated population of over 8 million people with disabilities, comprising approximately 12.3% of the total population (TÜİK, 2023). For disabled youth, sports participation can lead to numerous benefits, including physical health improvements, greater mental well-being, enhanced self-confidence, and stronger social connections (World Health Organization, 2022). However, many disabled youth encounter barriers that prevent them from fully engaging in sports, such as limited accessibility in sports facilities, insufficient adaptive equipment, societal stigma, and a lack of structured programs designed to meet their needs (European Disability Forum, 2022).

The data collected from youth, families, and coaches in Türkiye provides valuable insights into these barriers and the role of sports in promoting social inclusion and personal development. Families view sports as a powerful tool for their children's growth but highlight challenges like limited access to adaptive sports facilities and social pressures. Coaches, who often observe significant physical and social gains among disabled athletes, report a strong willingness to work inclusively but cite a lack of training and resources as obstacles to effective support. Disabled youth themselves describe the benefits they experience from sports participation but also point to accessibility issues and a lack of role models as barriers to regular involvement.

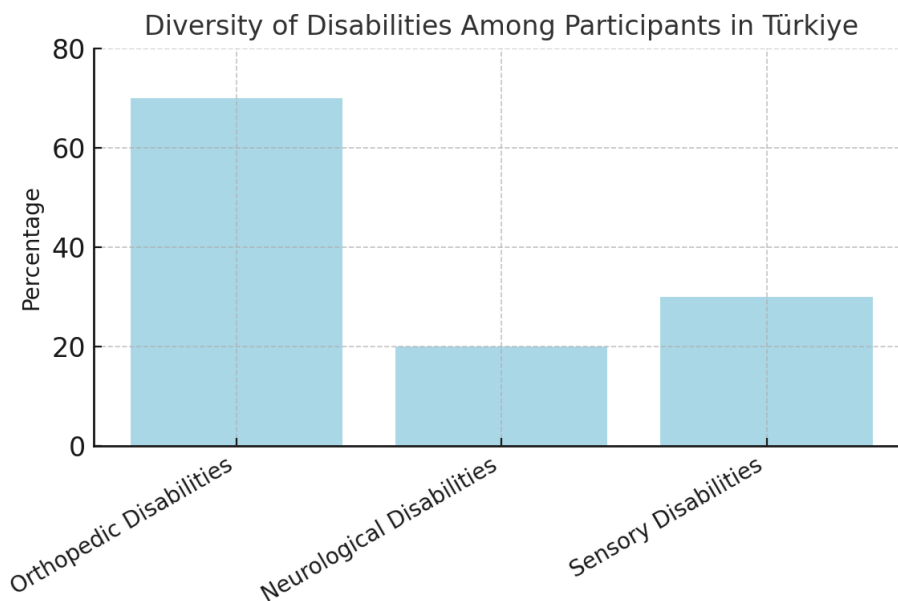
This report aims to address these needs by outlining evidence-based recommendations for creating a more inclusive sports environment in Türkiye. By focusing on accessibility, training, and community engagement, these strategies seek to ensure that disabled youth have equal opportunities to participate in sports, fostering a culture of inclusivity and empowerment across the country.

# DISABLED YOUTH AND THEIR EXPERIENCES IN SPORTS PARTICIPATION IN TÜRKİYE

## 1.1 Participant Demographics and Diversity of Needs

### Age and Disability Type

The survey included 50 young adults aged 18 to 25 from Türkiye, offering a representative snapshot of disabled youth with diverse backgrounds and disabilities:



- Orthopedic Disabilities (68%):** A significant number of participants reported orthopedic disabilities, primarily congenital conditions (such as hip dislocation) and traumatic injuries. These types of disabilities underscore the need for specialized accommodations to support mobility and joint protection during sports activities.
- Neurological Disabilities (24%):** Conditions such as cerebral palsy and spina bifida were common, highlighting the importance of targeted support to address motor skill challenges, coordination difficulties, and potential fatigue.
- Sensory Disabilities (28%):** Hearing and vision impairments were prevalent among participants, emphasizing the need for adaptable sports environments that consider visual and auditory accessibility.

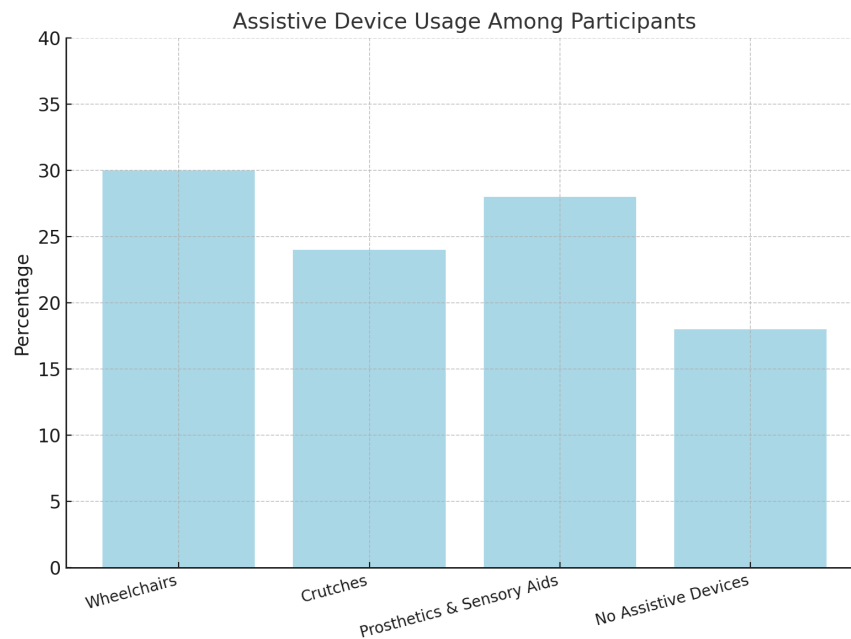
### Implications:

This diversity in disabilities emphasizes the importance of an adaptable approach to accessibility in sports programs. Facilities should incorporate wheelchair-friendly pathways, tactile and high-contrast signage for visual support, and quiet or low-noise zones for participants with auditory sensitivities. Recognizing and accommodating these specific needs will be essential in fostering a welcoming environment that encourages sports participation among all youth, regardless of their physical or sensory challenges.

## 1.2 Use of Assistive Devices and Accessibility Requirements

### Assistive Device Usage

The survey revealed a wide range of assistive devices used by participants to facilitate their daily activities and enable sports involvement:



- **Wheelchairs (30%):** A significant proportion of participants rely on wheelchairs for mobility, emphasizing the importance of wheelchair-accessible facilities and spaces with ramps, elevators, and adequate maneuvering room.
- **Crutches (24%):** Some participants depend on crutches (single or double) for balance and support, highlighting the need for stable, non-slip surfaces and pathways free from obstacles.
- **Prosthetics and Sensory Aids:** Participants reported using prosthetic limbs, as well as hearing and visual aids. These needs call for adaptable spaces that cater to mobility, sensory, and spatial requirements.
- **No Assistive Devices (18%):** Some participants do not use assistive devices, suggesting they may face other, less visible challenges, such as chronic pain, fatigue, or sensory processing difficulties that impact their participation.

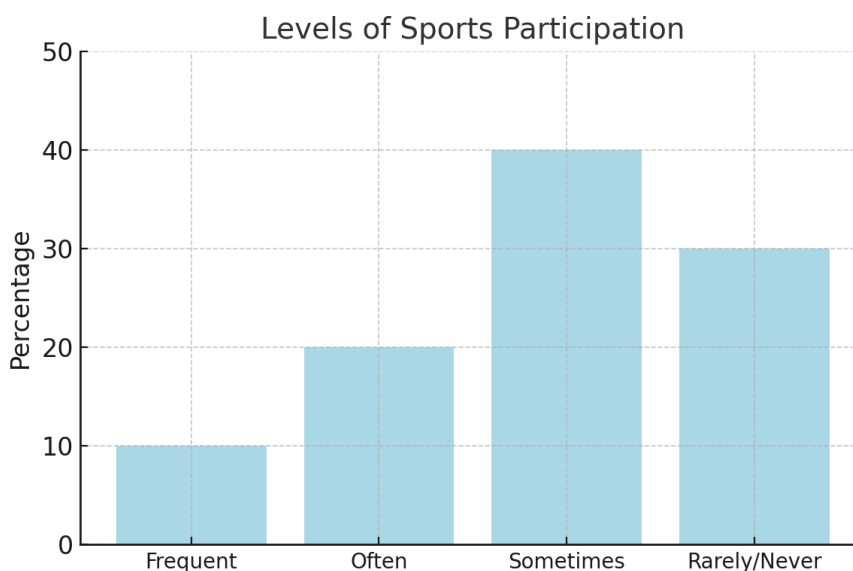
### Implications:

The diversity in assistive device usage underscores the need for comprehensive accessibility in sports facilities. Providing ramps, tactile guides, high-contrast signs, and sensory-friendly features can make sports settings more inclusive. A well-rounded approach to accessibility, accommodating both visible and hidden disabilities, is crucial to reducing barriers and ensuring all participants can engage comfortably and confidently in sports activities.

## 1.3 Levels of Sports Participation and Interest

### Current Participation Rates

Sports participation levels among disabled youth in Türkiye show a wide range:



- **Frequent Participants:** 10% engage in sports very often, while another 20% participate often, indicating an active core group who are regularly involved in sports.
- **Occasional Participants:** 44% participate sometimes, showing potential for increased engagement if the right supports and opportunities are available.
- **Minimal Participants:** 26% participate rarely or never, highlighting significant barriers that prevent regular involvement in sports.

### Interest in Participation

Despite varying levels of current participation, there is considerable interest in increasing sports involvement:

- **High Interest:** 30% of respondents expressed strong interest in participating more frequently, demonstrating enthusiasm that could be harnessed with the right programs and resources.
- **Moderate to Low Interest:** 35% reported moderate to limited interest, and 20% indicated no interest, suggesting a combination of motivational, logistical, and accessibility barriers.

### Implications:

The high interest among those not currently active indicates a potential for greater engagement if programs address key barriers. Introducing accessible and beginner-friendly sports options, improving facility access, and providing adaptive equipment could encourage more youth to participate. Creating welcoming environments that emphasize the social and recreational aspects of sports may also help convert interest into consistent involvement.

## 1.4 Awareness of Adaptive Sports and Exposure Gaps

### Familiarity with Adaptive Sports

The survey showed varied awareness levels of adaptive sports across different activities:

- **High Awareness Sports:** Wheelchair Basketball (64%) and Sitting Volleyball (56%) were the most familiar, indicating these sports may have higher visibility or popularity in Türkiye.
- **Limited Awareness Sports:** Lesser-known sports, such as Boccia (16%) and Sledge Hockey (8%), were unfamiliar to most participants, suggesting a significant gap in exposure.

### Implications:

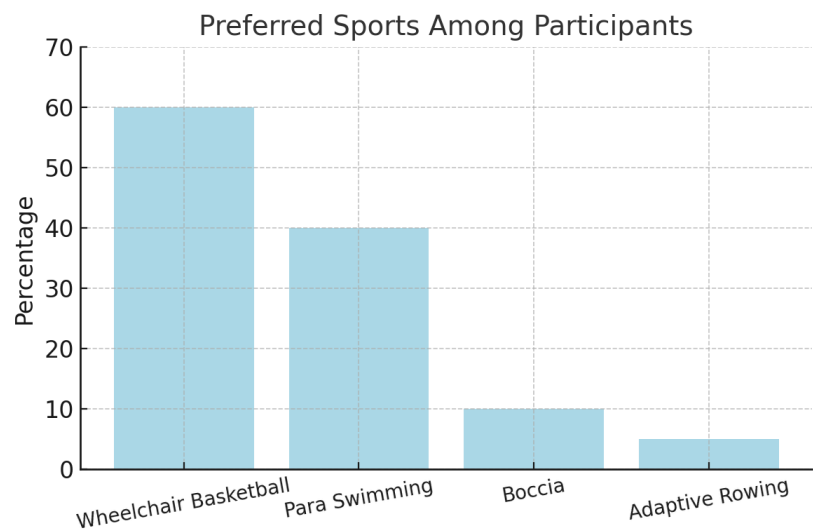
The limited awareness of some adaptive sports highlights an opportunity for outreach. Awareness campaigns, sports fairs, and partnerships with local organizations could introduce lesser-known sports to the community, potentially sparking interest in new areas. By exposing youth to a variety of adaptive sports, programs may encourage participation among those who have yet to find an activity that aligns with their interests or abilities.

## 1.5 Participation Preferences and Motivational Barriers

### Preferred Sports and Levels of Interest

Among those interested in sports, specific preferences emerged:

- **Popular Sports:** Wheelchair Basketball (62%) and Para Swimming (32%) were the most popular choices, reflecting interest in accessible, team-oriented sports.
- **Less Interest in Certain Sports:** Activities like Boccia and Adaptive Rowing received minimal interest, possibly due to lack of awareness or perceived accessibility challenges.



### Implications:

The strong interest in popular sports highlights the potential for programs that focus on these activities as entry points. Programs that initially emphasize familiar sports could build a foundation for sustained participation, while gradually introducing less-known options. Offering recreational, non-competitive sports environments could also attract those who may feel disengaged from traditional competitive settings.

## 1.6 Perceived Benefits of Sports Participation

### Recognition of Benefits

The survey highlighted the following perceived benefits of sports involvement:

- **Physical Health and Fitness:** 98% of respondents recognized physical health as a primary benefit, associating sports with improved fitness, strength, and endurance.
- **Social Connections and Confidence:** 78% valued sports for their role in building self-confidence and creating social connections.
- **Skill Development:** 72% appreciated sports as a means of developing various skills, though this benefit was slightly less emphasized.

### Implications:

The strong value placed on physical health, social interactions, and confidence-building suggests that marketing sports as a holistic developmental tool could enhance engagement. Highlighting the social, emotional, and skill-building benefits of sports could also attract youth seeking personal growth beyond physical fitness.

## 1.7 Social Influence and Information Sources

### Role Models and Social Connections

The survey indicated limited social connections with other disabled individuals involved in sports:

- **Limited Peer Influence:** Only 34% reported knowing peers who are active in sports, while 66% lacked these connections, potentially contributing to feelings of isolation.

### Primary Information Sources

Participants relied on digital and local resources for information about sports:

- **Digital Platforms:** 76% reported using online resources to learn about sports opportunities.
- **Community and Local Organizations:** 54% accessed information from local associations and municipal programs.

### Implications:

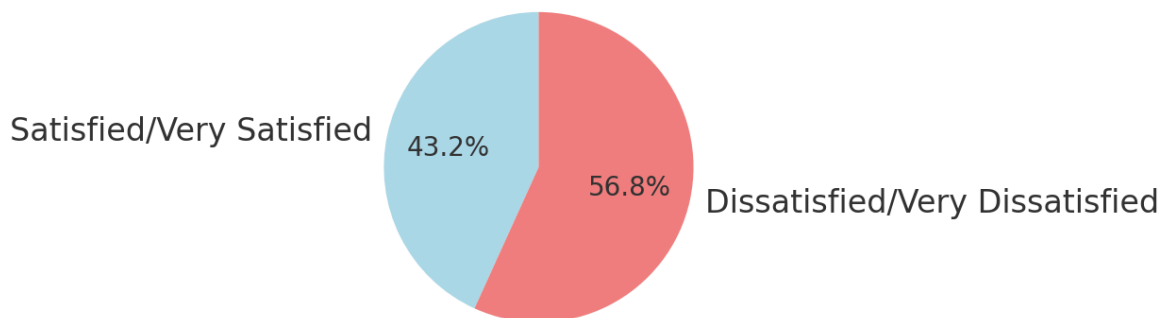
The limited peer role models suggest an opportunity to increase visibility for disabled athletes. Programs could use digital storytelling, ambassador initiatives, and community events to promote disabled role models, making sports feel more accessible and achievable. Since online resources are a primary source of information, expanding digital outreach could reach a broader audience.

## 1.8 Satisfaction with Sports Participation and Identified Barriers

### Satisfaction Levels

Satisfaction with sports participation among respondents was mixed:

#### Satisfaction Levels Among Participants



- **Satisfied/Very Satisfied:** 43.2% were content with their involvement, indicating positive experiences among nearly half of the participants.
- **Dissatisfied/Very Dissatisfied:** 56.8% reported dissatisfaction, often due to accessibility challenges or negative social experiences.

### Primary Barriers to Participation

Participants identified several barriers to sports engagement:

- **Facility Accessibility (48%):** Difficulty accessing sports facilities emerged as the most commonly reported challenge, underscoring the need for more inclusive infrastructure.
- **Transportation and Logistical Challenges (46%):** Limited transportation options and logistical difficulties prevented many from reaching sports venues, highlighting the importance of targeted support.
- **Social and Environmental Obstacles (40%):** Social stigma and unwelcoming environments further deterred participation, emphasizing the need for awareness campaigns and supportive community practices.

### Implications:

Addressing both physical and social barriers is essential for improving satisfaction and participation rates. Programs can improve the inclusivity of sports facilities by implementing accessibility enhancements, transportation options, and inclusive practices. Sensitivity training for staff and efforts to reduce social stigma may further encourage youth to engage in sports without fear of judgment.

## 1.9 Encouragement Factors for Greater Participation

### Key Support Needs

Participants identified several critical factors that could encourage more consistent engagement in sports:

- **Improved Facility Accessibility (92%):** Ensuring sports venues are fully accessible emerged as the highest priority for participants.
- **Access to Adaptive Equipment (54%):** The availability of adaptive sports equipment was highlighted as a significant enabler for increased participation.
- **Enhanced Communication and Outreach (60%):** Clearer and more effective communication about available sports opportunities was seen as essential for fostering interest and involvement.

### Implications

Addressing these needs can significantly enhance the inclusivity and appeal of sports programs. Prioritizing facility accessibility and providing adaptive equipment can create a more welcoming environment for all participants. Additionally, targeted outreach efforts focused on disabled youth and their families can improve awareness and engagement, helping build stronger, more informed connections with sports initiatives.

## 1.10 Vision for an Inclusive Sports Environment

- **Availability of Adaptive Equipment and Trained Staff (68%):** Participants emphasized the importance of having adaptive sports equipment readily available, alongside staff trained in disability awareness and adaptive coaching techniques.
- **Community and Peer Support (74%):** A significant number of participants valued the importance of fostering community support and hosting regular inclusive events. Integration with non-disabled peers in a supportive, inclusive environment was seen as a critical element in reducing isolation and enhancing social engagement.

### Implications:

To realize this vision, a dual focus on infrastructural and cultural improvements is necessary. Investment in adaptive equipment and regular training for staff on disability awareness will create a more supportive and understanding sports environment. Community-building initiatives that promote interaction between disabled and non-disabled participants can foster a more inclusive culture, helping disabled youth feel supported and valued. Through a commitment to accessibility, staff readiness, and community engagement, sports programs in Türkiye can make meaningful strides toward inclusivity.

## 1.11 Strategic Recommendations

**Upgrade Facility Accessibility:** Improve sports facilities to include ramps, elevators, and non-slip surfaces, ensuring that youth using wheelchairs, crutches, and other mobility aids can navigate spaces comfortably.

**Expand Access to Adaptive Sports Equipment:** Equip sports facilities with a range of adaptive tools, such as specialized wheelchairs, sensory aids, and supportive equipment, to address the needs of participants with diverse disabilities.

**Provide Targeted Training for Coaches and Staff:** Implement regular training focused on understanding different disabilities and adapting coaching techniques, enabling staff to effectively support disabled youth.

**Increase Visibility of Adaptive Sports:** Conduct outreach through digital platforms, local organizations, and events to promote adaptive sports, helping youth learn about lesser-known options and feel motivated to participate.

**Organize Inclusive Events and Social Activities:** Host community sports events that bring together disabled and non-disabled youth, fostering social integration and creating a sense of belonging.

**Address Transportation Challenges:** Partner with transportation providers to offer accessible travel options for youth needing assistance, helping overcome logistical barriers to participation.

**Adopt and Promote Inclusive Policies:** Establish clear, supportive policies within sports programs that prioritize accessibility and inclusivity, creating a welcoming environment that respects all abilities.

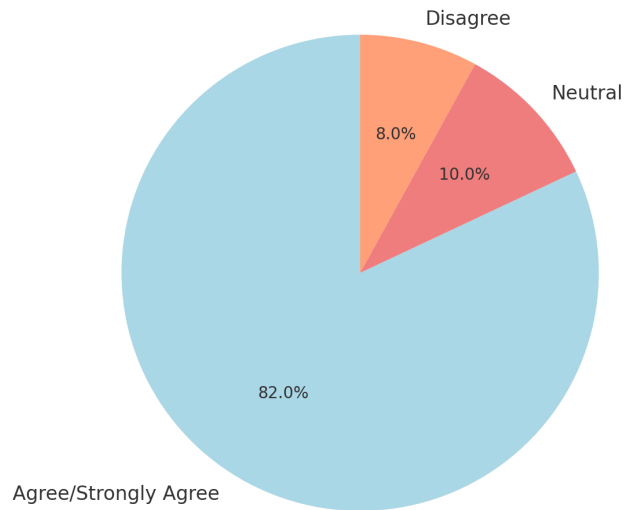
# FAMILY PERSPECTIVES ON SPORTS PARTICIPATION FOR CHILDREN WITH DISABILITIES IN TÜRKIYE

## 2.1 Parental Perceptions and Awareness of Sports Benefits

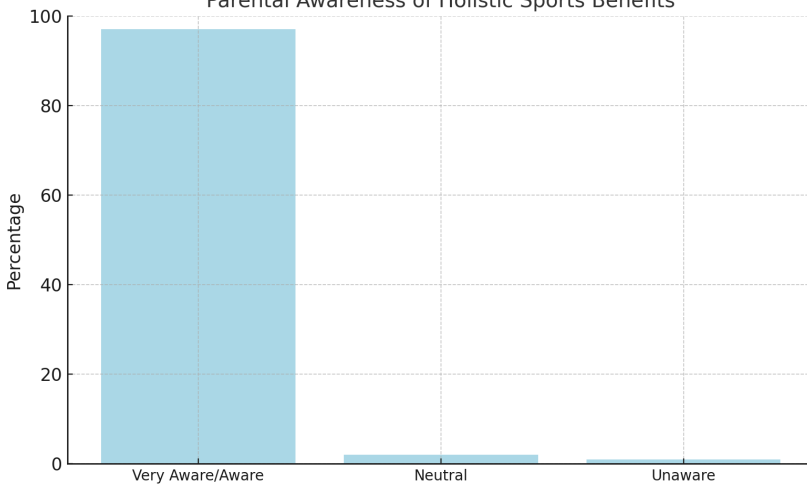
### Overall View on Sports' Developmental Role

The survey reveals that most families in Türkiye recognize the developmental role of sports in their child's growth and well-being. With 82% of families either agreeing or strongly agreeing, it is evident that many parents view sports as beneficial to their child's physical, mental, and emotional development. Only a small portion expressed neutrality or disagreement, suggesting some families may need further awareness or support to fully appreciate the developmental advantages of sports.

Parental Views on Sports' Developmental Role



Parental Awareness of Holistic Sports Benefits



### Awareness of Holistic Benefits

Awareness of the comprehensive benefits of sports was high among families, with 98% identifying themselves as "Very Aware" or "Aware" of sports' impacts beyond physical activity, such as improvements in mental resilience, emotional stability, and social skills. This high level of awareness reflects a general understanding that sports participation offers a well-rounded foundation for growth and social inclusion.

### Implications:

This diversity in disabilities emphasizes the importance of an adaptable approach to accessibility in sports programs. Facilities should incorporate wheelchair-friendly pathways, tactile and high-contrast signage for visual support, and quiet or low-noise zones for participants with auditory sensitivities. Recognizing and accommodating these specific needs will be essential in fostering a welcoming environment that encourages sports participation among all youth, regardless of their physical or sensory challenges.

## 2.2 Family Engagement and Support for Sports Participation

### Role of Families in Encouraging Participation

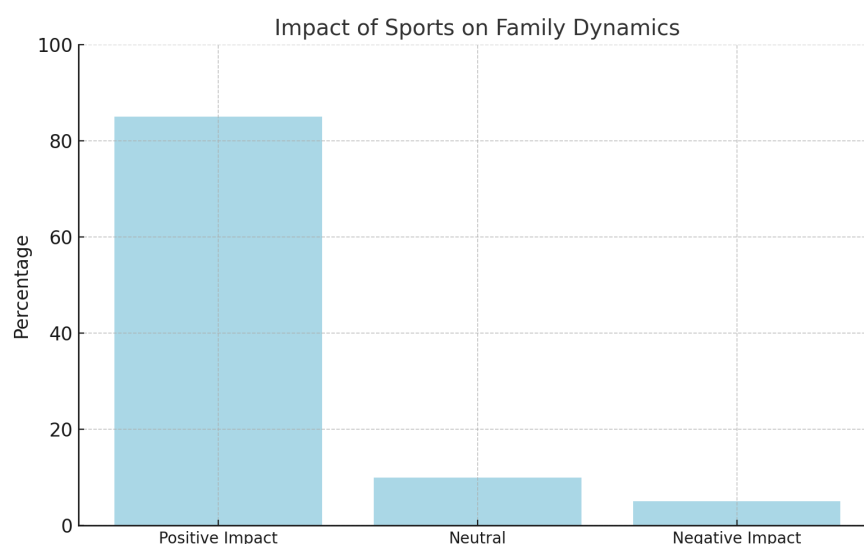
Families in Türkiye expressed a strong belief in their role in encouraging their children's participation in sports:

- **Strongly Agree/Agree:** 85.3% of families
- **Neutral:** 10.3%
- **Disagree/Strongly Disagree:** 4.4%

This demonstrates that a large majority of parents feel responsible for actively supporting their children's sports engagement. Only a small number of families felt neutral or disagreed, indicating an overall high level of family involvement and encouragement.

### Impact on Family Dynamics

When asked about the impact of sports on family relationships, responses were largely positive:



- **Positive Impact:** 86.7% of families agreed or strongly agreed that sports activities enhance family bonds and foster a sense of shared accomplishment.
- **Neutral:** 8.8%
- **Negative Impact:** 4.4%

Most families reported that sports contribute positively to family dynamics, with sports activities providing an opportunity for shared experiences and closer connections.

### Implications:

The high levels of family support and engagement suggest an excellent opportunity to engage families further. Providing families with guidance on effective ways to motivate and encourage their children, alongside organizing family-inclusive sports events, could help reinforce their role as active supporters. Such efforts may strengthen family relationships and make sports participation a shared experience, benefiting both the child and the family as a whole.

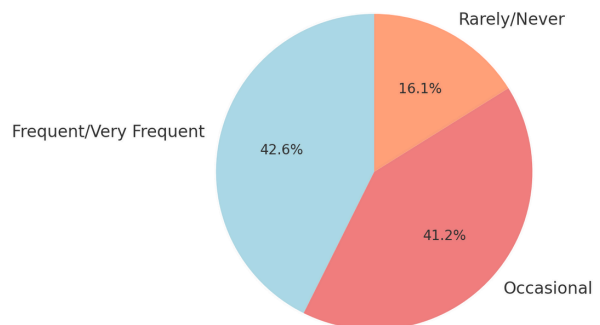
## 2.3 Physical and Psychological Barriers to Supporting Participation

### Physical Barriers

Many families reported facing physical challenges related to accessibility when supporting their child's sports participation:

- **Frequent/Very Frequent:** 42.6% of families encountered accessibility challenges that posed major obstacles to supporting their child.
- **Occasional:** 41.2% experienced these challenges intermittently.
- **Rarely/Never:** Only 16.1% reported minimal or no issues with accessibility.

Frequency of Accessibility Challenges for Families

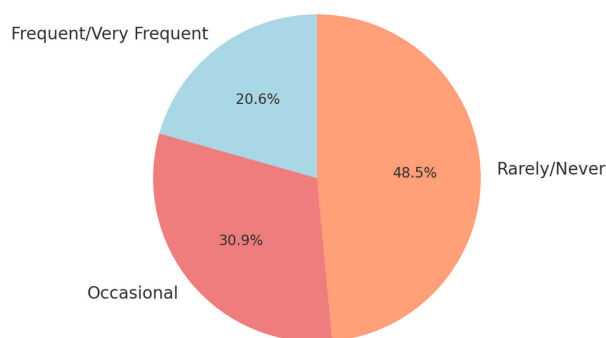


These frequent physical barriers underscore the importance of accessible sports environments to facilitate families' active involvement.

### Psychological Pressures

Families also reported encountering psychological pressures, though these were less prevalent than physical challenges:

Frequency of Psychological Pressure on Families



- **Frequent/Very Frequent:** 20.6% of families felt consistent psychological pressure.
- **Occasional:** 30.9% encountered these pressures intermittently.
- **Rarely/Never:** 48.5% reported minimal or no psychological pressures.

Some families reported feeling social pressures from staff, peers, or societal expectations, which can create additional hurdles to their child's sports participation.

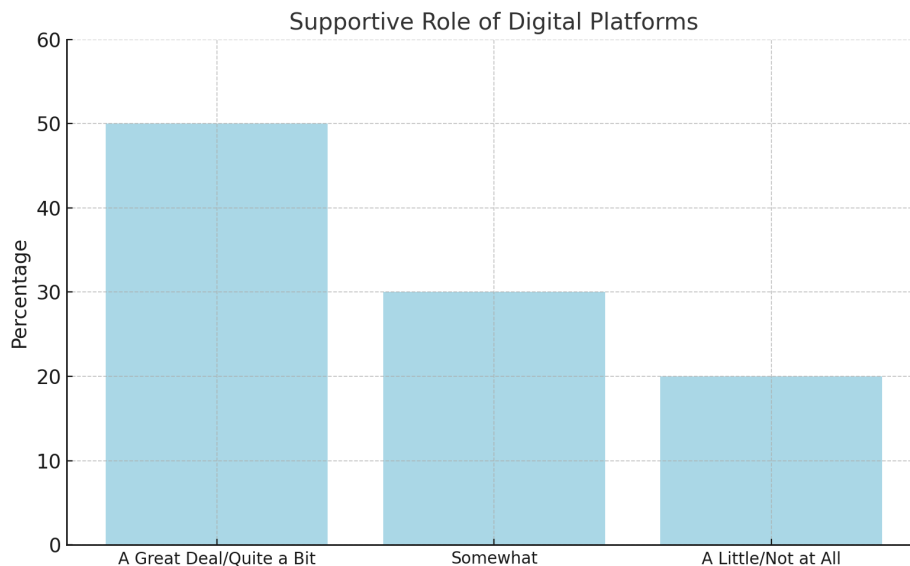
### Implications:

These findings indicate a pressing need for consistent accessibility standards across sports facilities. Sports programs could prioritize accessibility audits and make improvements to create a more inclusive and barrier-free environment. In addition, psychological pressures can be mitigated by creating support networks, providing sensitivity training for staff, and ensuring that families feel respected and included within sports programs. Addressing both physical and psychological challenges will help foster a welcoming environment for children and their families.

## 2.4 Role of Digital Platforms in Facilitating Participation

### Support from Digital Platforms

Families shared varied perspectives on the role of digital platforms in supporting their child's sports participation:



- **A Great Deal/Quite a Bit:** 50% found digital platforms to be highly supportive.
- **Somewhat:** 29.4% indicated moderate support.
- **A Little/Not at All:** 20.5% felt these resources offered minimal or no support.

While half of the families acknowledged the benefits of digital platforms, a significant portion felt that these tools only provided moderate or limited assistance.

### Encouragement from Digital Platforms

Similarly, families had mixed views on the encouragement provided by digital platforms:

- **A Great Deal/Quite a Bit:** 56% felt digital platforms offered significant encouragement.
- **Somewhat:** 26.5% noted moderate encouragement.
- **A Little/Not at All:** 17.6% found little to no encouragement.
- 

These findings suggest that while digital platforms contribute to motivation, their impact could be strengthened.

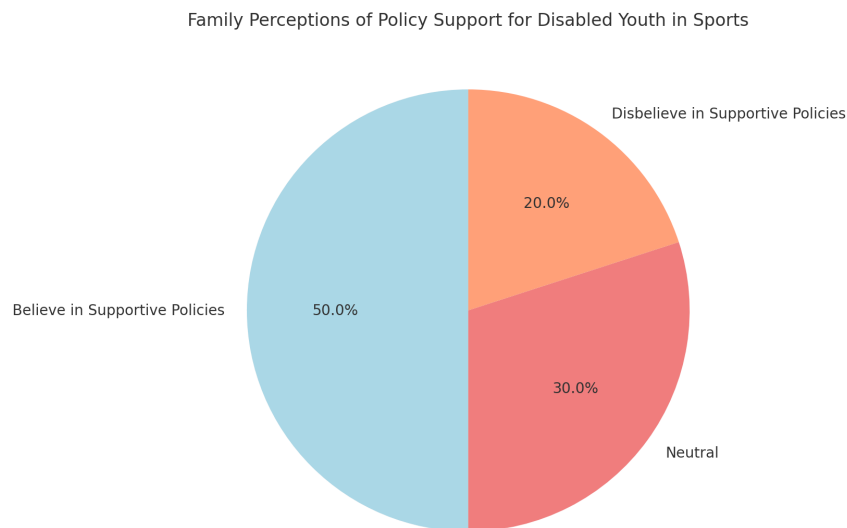
### Implications

The mixed responses highlight a growth opportunity for digital platforms to better support families. Enhancing digital content by offering motivational videos, interactive online tutorials, and family-friendly virtual forums could provide stronger encouragement and practical guidance. For families facing logistical or geographic barriers, expanding online resources can make sports participation more accessible, bridging gaps and fostering engagement through tailored digital solutions.

## 2.5 Family Perceptions of Policy Support for Disabled Youth in Sports

### Confidence in Supportive Policies

Families expressed varied perspectives on the presence and effectiveness of policies supporting disabled youth in sports:



- **Believe in Supportive Policies:** 55.9% felt confident that supportive policies exist.
- **Neutral:** 27.9% remained uncertain or indifferent, reflecting either a lack of awareness or limited visibility of these policies.
- **Disbelieve in Supportive Policies:** 16.2% doubted the existence or effectiveness of such policies, indicating skepticism about their implementation or outcomes.

While a majority of families acknowledged the presence of supportive policies, the significant proportion of neutral and skeptical respondents suggests gaps in awareness, trust, or the tangible impact of these policies on their experiences.

### Implications:

The uncertainty surrounding policy support highlights the need for improved communication and engagement with families. Clear information about policies and their benefits should be shared through digital platforms, community centers, and schools. Success stories and tangible outcomes can build trust and confidence. Involving families in policy discussions ensures their needs are addressed, while accessible platforms for information and feedback can strengthen connections. Addressing these gaps will foster trust, improve policy relevance, and create a more supportive sports environment for disabled youth.

## 2.6 Strategic Recommendations

**Upgrade Facility Accessibility:** Conduct accessibility audits in sports facilities and prioritize improvements to create barrier-free environments, making sports participation more feasible for families and children with disabilities.

**Strengthen Family Engagement Programs:** Offer workshops and provide materials that educate families on effective ways to encourage and support their child's participation in sports, fostering a supportive atmosphere.

**Expand Digital Resources:** Develop accessible digital content tailored for families, including virtual tutorials, motivational videos, and community forums, to offer additional support and resources.

**Increase Awareness of Policies:** Enhance communication around existing supportive policies and resources for disabled youth, ensuring families are informed and confident in the available support.

**Organize Family-Inclusive Sports Events:** Host sports events that engage both disabled youth and their families, building a sense of community and shared experience around sports participation.



## 3.1 Experience and Willingness to Work with Disabled Youth

### Level of Experience

Survey results revealed varying levels of experience among coaches working with disabled youth in Türkiye:

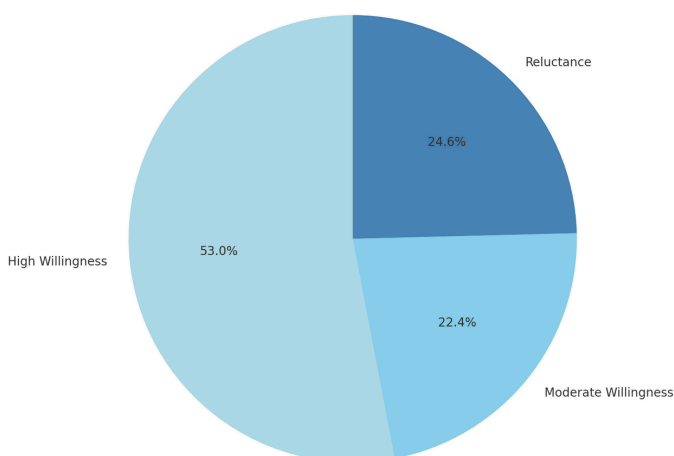
- **Limited or No Experience:** 30.6% of coaches reported having no experience working with disabled youth, and another 30.6% had only limited experience. These results indicate that over half of the coaches lack substantial experience with adaptive coaching.
- **Moderate Experience:** 28.6% of coaches indicated moderate experience, suggesting familiarity but not extensive expertise.
- **Extensive Experience:** Only 10.2% of coaches reported extensive experience working with disabled youth, suggesting that few coaches have deep, hands-on experience with adaptive practices.

### Willingness to Work with Disabled Athletes

Despite varying levels of experience, many coaches expressed a strong willingness to engage in inclusive coaching:

- **High Willingness:** 53% of coaches showed a high willingness to work with disabled youth, with 30.6% expressing a very strong willingness. This reflects an overall openness to inclusion despite limited experience.
- **Moderate Willingness:** 22.4% showed moderate willingness, often accompanied by requests for more training and resources to feel fully prepared.
- **Reasons for Reluctance:** Among coaches who expressed lower willingness, 22.4% cited inadequate training as a key factor. Another 32.6% mentioned concerns over additional responsibilities, such as managing adaptive equipment and meeting specialized needs.

Willingness to Work with Disabled Athletes



### Implications:

The strong willingness among coaches to work with disabled youth, despite limited experience, indicates a general openness to inclusive practices. Targeted training programs in adaptive coaching techniques could bridge gaps in knowledge, helping coaches feel more confident in their ability to work effectively with disabled athletes. Structured mentorship programs could also support coaches by pairing those with less experience with mentors who are more familiar with inclusive practices, enabling a gradual buildup of comfort and skills.

## 3.2 Perceptions of Working with Disabled Athletes

### Positive Perceptions and Challenges

Coaches shared both positive reflections and challenges when it came to working with disabled athletes:

- **Rewarding Experience:** Many found their work with disabled youth highly fulfilling and valuable.
- **Patience and Adaptability:** 73.5% recognized the need for patience and flexibility, often requiring trial and adaptation to meet athletes' needs.
- **Adjustments in Coaching Style:** 22.4% frequently modified techniques, incorporating adaptive equipment or personalized instruction.
- **Logistical Challenges:** 36.7% reported that coaching disabled athletes requires additional logistical support, such as managing equipment and allocating extra setup time.

### Implications:

Coaches find working with disabled youth rewarding but face logistical challenges that enhanced support could address. Streamlined administrative assistance would allow them to focus on inclusive coaching. Additionally, adaptive techniques tailored to individual needs can improve the experience for both coaches and athletes, fostering a more supportive environment.

## 3.3 Observations of Benefits for Disabled Youth in Sports

### Impact on Physical and Social Skills

Coaches observed numerous benefits for disabled youth who participate in sports:

- **Physical Skill Development:** 49% observed significant improvements in fitness, motor skills, strength, and overall health.
- **Social Skills and Belonging:** 59.2% noted better teamwork, communication, and friendships, with sports offering structured social interaction.
- **Importance of Regular Participation:** 67.3% stressed that consistent involvement supports physical, social, emotional, and confidence-building growth.

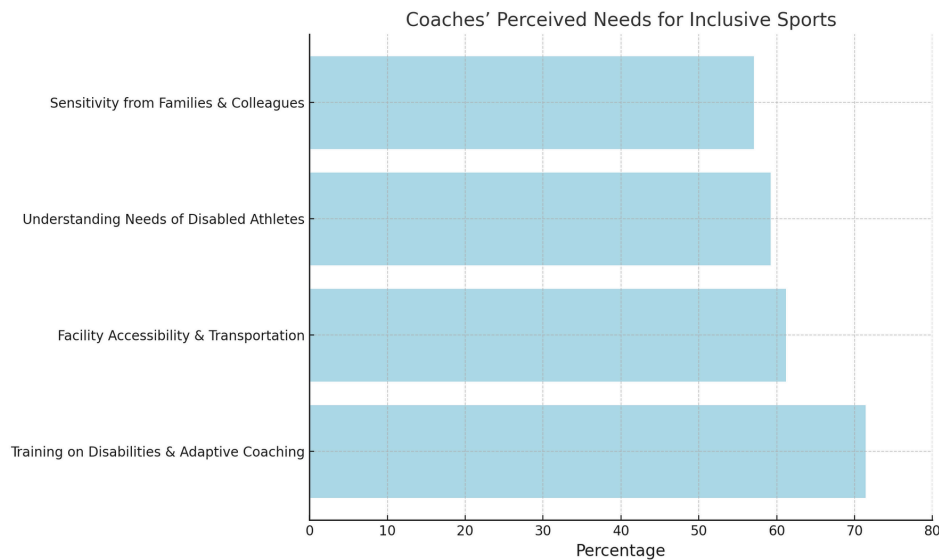
### Implications:

The benefits of inclusive sports programs highlight their developmental value. Sports organizations can use these insights to promote success stories and showcase long-term impacts, attracting community support, resources, and partnerships to expand and enhance adaptive sports opportunities for disabled youth.

## 3.4 Training and Support Needs

### Additional Support and Training Requirements

Coaches expressed a need for more support and resources to effectively work with disabled athletes:



- Training on Specific Disabilities and Adaptive Coaching Techniques:** 71.4% of coaches indicated a desire for training focused on specific disabilities and adaptive coaching methods. Such training would help coaches understand how to modify practices to suit individual needs and foster inclusive participation.
- Facility Accessibility and Transportation Support:** 61.2% of coaches pointed to a need for improved accessibility in sports facilities, including barrier-free layouts, accessible restrooms, and easy entry points. Coaches also noted that transportation support would help athletes and families access facilities more easily.
- Understanding Unique Needs of Disabled Athletes:** 59.2% of coaches indicated that a better understanding of each athlete's specific needs would enhance their ability to deliver tailored coaching. Coaches emphasized the importance of learning how different disabilities affect movement, coordination, and sensory experiences.
- Sensitivity from Families and Colleagues:** 57.1% mentioned that greater sensitivity and understanding from families and other staff would improve the sports environment. Coaches felt that fostering empathy and inclusivity within the sports community would create a more welcoming environment for disabled youth.

### Implications:

The demand for specialized training, improved accessibility, and understanding among families and staff highlights the importance of a comprehensive support system. Training programs that cover a range of disabilities, adaptive coaching practices, and inclusion methods would empower coaches to provide effective, inclusive coaching. Upgrading facilities for accessibility and offering transportation options would make it easier for disabled youth to participate consistently. Fostering a culture of empathy and inclusivity across all levels of the sports community would create a positive environment for both coaches and athletes.

## 3.5 Challenges in Integrating Disabled Youth into Mainstream Sports Programs

### Primary Challenges Identified

Coaches identified several challenges when it comes to integrating disabled youth into mainstream sports programs:

- **Need for Staff Training:** 46.9% of coaches cited insufficient training among staff as a key barrier to effective inclusion, noting that not all coaches or staff are familiar with adaptive practices or specific disabilities.
- **Limited Access to Adaptive Equipment:** 46.9% of coaches pointed to a lack of adaptive equipment, such as specialized wheelchairs, visual aids, or sensory-friendly tools, as a significant obstacle.
- **Funding Constraints:** 61.2% of coaches highlighted that limited funding restricts the availability and quality of adaptive resources and training. Coaches expressed a need for additional financial support to acquire adaptive equipment and enhance program offerings.
- **Social Attitudes and Biases:** 36.7% mentioned that biases and social attitudes toward disabled youth can create barriers, with some community members or even fellow staff holding misconceptions about the abilities of disabled athletes.

### Implications:

The identified challenges suggest a need for comprehensive support to enable successful integration of disabled youth in sports. Increased funding, dedicated staff training, and resources for adaptive equipment are crucial for fostering accessible opportunities. Awareness campaigns aimed at reducing social biases and promoting inclusivity could shift attitudes, creating a supportive culture for disabled youth in sports. Collaborating with disability advocacy organizations could further support these inclusivity efforts.



## 3.6 Effectiveness of Current Sports Programs

### Perceptions of Program Effectiveness

When asked about the effectiveness of current sports programs in promoting inclusivity, coaches provided mixed feedback:

- **Effective Programs:** 30.6% of coaches felt that existing programs were effective, though they noted some areas for enhancement.
- **Moderate to Ineffective Programs:** 40.8% viewed current programs as only moderately effective, while 28.6% rated them as ineffective in promoting inclusion, indicating that many coaches see a need for improvement.

### Implications:

The perception of limited effectiveness highlights an opportunity for sports programs to increase their impact. Gathering regular feedback from coaches and incorporating their input into program design could help address weaknesses and expand inclusivity efforts. By involving coaches in the development of program strategies, sports organizations can better meet the specific needs of disabled athletes and create a more inclusive environment.

## 3.7 Suggested Resources and Tools for Improved Inclusion

### Top Resources Identified

Coaches highlighted several resources that would improve inclusivity:

- **Enhanced Training Programs:** 67.3% advocated for comprehensive training on inclusive coaching practices and adaptive techniques to better support disabled athletes.
- **Improved Access to Adaptive Equipment and Facilities:** 65.3% of coaches stressed the need for adaptive equipment and accessible facilities that cater to the unique needs of disabled youth.
- **Clear Communication with Families and Healthcare Providers:** 67.3% emphasized the importance of establishing strong communication networks with families and healthcare providers to coordinate support and tailor care.
- **Increased Funding for Inclusion Programs:** 55.1% called for additional funding to cover the costs associated with adaptive equipment, facility improvements, and expanded training for inclusive coaching.

### Implications:

Focusing on training, adaptive equipment, and communication is essential for program development. Structured training, adaptive tools in facilities, and open communication with families and healthcare providers would build a strong support network. These improvements would boost coaches' confidence and create a more inclusive environment for disabled youth. Securing funding would sustain these efforts and enable programs to meet the needs of disabled athletes effectively.

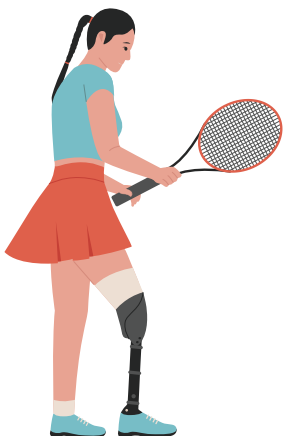
## CONCLUSION

The data gathered from sports professionals, families, and disabled youth in Türkiye reveals both the substantial benefits of inclusive sports participation and the persistent barriers that need to be addressed to create a truly accessible and supportive sports environment. For disabled youth, engaging in sports not only improves physical fitness but also fosters social connections, builds self-confidence, and enhances overall well-being. However, challenges such as limited accessibility in sports facilities, inadequate adaptive equipment, social biases, and a lack of specialized training for coaches continue to hinder full inclusion.

Families overwhelmingly recognize the developmental value of sports but often encounter logistical and social obstacles in supporting their child's participation. Coaches, on the other hand, are willing to work with disabled athletes and find the experience rewarding, yet many feel underprepared due to insufficient resources and training. These findings highlight the importance of investing in adaptive coaching programs, enhancing facility accessibility, and developing policies that promote inclusivity across all levels of the sports community.

To foster an environment where all youth, regardless of ability, can participate meaningfully in sports, it is essential to implement targeted strategies. These include comprehensive training for coaches, expanded access to adaptive equipment, and collaboration with families, healthcare providers, and disability advocacy organizations to create a supportive network. Raising awareness through community engagement and inclusivity campaigns will also be critical in addressing social biases and encouraging widespread acceptance.

By addressing these needs, Türkiye can make significant strides toward creating a sports culture that embraces diversity, empowers disabled youth, and builds a foundation for equal opportunity and inclusion. This approach will not only enrich the lives of disabled athletes but also strengthen communities and promote a more inclusive society.



## Inclusive Sports for Disabled Youth in Greece: Insights from Families, Coaches, and Young Athletes

This report was prepared within the framework of the RESPECT project, which aims to promote inclusive sports for disabled youth across Europe. In Greece, the research was conducted by Kyttaro Enallaktikon Anazitiseon Neon (KEAN), an organization specializing in non-formal education and youth development. KEAN's commitment to social innovation and inclusivity has played a pivotal role in understanding the unique challenges and opportunities for disabled youth in the region.



In Greece, approximately 1 million people—around 9% of the population—are living with disabilities (Hellenic Statistical Authority, 2023; European Disability Forum, 2022). Despite the well-documented benefits of sports, including improved physical health, psychological well-being, and enhanced social integration, disabled individuals often face significant barriers to participation (World Health Organization, 2022). These obstacles can range from physical inaccessibility and a lack of adaptive sports programs to societal stigma and limited awareness of available opportunities (UNESCO, 2021; International Paralympic Committee, 2022). For disabled youth, these barriers can hinder developmental growth, as sports play a crucial role in building social skills, resilience, and self-confidence.

This report combines insights from families, sports professionals, and disabled youth to highlight specific areas for improvement. Families provided input on the developmental role of sports, the challenges they face in supporting their children's participation, and their views on existing policy support. Sports professionals shared their experiences and challenges working with disabled youth, as well as their training needs and suggestions for fostering inclusion within sports programs. Finally, the perspectives of disabled youth shed light on the personal and social benefits they gain from sports, as well as the specific barriers they encounter in accessing inclusive programs.

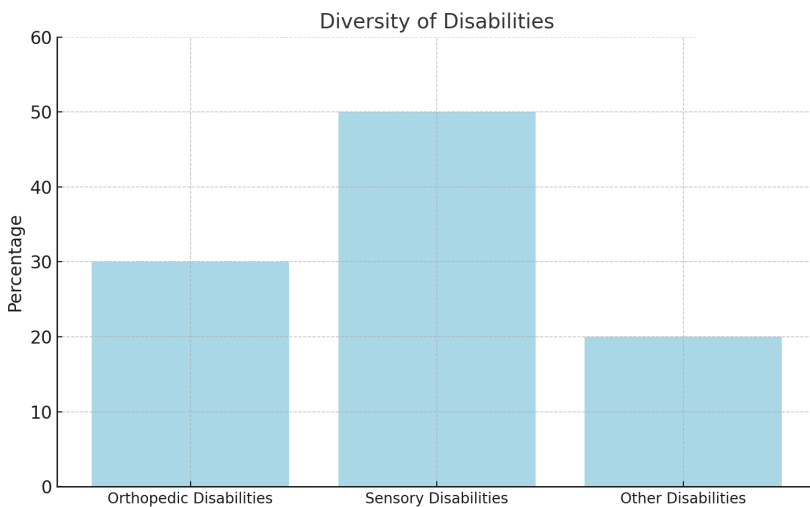
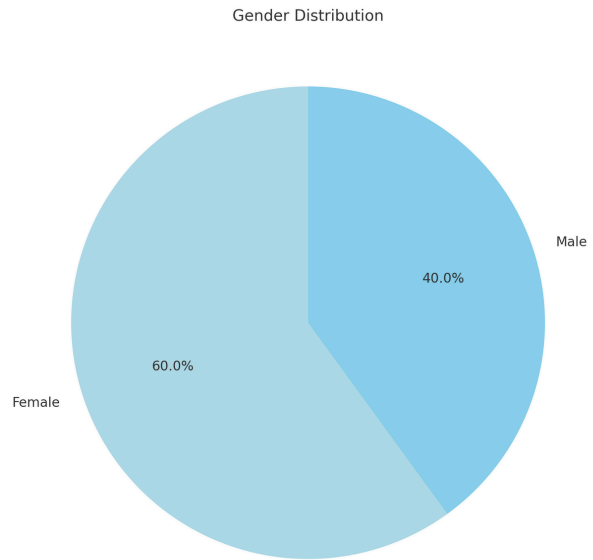
By synthesizing these perspectives, this report aims to inform strategies that address the unique needs of disabled youth, enhance family support, and equip sports professionals to make sports an accessible, empowering, and enriching experience for all.

# DISABLED YOUTH AND THEIR EXPERIENCES IN SPORTS PARTICIPATION IN GREECE

## 1.1 Participant Demographics and Diversity of Needs

### Age, Gender, and Disability Type

The survey involved 15 young adults between 18 and 25 years old, with a gender distribution of 60% females and 40% males. This age group, often characterized by high energy and openness to physical activity, also faces significant life transitions, such as pursuing education or starting employment, which may impact their sports engagement.



Disabilities within the group were diverse:

- Sensory Disabilities (53.3%):** Primarily hearing impairments (33.3%) and vision impairments (20.0%), emphasizing the need for environments that accommodate both visual and auditory modifications.

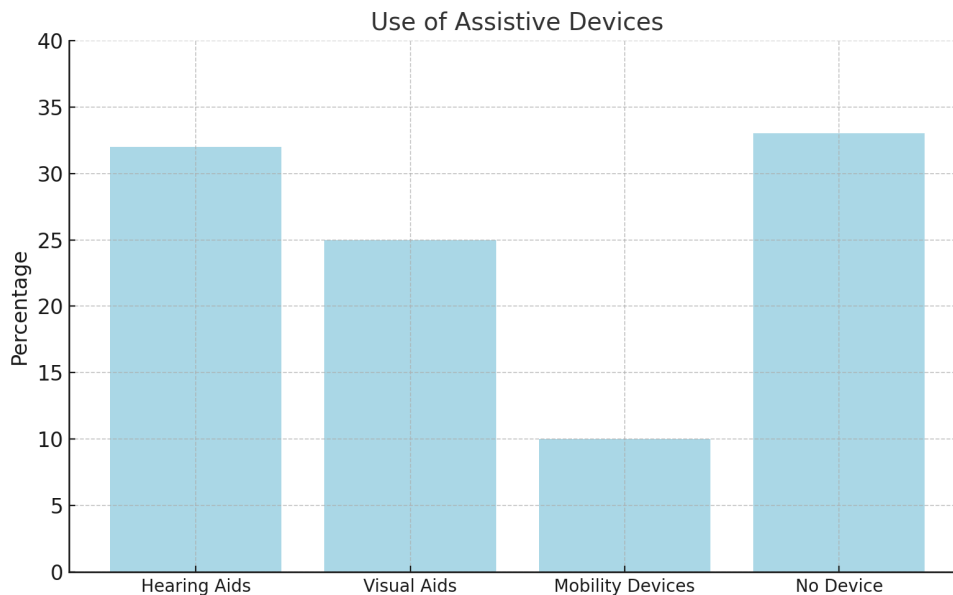
- Orthopedic Disabilities (33.3%):** Primarily congenital, such as hip dislocation, highlighting a need for specific physical accommodations.
- Other Disabilities (13.3%):** Including autoimmune diseases and learning disabilities, representing unique and sometimes unpredictable needs.

### Implications

The diversity of disabilities necessitates a flexible and multifaceted approach to accessibility. Programs should provide varied accommodations, such as wheelchair-accessible facilities, clear signage, and environments sensitive to sensory needs. Understanding this complexity can lead to tailored interventions that consider each participant's unique physical, sensory, and cognitive requirements, ensuring all participants can engage comfortably.

## 1.2 Use of Assistive Devices and Accessibility Requirements

Assistive devices play a significant role in the accessibility needs of participants:



- **Hearing Aids (33.3%):** Many participants rely on hearing aids, highlighting the need for reduced background noise, visual signaling systems, and clear communication aids in sports settings.
- **Visual Aids (20.0%):** The use of visual aids underscores the importance of high-contrast signage, tactile pathways, and color-coded spaces to support visually impaired individuals in navigating sports environments.
- **Mobility Devices (6.7%):** While a smaller percentage use wheelchairs or crutches, mobility accommodations like ramps, adaptive equipment, and accessible layouts remain essential for inclusion.
- **Non-Device Users (33.3%):** This group may face hidden barriers, such as chronic pain, fatigue, or sensory sensitivities, requiring thoughtful adjustments like sensory-friendly spaces and flexible schedules to meet their needs effectively.

### Implications

Sports facilities should incorporate physical, auditory, and sensory accommodations beyond traditional accessibility standards. These can include environments with minimal auditory distractions for those with hearing impairments, color-coded spaces for visually impaired individuals, and sensory-friendly areas for those with non-visible disabilities. Embracing a holistic approach to accessibility can remove obstacles that are often overlooked and provide a supportive experience for all users.

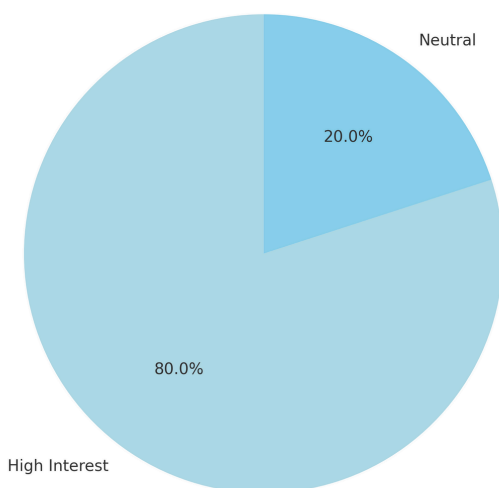
## 1.3 Levels of Sports Participation and Interest

### Current Participation Rates

Participation frequency shows varied levels of engagement:

- **Frequent Participants (13.3%):** A small yet active group engages very often, with an additional 33.3% participating often, reflecting a committed core of regular participants.
- **Occasional Participants (33.3%):** This group engages intermittently, suggesting potential for increased involvement through targeted support or interventions.
- **Minimal Participants (20.0%):** Those who rarely participate may face significant barriers, highlighting the need for enhanced accessibility, motivation, or tailored support to encourage their involvement.

Interest in Sports Participation



### Interest in Participation

- **High Interest Levels:** 80% of participants expressed a desire to increase their engagement, demonstrating enthusiasm that could be harnessed through targeted support.
- **Neutral Participants:** 20% remained neutral, while no participants reported disinterest, indicating an overall receptiveness to sports if barriers are minimized.

### Implications

The high interest in participation presents a significant opportunity. Programs should aim to engage occasional participants more regularly by addressing logistical barriers (e.g., inconvenient practice times, limited equipment) and enhancing accessibility. Providing adaptive sports equipment, creating welcoming and supportive environments, and integrating sports activities into social events could motivate those who participate rarely or only occasionally. The absence of complete disinterest further emphasizes that removing barriers could unlock broader engagement across the entire group.

## 1.4 Awareness of Adaptive Sports and Exposure Gaps

### Familiarity with Adaptive Sports

- **High Awareness Sports:** Wheelchair Basketball, Sitting Volleyball, and Para Swimming were known to 86.7% of participants, suggesting these sports benefit from greater visibility or media coverage.
- **Low Awareness Sports:** Adaptive Rowing and Sledge Hockey had no recognition among participants, highlighting a need for promotion and exposure. Other sports, such as Goalball and Wheelchair Tennis, had very low awareness levels.

### Implications

The limited awareness of certain sports reflects an information gap that could be constraining participation. To address this, the RESPECT project could promote these lesser-known sports through awareness campaigns, sports fairs, and partnerships with local institutions. By incorporating unfamiliar sports into existing programs, the project can increase exposure and provide participants with new, tailored options aligned with their interests and abilities. Leveraging popular sports as entry points to introduce lesser-known sports could also build excitement and engagement around adaptive sports.

## 1.5 Participation Preferences and Motivational Barriers

Despite high awareness of various sports, 53.3% of participants expressed no interest in participating in any sports. This finding raises important questions about the underlying reasons for disinterest.

### Preferred Sports Among Participants

- Wheelchair Basketball (20.0%) and Para Athletics (13.3%) were popular, showing a preference for team-based and individual endurance activities.

### Implications

The lack of interest from over half the participants suggests a combination of factors, including possible past negative experiences, societal stigma, or a mismatch between existing programs and participant needs. The RESPECT project could consider alternative approaches, such as recreational and non-competitive sports leagues or health-focused classes that reduce pressure and emphasize enjoyment. Additionally, offering sports that are tailored to each individual's capabilities and conducting follow-up focus groups can help refine program offerings to align better with participant expectations and motivations.

## 1.6 Perceived Benefits of Sports Participation

Participants identified multiple benefits to sports participation:

- **Physical Health and Fitness (93.3%)** emerged as the dominant motivator, underscoring the appeal of sports as a health improvement tool.
- **Self-Confidence (46.7%)** and **Social Connections (40.0%)** were also important, emphasizing the role of sports in enhancing personal growth and community integration.
- **Skill Development (13.3%)** was less frequently mentioned, suggesting it may be underrepresented or undervalued in current programs.

### Implications:

Framing sports as a means to improve physical well-being could be highly effective in attracting new participants. Additionally, showcasing the psychological and social benefits—such as increased self-confidence and friendship-building—could enhance program appeal. To address the low emphasis on skill development, programs could position sports as a pathway to independence and personal empowerment, which may resonate with individuals interested in self-improvement and life skills. Marketing campaigns should thus highlight the holistic advantages of sports, going beyond fitness to include mental and social growth.

## 1.7 Social Influence and Information Sources

### Social Networks and Role Models

- **Absence of Role Models:** 73.3% of participants reported not knowing any peers with disabilities engaged in sports, which may create a sense of isolation or diminish their motivation to participate.

### Information Sources

- **Online Platforms (73.3%)** were the primary source of information, suggesting a critical role for digital outreach.
- **Friends (60%)** also served as significant sources of encouragement, while **family and traditional sources (6.7%)** had minimal impact.

### Implications:

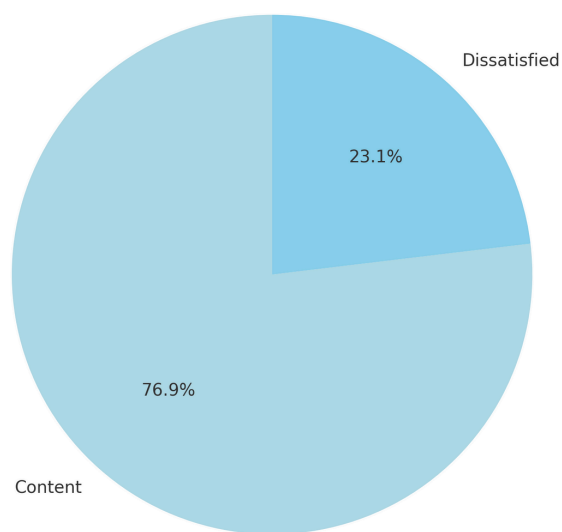
The lack of role models among peers highlights an opportunity for programs to foster visibility and inspiration by promoting stories of athletes with disabilities. Initiatives that elevate these role models, such as ambassador programs or digital storytelling, could help normalize sports participation and demonstrate that it is attainable and rewarding. Given the influence of digital platforms, the RESPECT project should invest in an online presence that includes engaging video content, virtual meet-and-greets, and interactive tools to facilitate learning about various sports. Additionally, fostering group-based activities or peer referral programs could harness the influence of friends and build supportive networks that encourage ongoing participation.

## 1.8 Satisfaction with Sports Participation and Identified Barriers

### Satisfaction Levels and Barriers

Satisfaction levels were generally high, with 66.7% of participants expressing contentment with their current level of sports participation. However, 20% reported dissatisfaction, indicating opportunities for improvement.

Satisfaction with Sports Participation



Key barriers to participation included:

- **Lack of Interest (20%):** Indicates a need for more engaging and varied sports options to attract broader participation.
- **Limited Awareness (13.3%):** Highlights the importance of improving outreach and making information about opportunities more accessible.
- **Non-Inclusive Environments (13.3%):** Points to the need for cultural shifts through diversity training and inclusive practices to create welcoming spaces.
- **Need for Personal Assistance (13.3%):** Underscores the value of volunteer or buddy programs to provide essential support for participants.
- **Discrimination (6.7%):** Stresses the importance of strong anti-discrimination policies and clear reporting mechanisms to ensure a safe environment.

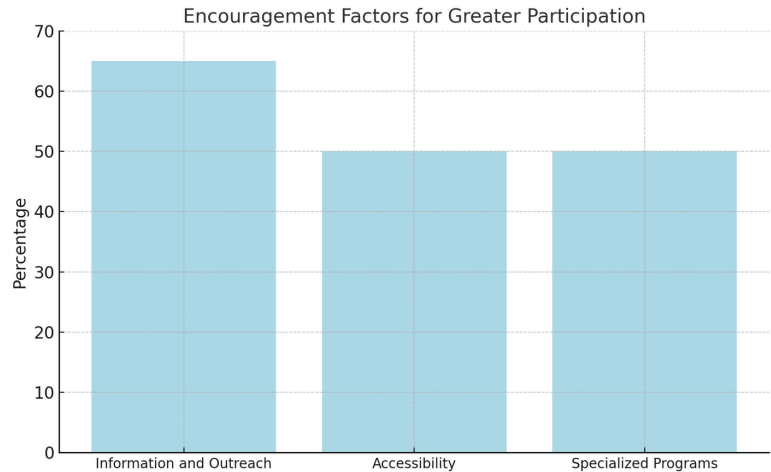
### Implications

To enhance satisfaction and reduce barriers, sports organizations should address both structural and social challenges. Offering varied and engaging sports options that incorporate creative or social elements can help spark interest among participants. Promoting inclusivity through diversity training, cultural shifts, and inclusive practices is essential to creating welcoming environments. Volunteer or buddy programs can provide personal assistance, improving accessibility and participation. Finally, strong anti-discrimination policies and a clear reporting system are vital for fostering a safe and supportive atmosphere for all participants.

## 1.9 Encouragement Factors for Greater Participation

### Top Encouragement Factors

- **Information and Outreach (66.7%):** Many participants felt well-informed, suggesting a need for clear, consistent, and accessible communication.
- **Accessibility (40%):** Participants emphasized the need for venues that cater to varied disabilities, surpassing basic accessibility standards.
- **Specialized Training Programs (40%):** Programs tailored to the specific needs of disabled athletes were identified as essential.



### Implications

The emphasis on information and outreach indicates the need for a centralized and easy-to-navigate platform that lists available sports opportunities, accessibility options, and transportation services. Upgrading facilities to meet higher accessibility standards is critical, as is developing training programs that cater to diverse abilities and include mentorship. Financial assistance and transportation options, although less frequently mentioned, should also be explored to remove economic and logistical barriers.

## 1.10 Vision for an Inclusive Sports Environment

Participants described an inclusive sports environment as one that encompasses physical accessibility, adaptive equipment, trained staff, and community engagement.

- **Physical Accessibility (73.3%):** Barrier-free spaces with ramps, elevators, and accessible restrooms were considered fundamental.
- **Adaptive Equipment and Trained Staff (66.7%):** Specialized gear and trained staff in disability awareness were seen as crucial.
- **Community Engagement (40%):** Regular events integrating disabled and non-disabled athletes were valued for fostering inclusion.

### Implications

Realizing this vision requires both physical and cultural transformations within sports facilities. Investments in adaptive equipment and staff training are essential for creating supportive and understanding environments. Community engagement should extend beyond occasional events to provide year-round opportunities for interaction, building a network of mutual support. Inclusive policies, with zero tolerance for discrimination, will further strengthen the trust and safety of participants.

## 1.11 Strategic Recommendations

**Digital and Community Outreach:** Invest in social media campaigns, create engaging video content, and partner with disability advocates to expand reach.

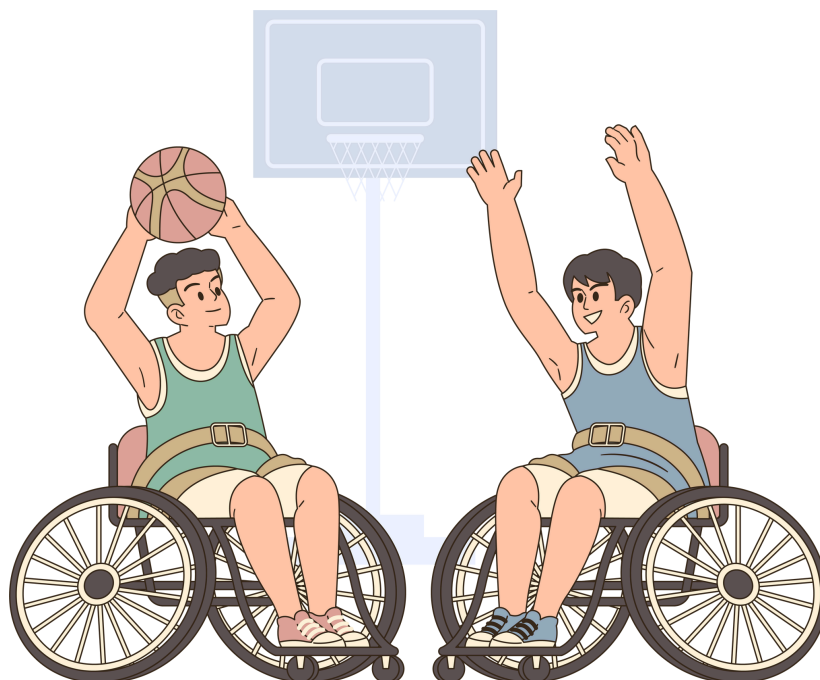
**Diversify and Adapt Sports Offerings:** Provide a range of engaging sports options that cater to diverse interests and physical abilities, including low-pressure activities for hesitant participants.

**Upgrade Facility Accessibility:** Conduct regular accessibility audits and include sensory-friendly features for a broader range of needs.

**Personalized Support Services:** Develop programs that pair participants with trained volunteers or support buddies.

**Inclusive Community Events:** Host events that promote integration and showcase the fun side of adaptive sports.

**Anti-Discrimination Policies:** Implement comprehensive policies, training, and a reporting mechanism to ensure a safe and inclusive environment.



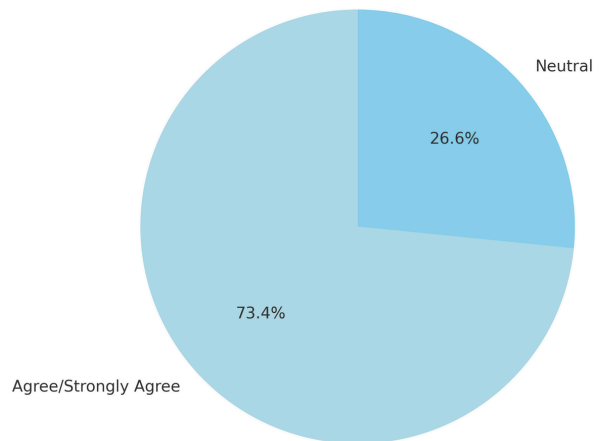
# FAMILY PERSPECTIVES ON SPORTS PARTICIPATION FOR CHILDREN WITH DISABILITIES

## 2.1 Parental Perceptions and Awareness of Sports Benefits

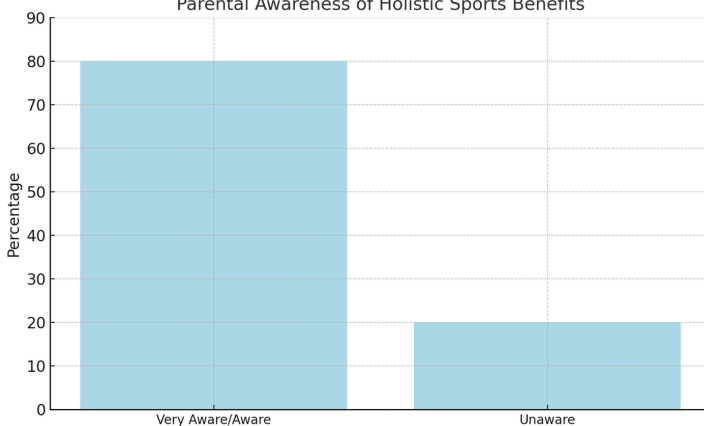
### Overall View on Sports' Developmental Role

The survey reveals a strong belief among families regarding the role of sports in their child's development. With 73.4% of families agreeing or strongly agreeing, it's clear that many view sports as beneficial to their child's physical, mental, and emotional growth. Only a small group expressed neutrality, with no disagreement about sports' developmental importance.

Parental Views on Sports' Developmental Role



Parental Awareness of Holistic Sports Benefits



### Awareness of Holistic Benefits

Awareness levels were high, with 80% of families identifying as "Very Aware" or "Aware" of the comprehensive benefits of sports, covering physical, mental, and emotional well-being. However, 20% of families indicated they were unaware, signaling an opportunity for further educational outreach on the positive impacts of sports.

### Perceived Benefits for Children with Disabilities

The survey showed that 86.7% of families see sports as either "Beneficial" or "Extremely Beneficial," underscoring a positive perception of sports as a valuable activity for disabled youth. This strong belief, particularly among the two-thirds who see it as "Extremely Beneficial," suggests that families are already inclined to view sports as an enriching experience for their child.

### Implications

The positive view and high awareness of sports benefits present a strong foundation for encouraging sports participation. However, the 20% who are unaware of the holistic advantages indicate a need for targeted informational resources. Programs could provide families with specific information on how sports improve not only physical health but also mental resilience, social skills, and emotional stability. Workshops or informational sessions highlighting real-life success stories and testimonials could strengthen families' understanding and commitment to supporting sports participation.

## 2.2 Family Engagement and Support for Sports Participation

### Role of Families in Encouragement

A significant majority of families (86.6%) indicated that they believe they play a vital role in encouraging their children to participate in sports. This highlights a strong commitment among families to actively support their child's involvement in physical activity, positioning them as key advocates for promoting both physical well-being and social inclusion.

### Impact on Family Dynamics

Family views on whether sports participation positively impacts family relationships were mixed. While 40% agreed or strongly agreed that sports enhance family bonds, another 40% were neutral, and 20% disagreed. This diversity in responses highlights variations in family experiences related to sports participation.

### Implications

The high support for family encouragement offers a significant opportunity to actively engage families in sports programs. Providing families with guidance on effective encouragement strategies and organizing family-inclusive activities could help them feel more empowered in their role. Moreover, programs could offer family-oriented sports events or create support networks where families can share experiences and foster closer bonds. This approach could increase the perception of sports as a shared, relationship-strengthening activity, benefiting both the child and the family unit.

## 2.3 Physical and Psychological Barriers to Supporting Participation

### Physical Barriers

40% of families reported encountering frequent or occasional physical challenges in supporting their child's sports activities, often related to accessibility issues, such as bathroom and elevator access. In contrast, 60% reported rarely or never facing these challenges, indicating a varied experience depending on facility accessibility or individual child needs.

### Psychological Pressures

The majority of families (73.3%) indicated minimal or no psychological pressures when supporting their child's sports involvement, with only 6.7% reporting frequent pressures. For some, stress from staff, peers, or societal attitudes may influence their overall experience and motivation.

### Implications

These findings highlight the importance of consistent accessibility standards across sports facilities. Programs should prioritize conducting accessibility audits and advocating for necessary modifications to create inclusive, barrier-free environments. Addressing both physical and psychological challenges is crucial: resources such as support groups, informational guides, and sensitivity training for staff could help families navigate social pressures. By providing assistance and building inclusive facilities, programs can enhance the overall experience for families and support sustained engagement.

## 2.4 Role of Digital Platforms in Facilitating Participation

### Supportive Role of Digital Platforms

Digital platforms have a limited but varied impact on enabling sports participation. While only 20% of families found these platforms highly supportive, over half of the families (53.3%) reported moderate support, and 26.7% found digital platforms unhelpful. This suggests that while some families benefit from online resources, there is significant room for improvement in digital accessibility and engagement.

### Encouragement Through Digital Platforms

The encouragement provided by digital platforms was similarly limited. Only 26.7% of families found digital platforms encouraging for their child's sports involvement, while a third of families saw no encouragement value.

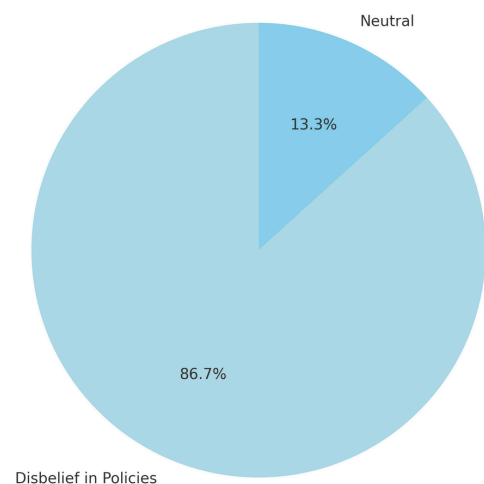
### Implications

These findings reveal a potential area for growth in digital engagement. Developing comprehensive digital resources that cater specifically to families and children with disabilities could improve engagement. Accessible content, such as motivational videos, online sports tutorials, and virtual community forums, could make sports participation more appealing and feasible. Digital tools could also bridge geographic and logistical barriers, offering remote families an opportunity to explore sports participation through interactive, family-friendly content.

## 2.5 Family Perceptions of Policy Support for Disabled Youth in Sports

### Skepticism Toward Existing Policies

A notable 86.7% of families expressed disbelief in the presence of effective policies that support sports participation for disabled youth. This skepticism suggests that either families are unaware of supportive policies, or they perceive current policies as inadequate or ineffective. Only a small number of respondents (13.3%) held a neutral stance, with no families indicating a positive belief in policy support.



### Implications

The high level of skepticism indicates a critical need for transparent communication around existing supportive policies and, if necessary, the development of new, family-centered policies. Sports organizations and policymakers should collaborate to create visible, actionable policies that clearly benefit children with disabilities. Increased advocacy and visibility of policies can help build trust and reassure families that their children's needs are prioritized. Engaging families in policy advocacy could foster a sense of community ownership and empowerment, further supporting the drive for inclusive sports policies.

## 2.6 Strategic Recommendations

**Increase Family Awareness:** Provide educational resources, workshops, and testimonials to help families understand the full physical, social, and emotional benefits of sports for their children.

**Improve Physical Accessibility and Support Networks:** Conduct accessibility audits to ensure facilities meet high standards, and establish support networks where families can share experiences and gain practical advice.

**Enhance Digital Engagement:** Develop accessible and engaging digital content, such as virtual tutorials, interactive resources, and online communities, to support families and provide greater flexibility in sports participation.

**Boost Policy Transparency and Advocacy:** Address skepticism by clearly communicating existing policies and involving families in advocacy efforts to improve and promote supportive policies.

**Encourage Family Involvement in Programs:** Offer family-inclusive events and resources to help families play an active, supportive role in their child's sports journey, reinforcing the positive impact of participation.



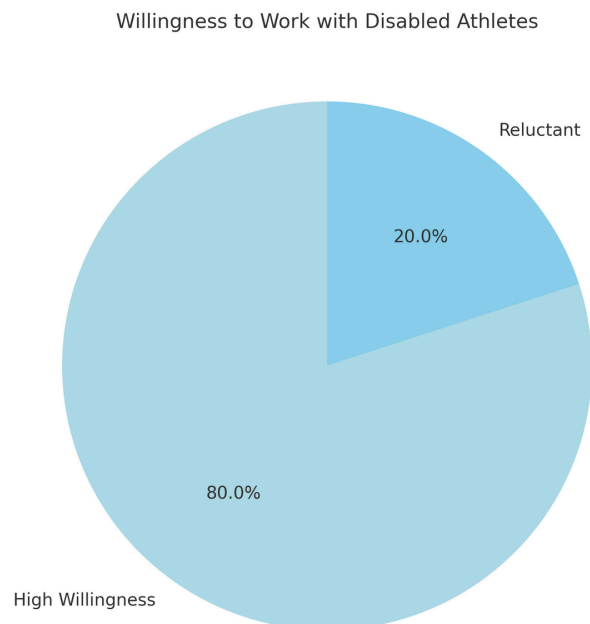
## SPORTS PROFESSIONALS' EXPERIENCES AND NEEDS IN WORKING WITH DISABLED YOUTH IN GREECE

### 3.1 Experience and Willingness to Work with Disabled Youth

#### Level of Experience

- **Limited Experience:** 53.3% of coaches reported having no experience working with young people with disabilities, while 40% have only minimal experience. Only one coach indicated moderate experience, and none reported extensive experience.

#### Willingness to Work with Disabled Athletes



- **High Willingness:** Despite limited experience, 80% of coaches expressed willingness to work with disabled athletes to varying extents, with 46.7% (7 coaches) indicating a great willingness.
- **Reasons for Reluctance:** For those expressing lower willingness, the primary reason was feeling inadequately trained (cited by 5 participants). One coach also expressed uncertainty about managing the specific needs of disabled athletes.

#### Implications

The strong willingness to work with disabled youth suggests an openness to inclusion, but the lack of experience and training highlights a critical need for professional development in adaptive coaching techniques. Targeted training and resources could empower coaches, addressing gaps in knowledge and boosting confidence in working with disabled athletes. Structured mentorship programs pairing inexperienced coaches with experienced mentors could help build comfort and skills progressively.

## 3.2 Perceptions of Working with Disabled Athletes

### Positive Perceptions and Challenges

- **Rewarding Experience and Patience Required:** Half of the coaches (46.7%) find working with disabled athletes rewarding, and an equal percentage recognize that it requires patience.
- **Adjustments in Coaching Style:** A third (33.3%) of coaches reported modifying their coaching style to accommodate the needs of disabled athletes.
- **Logistical Challenges:** 60% of coaches noted the need for additional time and resources to manage logistics for disabled athletes.

### Implications

While coaches are generally positive about working with disabled athletes, there are logistical and resource challenges. Programs could benefit from streamlined logistical support and administrative assistance to help coaches focus on inclusive coaching rather than managing logistical burdens. Additionally, encouraging more adaptive coaching methods could improve experiences for both coaches and athletes, fostering a more supportive and rewarding environment.

## 3.3 Observations of Benefits for Disabled Youth in Sports

### Impact on Physical and Social Skills

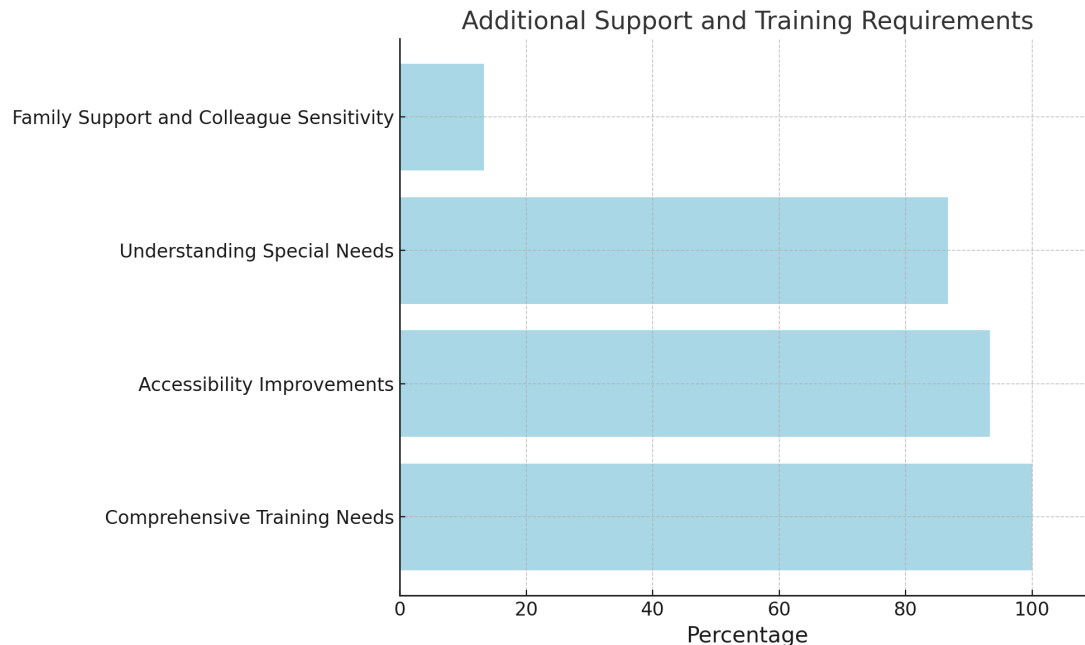
- **Physical Benefits:** 40% of coaches reported significant improvements in physical skills among disabled youth who participate in sports. These benefits included enhanced strength, coordination, and overall fitness, showcasing the positive impact of regular physical activity.
- **Social Skills and Participation Value:** One-third of coaches observed notable improvements in social skills, such as teamwork, communication, and the ability to form friendships. Additionally, nearly all coaches (93.3%) emphasized that active participation in sports is essential for the holistic development of disabled youth, fostering not only physical and social growth but also emotional resilience and self-confidence.

### Implications

Coaches perceive significant developmental benefits from sports, especially in physical and social skills. This recognition underscores the potential impact of inclusive sports on personal growth for disabled youth. Programs could leverage these insights by highlighting success stories and demonstrating the long-term benefits of sports participation, encouraging greater support and resources for inclusive sports initiatives.

## 3.4 Training and Support Needs

### Additional Support and Training Requirements



- **Comprehensive Training Needs:** All coaches (100%) highlighted the need for training focused on specific disabilities and adaptive coaching techniques to better support disabled athletes.
- **Accessibility Improvements:** A significant majority (93.3%) emphasized the importance of improving accessibility in sports facilities and providing better transportation options to facilitate their work.
- **Understanding Special Needs:** 86.7% of coaches expressed a strong desire to deepen their understanding of the unique needs and challenges faced by disabled athletes, enabling more tailored and effective coaching strategies.
- **Family Support and Sensitivity from Colleagues:** While less frequently mentioned, 13.3% of coaches (2 individuals) noted the need for increased sensitivity and support from families and a reduction in discriminatory behavior from other sports staff to create a more inclusive environment.

### Implications

There is a strong demand for specialized training and resources to enable coaches to effectively work with disabled athletes. Comprehensive training sessions focused on understanding specific disabilities, adaptive equipment, and inclusive coaching practices could address this need. Facility upgrades to enhance accessibility are also essential to ensure a supportive environment. Fostering awareness and empathy among all sports staff could promote a more inclusive culture across the organization.

## 3.5 Challenges in Integrating Disabled Youth into Mainstream Sports Programs

### Primary Challenges Identified

- **Training Gaps:** 66.7% of coaches cited a lack of adequate training for staff as a primary barrier.
- **Insufficient Equipment and Funding:** All coaches pointed to a lack of adaptive equipment as a major issue, while one-third also noted limited funding for special programs.
- **Social Biases and Attitudes:** 53.3% highlighted social biases and attitudes as obstacles to inclusion.

### Implications

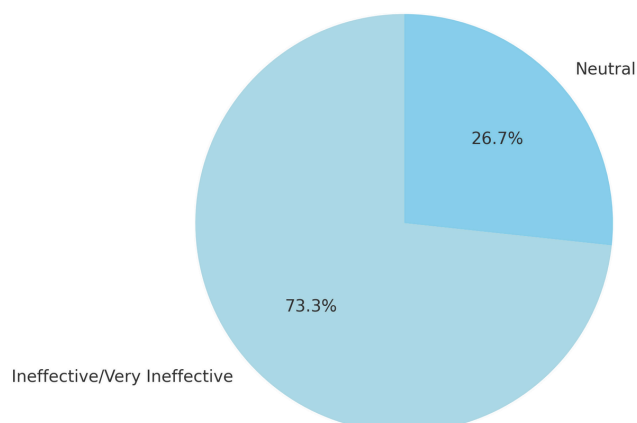
The barriers identified indicate a need for multifaceted support to facilitate inclusion. Investing in specialized training for all sports staff can address knowledge gaps, while securing funding for adaptive equipment and programs is essential for creating accessible and equitable opportunities for disabled youth. Social biases present an additional challenge; awareness campaigns and inclusivity training can help shift attitudes, fostering a more accepting sports culture. Collaborations with organizations experienced in disability advocacy could enhance inclusivity efforts.

## 3.6 Effectiveness of Current Sports Programs

### Perceptions of Program Effectiveness

- **Negative Assessment:** A substantial majority of coaches (73.3%) rated current sports programs as ineffective or very ineffective in promoting inclusion for disabled youth. Only a minority viewed them as neutral, with no one rating them as effective.

Perceived Effectiveness of Current Sports Programs for Disabled Youth



### Implications

The perception of ineffectiveness signals a pressing need for program improvement and restructuring to better serve disabled youth. Feedback from coaches should be integral to revamping these programs. By consulting coaches on program design and incorporating inclusive practices from the start, sports organizations can develop more effective, well-rounded programs that address the specific needs of disabled athletes.

### 3.7. Suggested Resources and Tools for Improved Inclusion

#### Top Resources Suggested

- **Training on Inclusive Practices:** 86.7% advocated for more training on inclusive practices for coaches.
- **Improved Access to Equipment and Curricula:** All coaches agreed on the need for adaptive sports equipment and inclusive sports curricula in schools.
- **Enhanced Communication:** 73.3% suggested better communication among coaches, families, and healthcare providers.
- **Increased Funding:** 73.3% supported additional funding for inclusion-focused programs.

#### Implications

These findings indicate that coaches see value in structural and educational improvements to promote inclusion. Developing a well-resourced, inclusive sports curriculum in schools could be foundational for long-term inclusivity. Programs should focus on training that bridges knowledge gaps and offers practical tools for adaptive coaching. Additionally, establishing clear communication channels among coaches, families, and healthcare providers could streamline support and optimize care for disabled athletes.

### 3.8 Recommendations for Enhancing Disabled Youth Participation

#### Key Suggestions from Coaches

- **Increased Funding for Adaptive Resources:** All coaches emphasized the importance of funding for adaptive sports equipment and facilities.
- **Specialized Training Programs:** Coaches unanimously recommended specialized training on adaptive coaching.
- **Inclusive Policies and Awareness Campaigns:** 93.3% called for the development of inclusive policies, and the same percentage suggested awareness campaigns to reduce stigmatization.
- **Cross-Sector Partnerships:** Coaches recommended partnerships among schools, sports organizations, healthcare providers, and disability associations for comprehensive support.

#### Implications

The recommendations underscore the need for a robust, integrated approach to inclusion in sports. Increased funding would support the acquisition of adaptive resources, making sports more accessible. Specialized training programs for coaches can equip them with the skills to handle diverse needs. Implementing inclusive policies and running awareness campaigns would foster a culture of acceptance and reduce stigmatization. Lastly, cross-sector partnerships can pool resources, expertise, and support, creating a networked approach that holistically addresses the needs of disabled athletes.

## CONCLUSION

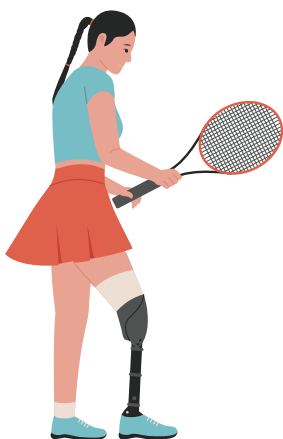
This report examines the perspectives of families, sports professionals, and disabled youth to understand the challenges and opportunities in fostering inclusive sports environments. Each group offered insights into the benefits of sports, barriers to participation, and steps needed for improvement.

Families recognize the developmental benefits of sports but face challenges like accessibility barriers and insufficient supportive policies. Strengthening resources, communication, and family-inclusive programs can enhance their role as advocates for their children's participation.

Sports professionals, despite limited experience with disabled youth, express a strong willingness to support inclusivity. Addressing gaps in training, adaptive equipment, and accessibility through partnerships with schools, healthcare providers, and disability organizations can better equip them to create inclusive environments.

For disabled youth, sports offer physical, social, and emotional benefits but are hindered by accessibility issues and social stigma. Expanding adaptive programs, enforcing anti-discrimination policies, and promoting positive attitudes toward disabilities are key to fostering inclusion.

The findings highlight the need for a coordinated approach to inclusivity in sports. By improving resources, training, policies, and awareness, families, professionals, and communities can create environments that are accessible, inclusive, and enriching for all athletes.



## Inclusive Sports for Disabled Youth in Germany: Insights from Families, Coaches, and Young Athletes

This report was prepared within the framework of the RESPECT project, which aims to promote inclusive sports for disabled youth across Europe. The research in Germany was undertaken by Smart Leap Education Research Consultancy GmbH, leveraging its expertise in fostering social inclusion through strategic partnerships and innovative methodologies. This report provides valuable insights to further the project's mission of empowering disabled youth through sports.



Germany has an estimated population of 7.8 million people with disabilities, accounting for roughly 9.4% of the total population (Statistisches Bundesamt, 2023). Sports participation has been shown to offer substantial benefits for disabled individuals, including improved physical health, mental well-being, and social integration (World Health Organization, 2022). However, numerous barriers continue to limit access to sports for disabled youth. These challenges range from physical inaccessibility and limited adaptive sports programs to social stigma and a lack of awareness about available opportunities (European Disability Forum, 2022).

The data gathered from families, coaches, and youth in Germany underscores both the potential and the need for more inclusive sports programs. Families shared insights on the developmental value of sports, the challenges they face in supporting their children, and their perceptions of existing support. Coaches provided feedback on their experiences working with disabled youth, identified their training needs, and offered suggestions for fostering inclusion in sports. Disabled youth themselves reported the personal and social benefits they gain from sports, as well as the specific barriers they encounter when accessing inclusive programs.

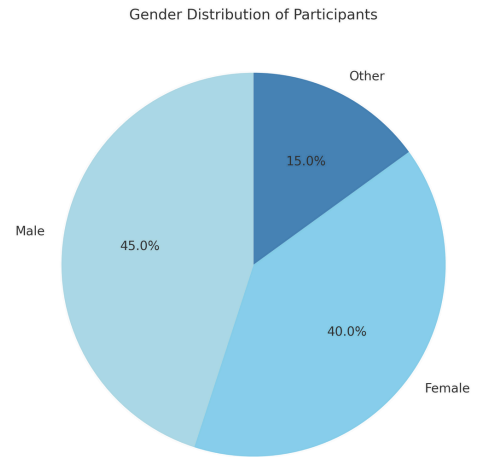
By synthesizing these perspectives, this report aims to inform targeted strategies to address the unique needs of disabled youth, provide families with support, and equip coaches to foster a more accessible, empowering, and enriching sports experience for all.

# DISABLED YOUTH AND THEIR EXPERIENCES IN SPORTS PARTICIPATION IN GERMANY

## 1.1 Participant Demographics and Diversity of Needs

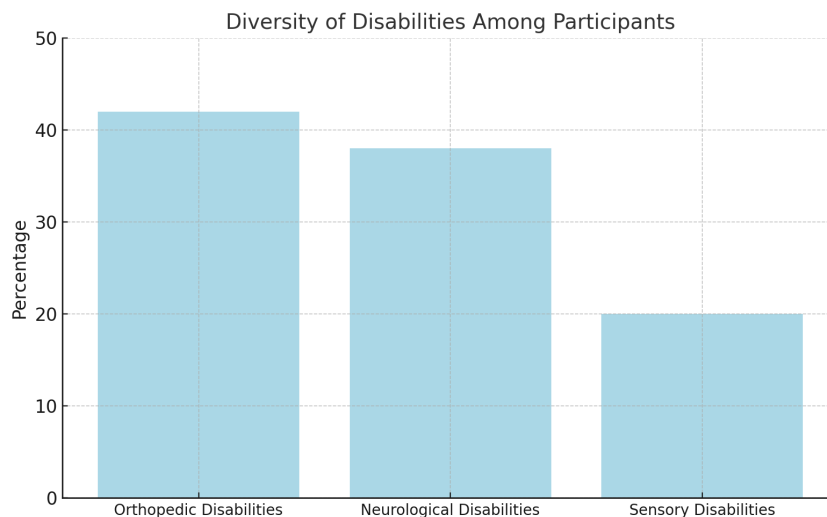
### Age, Gender, and Disability Type

The survey involved 20 young adults in Germany aged 18 to 25, with a gender distribution of 45% males (9 participants), 40% females (8 participants), and 15% identifying as “other” (3 participants). This age group spans a range of young adult experiences, from post-secondary education to early career stages, which can impact their engagement in sports.



The types of disabilities represented in the survey were diverse:

- **Orthopedic Disabilities (45%):** Primarily congenital, such as joint disorders, requiring tailored physical accommodations.
- **Neurological Disabilities (40%):** Including conditions such as cerebral palsy, which may impact motor skills and require specialized support.
- **Sensory Disabilities (25%):** Both vision and hearing impairments, highlighting the need for accessible visual and auditory modifications.



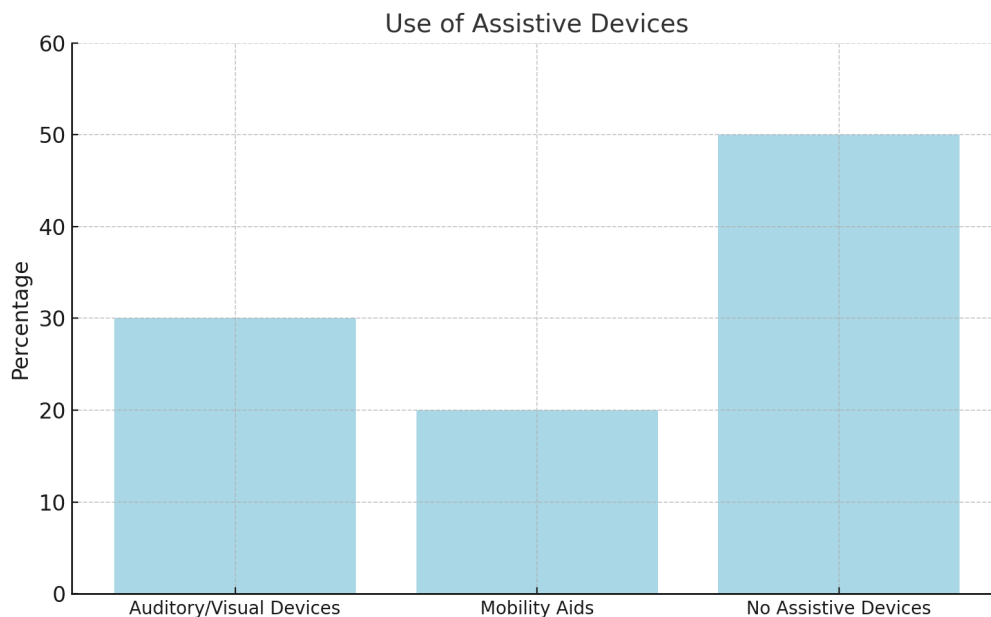
### Implications:

The variety of disabilities emphasizes the need for a comprehensive approach to accessibility in sports programs that supports physical, sensory, and neurological needs. Sports facilities in Germany should consider adaptations such as wheelchair-friendly spaces, clear visual indicators, and auditory support. Recognizing these specific requirements can inform a tailored approach to creating inclusive programs that meet the needs of all participants.

## 1.2 Use of Assistive Devices and Accessibility Requirements

### Assistive Device Usage

Assistive devices play a role in enabling youth with disabilities to participate in sports, with participants using a range of support tools to accommodate their unique needs:



- **Auditory and Visual Devices:** Used by 30% of participants, necessitating environments that are low in background noise and have clear, high-contrast signage.
- **Mobility Aids:** 20% of respondents use mobility aids such as wheelchairs or crutches, indicating the importance of accessibility features like ramps and spacious layouts.
- **No Assistive Devices:** 50% of participants reported no use of assistive devices, potentially facing other barriers such as fatigue or sensory processing issues.

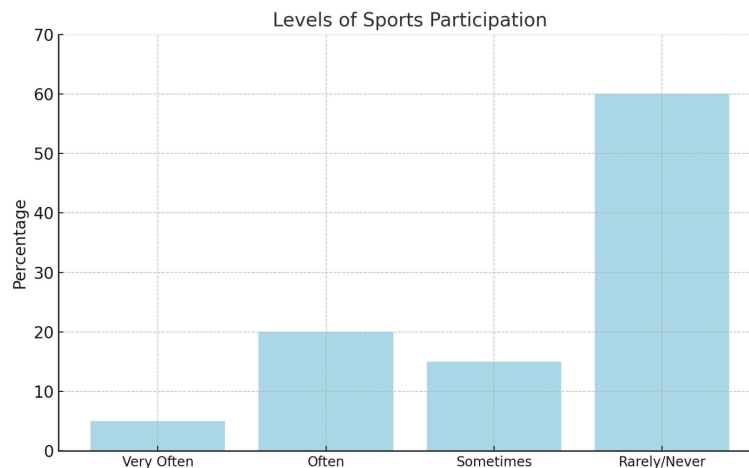
### Implications

These findings underscore the importance of not only physical accessibility but also sensory-friendly environments in sports facilities. For example, providing quieter spaces for those with hearing aids, tactile pathways for visually impaired individuals, and open areas for those with mobility challenges can create a more inclusive setting. A comprehensive accessibility approach in German sports facilities can reduce obstacles for youth with disabilities, fostering a welcoming and supportive environment.

## 1.2 Use of Assistive Devices and Accessibility Requirements

### Current Participation Rates

Participation among the surveyed youth varied:



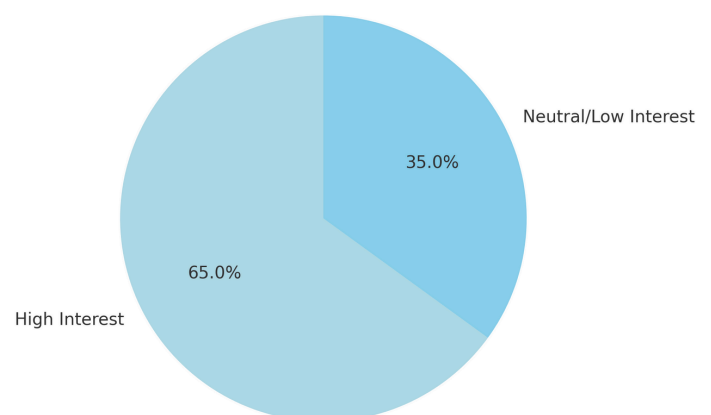
- **Frequent Participants (5%):** A small group actively engages in sports on a regular basis.
- **Moderate Participants (20%):** Represents an active subset with potential for greater involvement.
- **Occasional Participants (15%):** Engage sporadically, indicating room for increased participation through targeted interventions.
- **Minimal Participants (60%):** The majority participate rarely or not at all, highlighting substantial barriers that need to be addressed.

### Interest in Participation

Despite low current participation, there is high interest:

- **High Interest:** 65% of respondents expressed a desire to increase their involvement in sports if conditions improved.
- **Neutral/Low Interest:** 35% showed either neutral or limited interest.

Interest in Increasing Sports Participation



### Implications:

The high interest but low participation rates suggest that, with the right support and resources, many disabled youth in Germany would actively engage in sports. Addressing logistical barriers (e.g., facility access, adaptive equipment availability) and providing introductory sports sessions that are beginner-friendly could convert interest into regular participation. Creating accessible, supportive spaces where youth feel encouraged to participate may help overcome existing barriers.

## 1.4 Awareness of Adaptive Sports and Exposure Gaps

### Familiarity with Adaptive Sports

Awareness levels varied across sports:

- **Popular Sports:** Para Football/Soccer (80%) and Wheelchair Basketball (70%) were widely recognized, reflecting their relative visibility and popularity in Germany.
- **Limited Awareness:** Sports like Sledge Hockey (20%) and Adaptive Rowing (25%) were far less familiar to participants, highlighting a significant gap in exposure and awareness.

### Implications:

The limited awareness of certain adaptive sports suggests an information gap that could be limiting engagement. Awareness campaigns, sports fairs, and partnerships with community organizations could promote these lesser-known sports. By introducing participants to a variety of sports, they may discover activities better suited to their interests and abilities. Increasing visibility of adaptive sports could foster a broader sports culture, encouraging more widespread participation.

## 1.5 Participation Preferences and Motivational Barriers

While participants were aware of various sports, 50% expressed no interest in participating, suggesting a combination of motivational and environmental barriers.

### Preferred Sports:

- **Top Choices:** Para Football/Soccer (60%) and Para Swimming (55%) were the most popular, reflecting a preference for well-known, accessible activities.
- **Low Interest Sports:** Sports like Boccia (10%) and Adaptive Rowing (15%) received minimal interest.

### Implications:

The lack of interest from half the participants suggests potential issues such as societal stigma, previous negative experiences, or a mismatch between available programs and participant needs. Developing non-competitive and health-focused sports options may attract participants who currently feel disengaged. Offering a broader range of activities suited to individual capabilities could also help make sports more appealing and accessible.

## 1.6 Perceived Benefits of Sports Participation

Participants identified several benefits from sports engagement:

- **Physical Health (80%)** was the most widely recognized benefit, highlighting the appeal of sports as a way to improve physical fitness.
- **Social Connections (55%)** and **Building Confidence (65%)** were also valued, underscoring sports' role in fostering social and personal growth.
- **Skill Development (30%)** was less emphasized, suggesting it may not be a primary focus in current programs.

### Implications

The strong emphasis on physical health as a motivator presents an opportunity to frame sports programs as a pathway to fitness. Meanwhile, promoting the social and confidence-building aspects of sports could make programs more attractive to those seeking personal growth and community involvement. Positioning sports as a means to achieve self-improvement, resilience, and independence may resonate with a broader audience and encourage sustained participation.

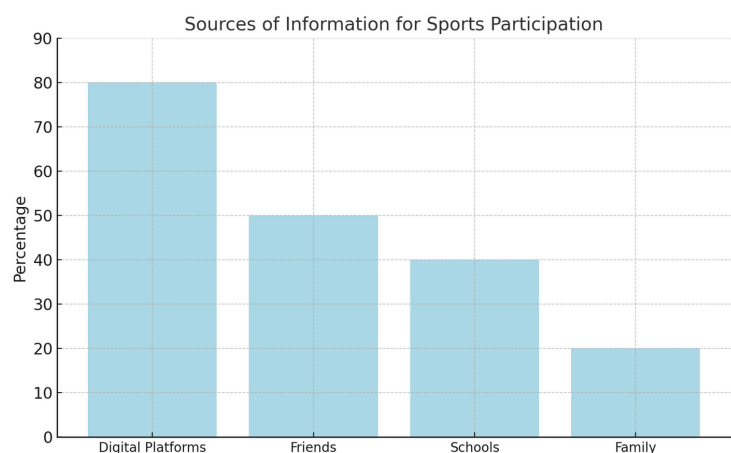
## 1.7 Social Influence and Information Sources

### Role Models and Peer Influence:

Only 25% of participants know other disabled individuals involved in sports, which may create a sense of isolation and diminish motivation to engage.

### Primary Information Sources:

- **Digital Platforms:** Social media and online resources were the most frequently cited information sources (80%), highlighting the importance of digital outreach.
- **Social Networks:** Friends (40%) and schools (35%) were also important, though traditional sources like family had minimal impact.



### Implications

The lack of peer role models suggests a need to create visibility around disabled athletes through digital storytelling and ambassador programs. Initiatives that elevate these athletes could help normalize sports participation and serve as inspiration. Given the strong influence of digital sources, targeted online campaigns with video content, testimonials, and interactive resources could help reach and engage disabled youth across Germany.

## 1.8 Satisfaction with Sports Participation and Identified Barriers

### Satisfaction Levels:

- **Satisfied (40%):** A smaller group found their participation meaningful despite challenges.
- **Dissatisfied (60%):** Most reported barriers hindering full engagement.

### Primary Barriers

- **Facility Accessibility (70%) and Transportation (55%):** Structural issues limit access.
- **Non-Inclusive Environments (40%) and Social Stigma (30%):** Cultural and social barriers persist.

### Implications

These findings highlight the need for structural improvements in facility accessibility and transportation options, as well as cultural shifts toward inclusivity. Addressing these barriers could improve both satisfaction and participation rates. Sensitivity training for coaches, anti-discrimination policies, and peer support programs could also create a more welcoming environment and reduce social obstacles.

## 1.9 Encouragement Factors for Greater Participation

### Key Support Needs

Participants highlighted the following critical factors to enhance sports involvement:

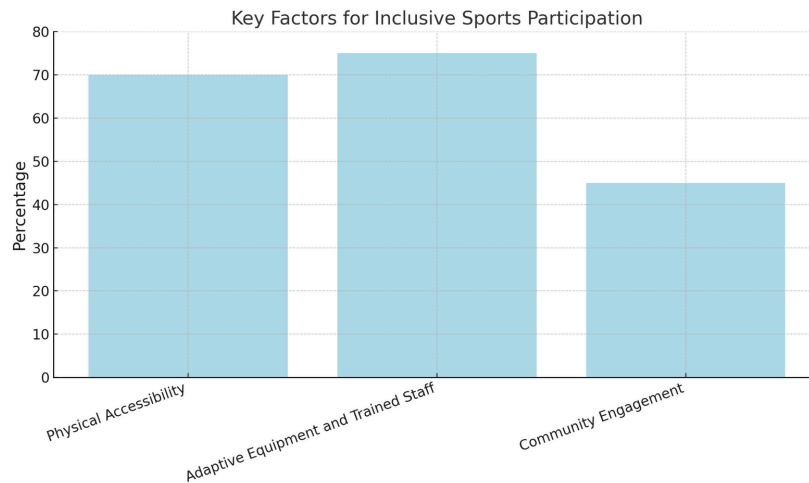
- **Improved Access to Facilities and Equipment (65%):** Many participants emphasized the need for accessible, well-equipped sports facilities to reduce physical barriers and encourage participation.
- **Specialized Training Programs (50%):** Tailored training programs designed to meet the specific needs of disabled youth were identified as essential for building skills, confidence, and sustained engagement.

### Implications

These needs suggest that addressing infrastructure, providing tailored training, and enhancing outreach efforts could make sports programs more accessible and appealing. Offering adaptive equipment, developing easy-to-access sports information portals, and implementing inclusive training programs would help reduce barriers and foster a more supportive environment for disabled youth in sports.

## 1.10 Vision for an Inclusive Sports Environment

Participants shared their vision for an inclusive sports setting, emphasizing three critical components:



- **Physical Accessibility (70%):** Accessible facilities equipped with ramps, elevators, and other features to ensure ease of use for everyone.
- **Adaptive Equipment and Trained Staff (75%):** Specialized equipment and staff trained in disability awareness were identified as essential for fostering inclusivity.
- **Community Engagement (45%):** Events and programs that encourage interaction and integration between disabled and non-disabled participants were highly valued.

### Implications

Achieving this inclusive vision requires both infrastructural and cultural shifts within sports facilities. Investment in adaptive equipment, regular staff training, and community events that promote integration can create an atmosphere of inclusivity and respect. Developing strong, inclusive policies will further solidify a supportive environment, enabling disabled youth to participate confidently and freely.



## 1.11 Strategic Recommendations

**Boost Digital Outreach:** Create targeted social media and video campaigns to increase awareness of adaptive sports, leveraging popular platforms to reach a wide audience.

**Diversify Sports Offerings:** Expand beginner-friendly, non-competitive options in popular sports like Para Soccer and Swimming to convert interest into regular participation.

**Improve Facility Accessibility:** Conduct regular audits and upgrade facilities with ramps, tactile pathways, and sensory-friendly spaces to accommodate diverse needs.

**Establish Mentorship Programs:** Pair new participants with experienced peers or trained volunteers to provide guidance, encouragement, and a sense of community.

**Organize Inclusive Events:** Host community sports days and tournaments that integrate disabled and non-disabled athletes to foster social connection.

**Implement Anti-Discrimination Policies:** Strengthen inclusivity through clear policies, sensitivity training, and a reporting system to address stigma and discrimination.

**Enhance Transportation and Financial Support:** Explore partnerships for discounted transport and financial aid options to reduce logistical barriers.

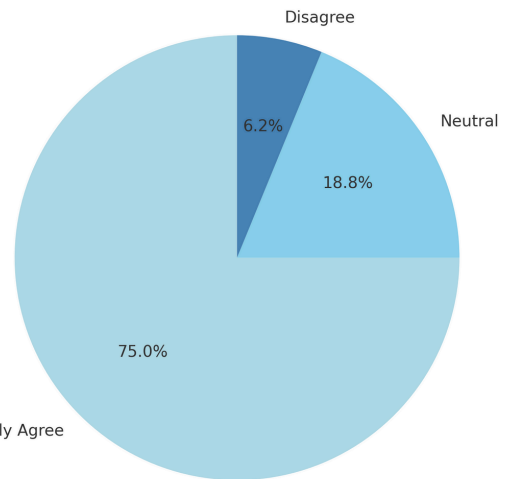
# FAMILY PERSPECTIVES ON SPORTS PARTICIPATION FOR CHILDREN WITH DISABILITIES

## 2.1 Parental Perceptions and Awareness of Sports Benefits

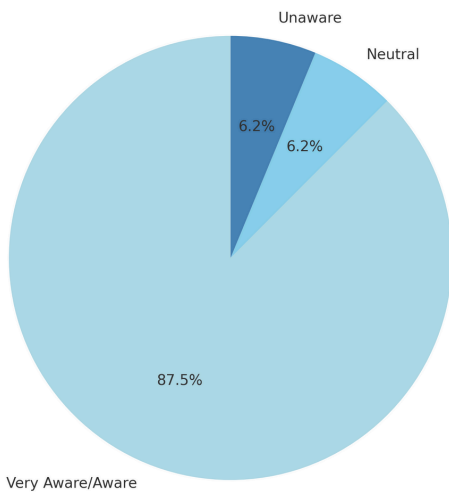
### Overall View on Sports' Developmental Role

The survey indicates a strong belief among families in Germany regarding the developmental importance of sports for their children with disabilities. With 75% of families agreeing or strongly agreeing, many see sports as beneficial to their child's physical, mental, and emotional growth. Only 6.25% disagreed, and 18.75% were neutral, suggesting a mostly positive view but also room for more information.

Parental Views on Sports' Developmental Role



Parental Awareness of Holistic Sports Benefits



### Awareness of Holistic Benefits

**Awareness of the broader benefits of sports was generally high:**

- **Very Aware/Aware:** 87.5% of families
- **Neutral:** 6.25%
- **Unaware:** 6.25%

This indicates that most families recognize the positive impacts of sports, although a small portion may need further information to fully appreciate these benefits.

### Perceived Benefits for Children with Disabilities

When asked about the benefits of sports for disabled youth, 68.75% of families viewed sports as either "Beneficial" or "Extremely Beneficial." This positive perception suggests that most families already recognize sports as a valuable activity, though 18.75% were neutral, and a small number remained skeptical.

### Implications

The overall positive view on sports benefits provides a solid foundation for encouraging participation. For families who are neutral or uncertain, targeted informational resources could help illustrate how sports support physical, mental, and emotional development. Programs can offer workshops or informational sessions highlighting success stories and testimonials, which could deepen families' understanding and motivate them to support sports participation.

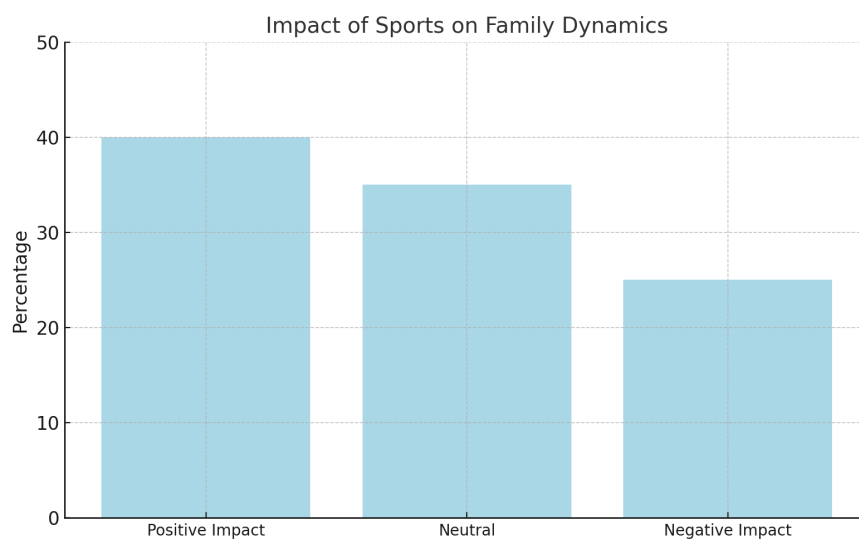
## 2.2 Family Engagement and Support for Sports Participation

### Role of Families in Encouragement

The majority of families (68.75%) agreed or strongly agreed that they play a crucial role in encouraging their children to participate in sports. This consensus reflects a high motivation among families to be actively involved in their child's sports journey.

### Impact on Family Dynamics

Responses on whether sports participation positively impacts family relationships were mixed:



- Positive Impact: 43.75% of families agreed or strongly agreed that sports enhance family bonds.
- Neutral: 37.5%
- Negative Impact: 18.75%

This range suggests that while many families feel sports positively influence family relationships, a substantial number are neutral, and a smaller portion experiences challenges.

### Implications

The strong support for family encouragement offers an opportunity to engage families more actively in sports programs. Providing guidance on effective encouragement techniques and organizing family-inclusive events could empower families and foster shared experiences. Family-oriented activities may help transform sports into a relationship-strengthening activity, benefiting both the child and their family.

## 2.3 Physical and Psychological Barriers to Supporting Participation

### Physical Barriers

Families reported varying levels of physical challenges in supporting their child's sports activities:

- **Frequent/Occasional Challenges:** 56.25%
- **Rarely/Never:** 43.75%

Challenges often stemmed from accessibility issues, such as bathroom or facility access, indicating that certain locations may lack adequate support for families.

### Psychological Pressures

Most families indicated minimal psychological pressures, with 68.75% reporting rarely or never experiencing social stress. However, 31.25% noted frequent or occasional pressures from staff, peers, or societal attitudes.

### Implications

These findings highlight the need for consistent accessibility standards across sports facilities. Conducting accessibility audits and implementing necessary improvements can create more inclusive, barrier-free environments. Additionally, providing support groups and sensitivity training for staff can help families navigate social pressures, enhancing the overall experience and supporting long-term engagement.

## 2.4 Role of Digital Platforms in Facilitating Participation

### Supportive Role of Digital Platforms

Digital platforms have shown limited impact in enabling sports participation. While 43.75% of families found these platforms highly supportive, 25% found them unhelpful, and the remaining 31.25% felt they offered moderate support.

### Encouragement Through Digital Platforms

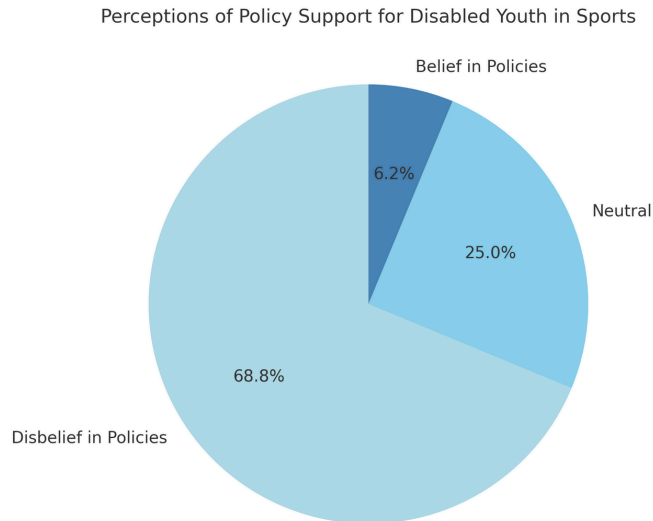
Similarly, 37.5% of families felt that digital platforms encouraged participation, but another 37.5% saw little to no encouragement, indicating room for improvement.

### Implications:

The mixed impact of digital platforms suggests potential for growth. Developing comprehensive digital resources specifically tailored for families and children with disabilities could enhance engagement. Accessible content, such as motivational videos, online sports tutorials, and virtual family forums, could make participation more appealing and help families explore sports in a flexible, interactive way.

## 2.5 Family Perceptions of Policy Support for Disabled Youth in Sports

### Skepticism Toward Existing Policies



A significant 68.75% of families expressed disbelief in the presence of effective policies supporting disabled youth in sports, suggesting a lack of awareness or dissatisfaction with current policies. 25% held a neutral stance, with only a small number believing in policy support.

#### Implications:

The high level of skepticism underscores a need for transparent communication regarding supportive policies. Sports organizations and policymakers should work to create visible, actionable policies that directly benefit children with disabilities. Increased advocacy and policy visibility can help build trust, while involving families in advocacy efforts may empower them to support the drive for inclusive sports policies actively.



## 2.6 Strategic Recommendations

**Increase Accessibility in Sports Facilities:** Given the reported physical barriers, sports organizations should prioritize facility accessibility improvements, including bathroom and entryway modifications, to accommodate disabled youth and their families.

**Develop Family-Oriented Support Programs:** To address the varying levels of family support and challenges, programs could establish family-focused networks and offer guidance on how families can encourage sports participation effectively.

**Enhance Digital Resources:** Since digital platforms are only moderately effective, investing in tailored, accessible online resources—such as virtual sports tutorials and motivational content—could provide families with additional tools to support their child’s involvement in sports.

**Improve Communication Around Policy Support:** The widespread skepticism regarding policy support highlights the need for clear, accessible information about existing supportive policies. Policymakers should work to communicate these policies more effectively or consider developing new, family-centered initiatives.



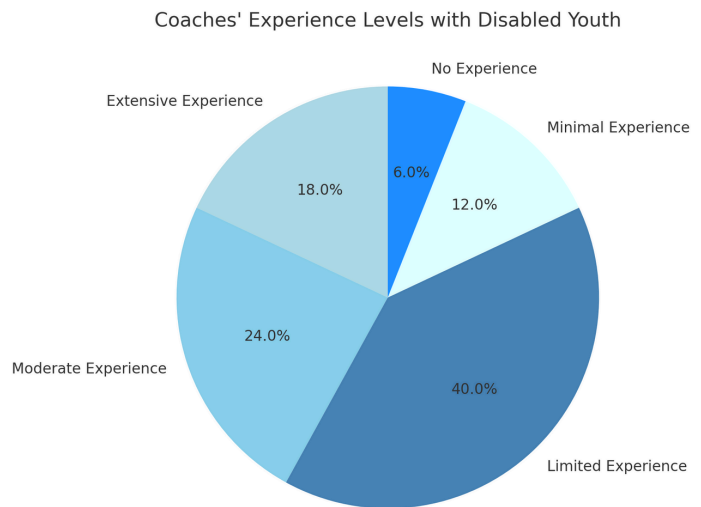
# SPORTS PROFESSIONALS' EXPERIENCES AND NEEDS IN WORKING WITH DISABLED YOUTH IN GERMANY

## 3.1 Experience and Willingness to Work with Disabled Youth

### Level of Experience

The survey showed varying levels of experience among coaches when it comes to working with disabled youth:

- **Extensive Experience:** 18% of coaches reported extensive experience working with disabled youth.
- **Moderate Experience:** 24% indicated moderate experience, suggesting familiarity but not deep expertise.
- **Limited Experience:** 40% had only limited exposure to working with disabled athletes, showing a gap in practical, hands-on experience.
- **Minimal Experience:** 12% reported very little experience.
- **No Experience:** 6% indicated no experience at all.



### Willingness to Work with Disabled Athletes

Despite varying experience levels, the majority of coaches expressed a strong willingness to work with disabled youth, showing a positive attitude toward inclusion:

- **High Willingness:** 41% indicated a high level of enthusiasm for supporting disabled athletes.
- **Moderate Willingness:** 29% were moderately willing, often citing a need for more resources and training.
- **Some Willingness:** 24% were somewhat willing, reflecting uncertainty due to a lack of training and support.
- **Low Willingness:** 6% expressed little willingness to work with disabled athletes.

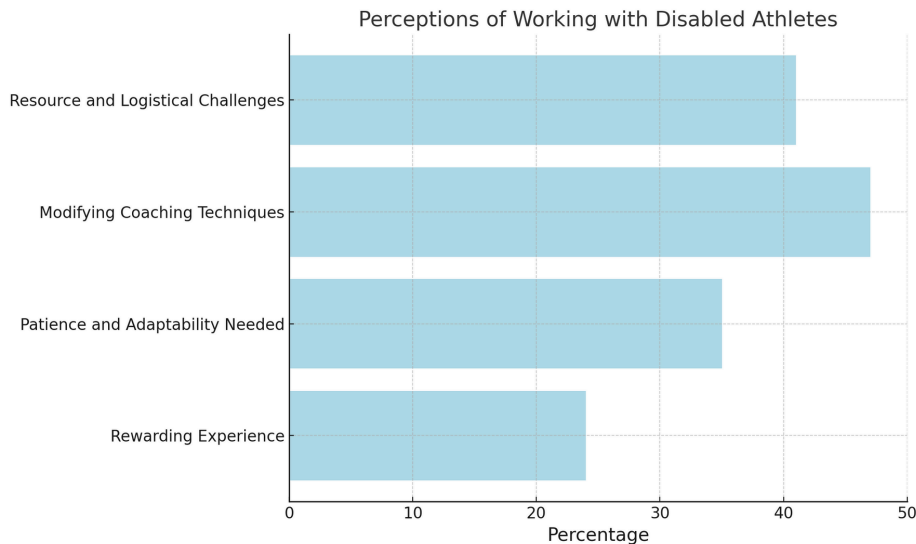
### Implications

The general openness to working with disabled youth indicates potential for growth if supported by targeted training and resources. Structured training and mentorship from experienced adaptive coaches could help address knowledge gaps, boost confidence, and equip coaches with the skills needed to create inclusive environments effectively.

## 3.2 Perceptions of Working with Disabled Athletes

### Positive Perceptions and Challenges

The survey responses revealed both rewarding aspects and challenges of working with disabled athletes:



- **Rewarding Experience:** 24% found working with disabled youth to be fulfilling and impactful.
- **Patience and Adaptability Needed:** 35% noted that patience and flexibility are essential qualities when working in adaptive sports.
- **Modifying Coaching Techniques:** 47% frequently adjusted their coaching styles and techniques to meet the needs of disabled athletes.
- **Resource and Logistical Challenges:** 41% highlighted the need for additional resources, including adaptive equipment and support personnel, to manage logistical demands effectively.

### Implications

Coaches' positive views on working with disabled youth, combined with identified logistical challenges, suggest that with improved resources and support, inclusive coaching can be further enhanced. Programs that provide access to specialized equipment and streamlined support could help coaches focus more on adaptive coaching rather than logistical concerns, promoting a rewarding experience for both coaches and athletes.

### 3.3 Observations of Benefits for Disabled Youth in Sports

#### Impact on Physical and Social Skills

Coaches observed numerous benefits for disabled youth who participate in sports:

- **Physical Development:** 29% reported improvements in physical abilities and overall fitness among disabled youth.
- **Social Engagement:** 29% noted that sports participation facilitated social interaction and improved communication skills.
- **Value of Participation:** 53% emphasized the critical role of regular sports involvement in building confidence and social networks.

#### Implications

The recognized benefits highlight the importance of promoting sports opportunities for disabled youth. By sharing these positive outcomes, programs can encourage broader support for inclusion initiatives. Demonstrating how sports improve physical and social skills could also help secure resources and foster community support for adaptive sports programs.

### 3.4 Training and Support Needs

#### Additional Support and Training Requirements

Coaches expressed a strong need for enhanced training and support to work effectively with disabled youth:

- **Specialized Training in Disabilities and Adaptations:** 65% called for training on specific disabilities and adaptive coaching practices to better serve diverse needs.
- **Accessibility Improvements:** 53% indicated that improving facility and transportation accessibility would significantly aid their work.
- **Understanding Diverse Needs:** 47% noted the importance of understanding the unique requirements of disabled athletes and learning adaptive techniques suited to various disabilities.
- **Supportive Environment:** 24% felt that more sensitivity from staff, families, and the community would foster a more inclusive culture in sports settings.

#### Implications

The clear demand for specialized training and accessible environments underscores the need for dedicated resources in these areas. Comprehensive training programs that address specific disabilities and teach adaptive coaching techniques can equip coaches to meet the varied needs of disabled youth. Facility improvements and enhanced transportation options will create a supportive foundation for inclusive coaching practices.

## 3.5 Challenges in Integrating Disabled Youth into Mainstream Sports Programs

### Primary Challenges Identified

#### Coaches identified several obstacles to inclusion:

- **Need for Staff Training:** 29% pointed to a lack of adequate training for sports staff on how to work with disabled youth.
- **Limited Access to Adaptive Equipment:** 29% cited a shortage of adaptive equipment as a barrier to inclusion.
- **Funding Constraints:** 24% mentioned a lack of financial support for inclusive programs.
- **Social and Cultural Biases:** 18% identified negative societal attitudes as a barrier.

### Implications

Addressing these challenges requires investments in training, equipment, and awareness campaigns to combat biases and create inclusive environments. Partnerships with disability-focused organizations can also enhance program effectiveness.

## 3.6 Effectiveness of Current Sports Programs

### Perceptions of Program Effectiveness

When asked about the effectiveness of current sports programs in promoting inclusivity for disabled youth, coaches provided varied feedback:

- **Positive Impact (47%):** 47% of coaches viewed the programs as generally effective but felt there was room for improvement.
- **Neutral or Negative Views (53%):** 29% rated programs as somewhat effective, while 24% felt current initiatives lack sufficient resources and inclusive practices, limiting their ability to fully serve disabled youth.

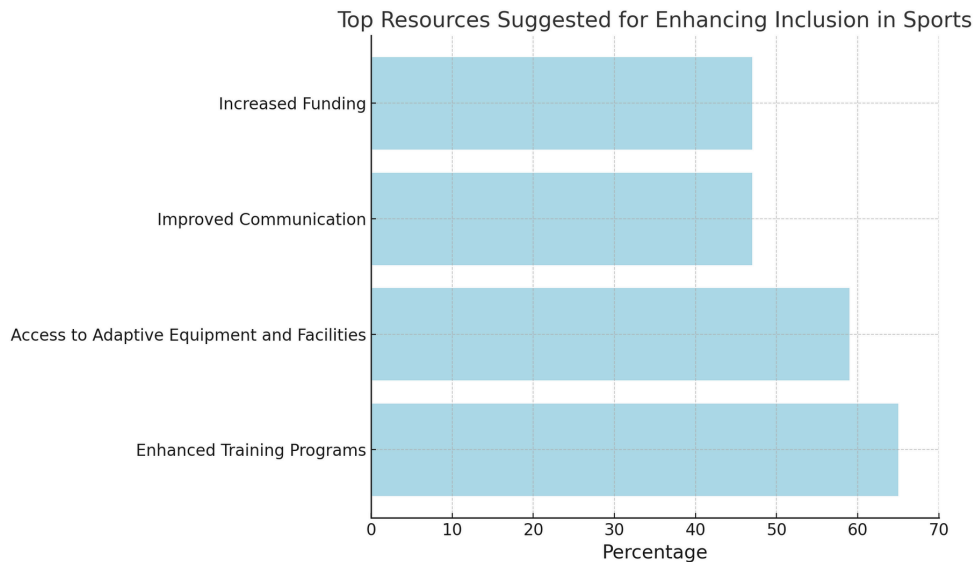
### Implications

The mixed responses indicate a need for program enhancement. Regularly gathering feedback from coaches on program design and implementation can help identify areas for improvement. Incorporating this input and prioritizing inclusive practices from the planning stage can better align programs with the needs of disabled youth.

## 3.7 Suggested Resources and Tools for Improved Inclusion

### Top Resources Suggested

Coaches identified key resources that could enhance inclusion in sports:



- **Enhanced Training Programs (65%):** A majority of coaches emphasized the need for more training on inclusive practices and adaptive coaching techniques.
- **Access to Adaptive Equipment and Facilities (59%):** Coaches stressed the importance of better access to specialized equipment and accessible sports spaces.
- **Improved Communication (47%):** Strengthening communication channels with families and healthcare providers was highlighted as a critical factor in providing tailored support for disabled athletes.
- **Increased Funding (47%):** Coaches identified additional funding as essential for sustaining inclusion efforts and covering costs associated with specialized resources.

### Implications

The emphasis on training, adaptive resources, and funding underscores key areas for development. Establishing a structured training curriculum, improving access to specialized equipment, and securing additional funding can create a solid foundation for inclusive sports programs. Enhanced communication channels with families and healthcare providers can further ensure the effective implementation of these programs, helping coaches feel more supported and prepared in their roles.

## 3.8 Strategic Recommendations

**Expand Training on Disabilities and Adaptive Coaching Techniques:** Develop targeted training programs that equip coaches with the skills and knowledge to support diverse needs in adaptive sports.

**Improve Access to Adaptive Equipment and Facilities:** Conduct facility assessments and prioritize adaptive equipment to ensure accessible, inclusive environments for disabled athletes.

**Establish Strong Communication Networks:** Foster communication between coaches, families, and healthcare providers to coordinate support and tailor care for each athlete.

**Increase Funding for Inclusion-Focused Programs:** Seek additional funding sources to support adaptive resources, training initiatives, and program enhancements.

**Implement Inclusive Policies and Sensitivity Training:** Develop policies to promote inclusivity, reduce biases, and ensure a welcoming environment for disabled youth and their families.

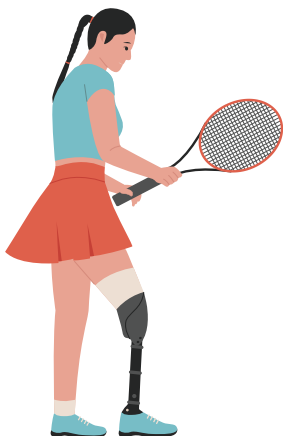


## CONCLUSION

This report provides a comprehensive overview of the current state of sports participation for disabled youth in Germany, synthesizing perspectives from disabled youth, their families, and sports professionals. The findings highlight both the benefits of sports participation and the barriers that persist. For disabled youth, sports offer significant physical, social, and emotional benefits, yet they often face accessibility challenges, limited awareness of adaptive sports, and motivational barriers. Families recognize the developmental importance of sports but frequently encounter logistical and social pressures that can hinder their involvement in supporting their children's engagement. Meanwhile, sports professionals demonstrate a willingness to work with disabled youth, though they note a need for greater resources, specialized training, and improved accessibility to facilitate inclusive coaching.

The data underscores an urgent need for targeted interventions. Increased investment in facility accessibility, adaptive equipment, and specialized training programs for coaches are critical to fostering a more inclusive sports environment. In addition, stronger communication networks among coaches, families, and healthcare providers, as well as clear and supportive policies, can create a framework in which disabled youth feel empowered and encouraged to participate in sports.

By addressing these challenges, Germany can move closer to a sports culture that embraces all abilities, providing equal opportunities for physical, mental, and social development. An inclusive approach to sports participation not only benefits individuals but also strengthens community bonds and promotes a society that values diversity and inclusivity.



## Inclusive Sports for Disabled Youth in Italy: Insights from Families, Coaches, and Young Athletes

This research was carried out under the RESPECT project, a collaborative effort to advance inclusive sports environments for disabled youth. In Italy, the study was conducted by Unione Sportiva Dilettantistica Maria Ausiliatrice (USMA), a sports association with a strong focus on fostering youth participation and inclusivity through sports. USMA's expertise has been instrumental in uncovering insights that will contribute to the project's broader objectives.



According to recent data, approximately 3.1 million people in Italy (about 5% of the population) live with disabilities, with a significant proportion of these individuals aged under 35 years (ISTAT, 2023). This demographic faces unique challenges as they transition into adulthood, including the dual pressures of education or employment and navigating a world that is often not designed to accommodate their needs. For many, participation in sports is hindered by logistical obstacles such as inaccessible facilities and lack of affordable transportation, as well as social barriers like stigma and exclusion from mainstream activities (WHO, 2022). Despite these challenges, the potential benefits of adaptive sports programs remain immense, providing an outlet for personal growth, physical fitness, and the development of social skills.

The survey data collected for this report provides valuable insights into the experiences and aspirations of disabled youth in Italy regarding sports participation. While participation rates remain low, there is a high level of interest among respondents in engaging with adaptive sports, signaling a significant opportunity to bridge the gap between interest and access. Key themes explored in this report include awareness of adaptive sports, the availability of inclusive facilities, and the motivational and structural barriers that prevent youth from participating. These findings underscore the need for tailored interventions, including improved infrastructure, specialized training for sports professionals, and targeted outreach efforts.

By addressing these challenges, Italy has the opportunity to create a sports culture that values and supports disabled youth. Investing in inclusive sports programs not only benefits individuals but also contributes to broader societal goals of equity and social cohesion (European Union Agency for Fundamental Rights, 2021). This report aims to inform stakeholders, including policymakers, sports organizations, and local communities, on how to promote inclusivity and create meaningful opportunities for disabled youth to thrive in sports.

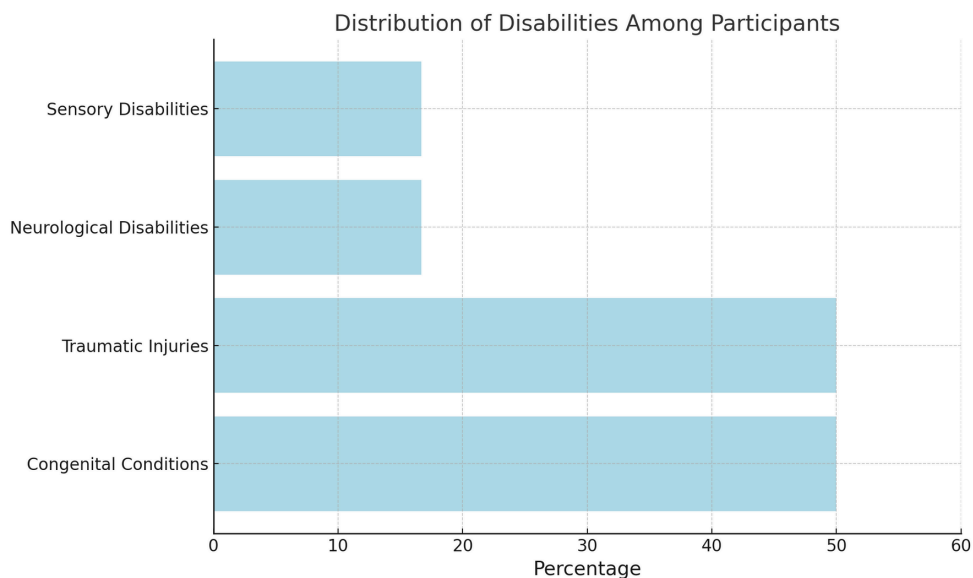
# DISABLED YOUTH AND THEIR EXPERIENCES IN SPORTS PARTICIPATION IN ITALY

## 1.1 Participant Demographics and Diversity of Needs

### Age, Gender, and Disability Type

The survey included six young adults aged 18–25, with 67% male (4 participants) and 33% female (2 participants). This age group represents a critical transition phase where responsibilities such as pursuing higher education or entering the workforce often compete with time for recreational activities like sports.

All participants reported orthopedic disabilities, split as follows:



- **Congenital Conditions (50%):** These included limb deformities and developmental disorders affecting mobility.
- **Traumatic Injuries (50%):** Resulting from accidents or other external events.
- **Neurological Disabilities (16.7%):** Included conditions like spina bifida.
- **Sensory Disabilities (16.7%):** One participant had a vision impairment, requiring tailored accommodations for visual accessibility.

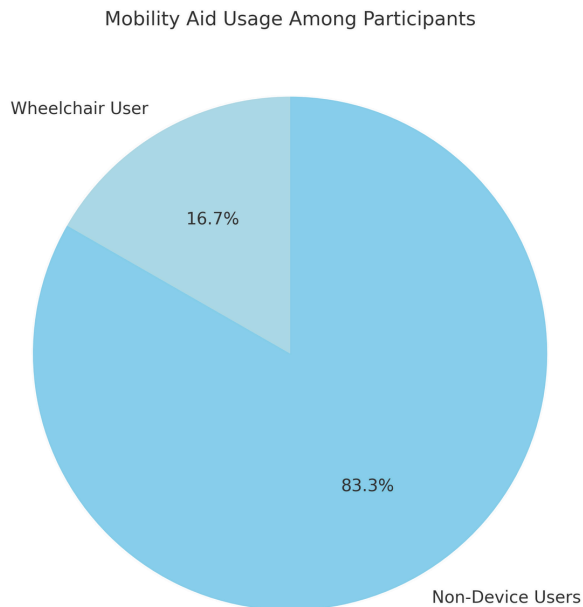
### Implications:

The combination of congenital and acquired disabilities highlights the need for adaptive approaches tailored to varied physical and sensory challenges. Sports programs must offer flexible participation methods, including modifications for mobility, visibility, and balance. Beyond equipment and facility considerations, coaches and staff should be trained to understand the distinct requirements posed by orthopedic and neurological disabilities, ensuring all participants can engage meaningfully.

## 1.2 Use of Assistive Devices and Accessibility Requirements

### Use of Assistive Devices

Most participants reported no reliance on assistive devices for sports:



- **Wheelchair User:** 16.7%
- **Non-Device Users:** 83.3% managed their mobility without specialized aids, potentially facing hidden challenges like fatigue or reliance on companions.

### Accessibility Challenges

Despite low device usage, accessibility concerns were prevalent:

- **Facility Barriers (83.3%):** Common issues included steep stairs, narrow hallways, and insufficiently adapted restrooms, making venues difficult to navigate.
- **Equipment Needs (100%):** All participants stressed the lack of adaptive tools, such as sports wheelchairs and sensory aids, as a barrier to effective engagement.

### Implications

The limited use of assistive devices combined with significant accessibility issues signals a gap between participant needs and available infrastructure. Facilities must prioritize accessible design features like ramps, wide pathways, and tactile signage. Adaptive equipment availability is equally crucial, enabling participants to fully engage in sports. Programs should also address invisible barriers such as sensory overload or discomfort, creating a more welcoming and inclusive atmosphere.

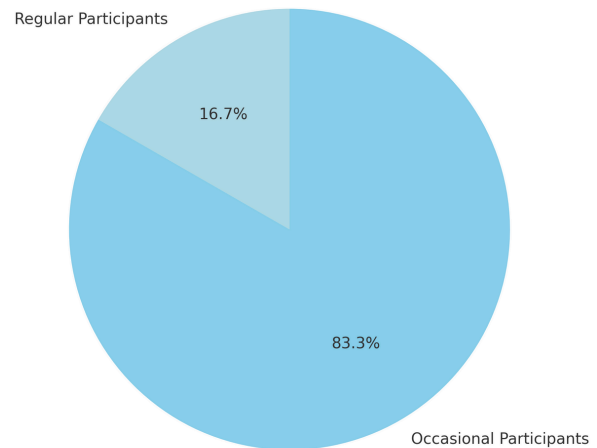
## 1.3 Levels of Sports Participation and Interest

### Current Participation Rates

Participants reported low but varying engagement levels:

- **Regular Participants (16.7%):** One individual reported frequent sports involvement.
- **Occasional Participants (83.3%):** Five participants engaged in sports rarely, if at all.
- **Non-Participants (0%):** None of the respondents were entirely disconnected from sports.

Sports Engagement Levels Among Participants



### Interest in Participation

Enthusiasm for increased participation was unanimous:

- 100% of participants expressed strong interest in engaging in sports if existing barriers were addressed.

### Implications

The high interest but low participation highlights an unmet demand for accessible and tailored sports opportunities. Programs must address logistical and motivational barriers to convert this interest into regular participation. Creating engaging introductory sessions, offering peer mentorship, and ensuring that venues accommodate diverse needs could help occasional participants transition into more frequent involvement.



## 1.4 Awareness of Adaptive Sports and Exposure Gaps

### Awareness Levels

Participants displayed strong awareness of various adaptive sports:

- **High Awareness (100%):** Sports such as Wheelchair Basketball, Sitting Volleyball, Para Athletics, and Boccia were familiar to all respondents.

### Preferred Sports

Despite awareness, participants showed preferences for only a few activities:

- **Top Choices:** Wheelchair Basketball and Sitting Volleyball (33.3% each).
- **Limited Interest:** Other sports, such as Sledge Hockey and Goalball, failed to generate enthusiasm.

### Implications

High awareness of adaptive sports does not necessarily translate to widespread interest. Programs should focus on bridging this gap by organizing events where participants can try lesser-known activities in a supportive setting. Highlighting the enjoyment and physical benefits of these sports through campaigns or testimonials could inspire interest and expand participation options for disabled youth.

## 1.5 Perceived Benefits of Sports Participation

### Benefits Identified

All participants unanimously recognized the holistic value of sports, emphasizing the following key benefits:

- **Physical Health:** Improved strength, endurance, and overall fitness.
- **Social Connections:** Opportunities to build friendships and foster teamwork.
- **Confidence Building:** Boosted self-esteem, independence, and resilience.
- **Skill Development:** Enhanced coordination and the acquisition of new abilities.

### Implications

The unanimous recognition of these benefits highlights the importance of adaptive sports programs. Outreach efforts should focus on promoting these positive outcomes to overcome logistical and motivational barriers, encouraging broader participation and engagement in inclusive sports initiatives.

## 1.6 Participation Preferences and Motivational Barriers

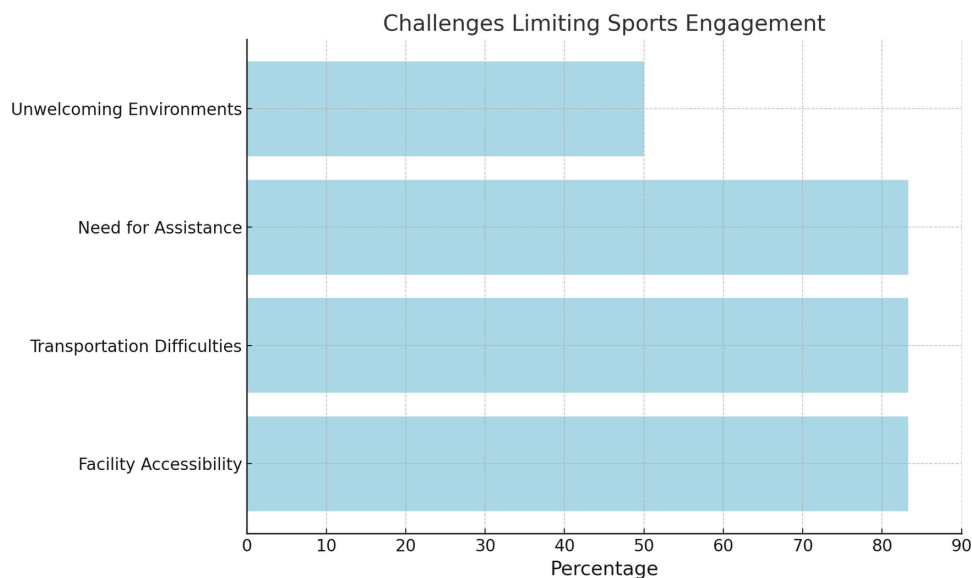
### Preferred Sports

Participants showed a preference for engaging, team-based sports:

- **Wheelchair Basketball and Sitting Volleyball (33.3% each):** These activities appealed to participants for their dynamic and social nature.
- **Limited Interest in Individual Sports:** Activities like Adaptive Rowing and Para Swimming received little to no interest.

### Barriers to Participation

Several significant challenges limited engagement:



- **Facility Accessibility (83.3%):** Stairs, lack of ramps, and inaccessible bathrooms were commonly cited.
- **Transportation Difficulties (83.3%):** Most participants struggled with accessing venues due to limited or costly transportation.
- **Need for Assistance (83.3%):** Many participants required personal support to navigate facilities or engage in activities.
- **Unwelcoming Environments (50%):** Some participants felt that sports programs lacked inclusivity, with negative attitudes discouraging them from participation.

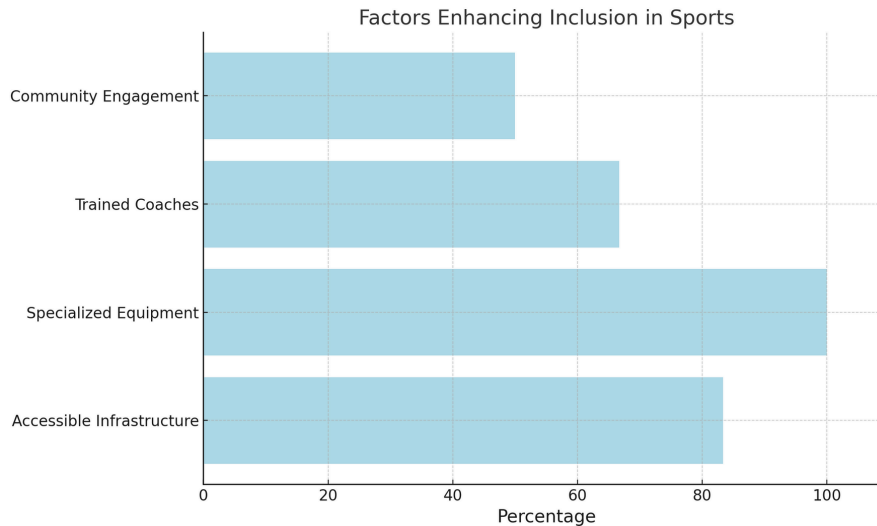
### Implications

Removing these barriers will require a multifaceted approach. Infrastructure improvements are essential for creating physically accessible spaces, while providing affordable transportation options could resolve logistical issues. Social barriers must also be addressed through diversity training for staff and community engagement programs that promote inclusivity and respect.

## 1.7 Vision for an Inclusive Sports Environment

### Participant Descriptions of Inclusivity

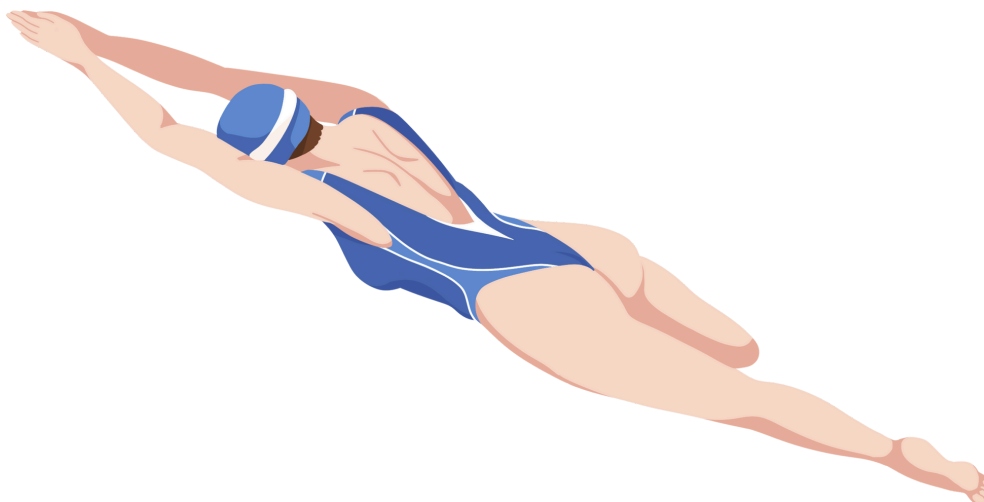
Respondents envisioned an ideal sports environment with:



- **Accessible Infrastructure (83.3%):** Venues equipped with ramps, elevators, and spacious restrooms.
- **Specialized Equipment (100%):** Adaptive tools, such as sports wheelchairs and sensory aids, to meet diverse needs.
- **Trained Coaches (66.7%):** Staff proficient in disability awareness and adaptive coaching techniques.
- **Community Engagement (50%):** Events that encouraged interaction between disabled and non-disabled participants.

### Implications

Building an inclusive sports environment requires physical improvements, such as infrastructure upgrades and adaptive equipment, alongside cultural changes. Investing in staff training and organizing community events can help foster understanding and collaboration, making sports accessible and enjoyable for all.



## 1.11 Strategic Recommendations

**Upgrade Infrastructure:** Address accessibility gaps by installing ramps, elevators, and accessible restrooms in sports facilities.

**Provide Adaptive Equipment:** Ensure sports venues have appropriate tools, such as sports wheelchairs and tactile aids, to accommodate diverse needs.

**Support Transportation:** Collaborate with local authorities to offer affordable, accessible transport options for participants and their families.

**Expand Training for Coaches and Staff:** Develop workshops on disability awareness and adaptive coaching techniques to improve staff readiness.

**Promote Inclusive Community Events:** Host regular events that bring together disabled and non-disabled individuals to foster social integration and break down stigmas.

**Raise Awareness:** Use social media, schools, and local organizations to promote adaptive sports and highlight success stories of disabled athletes.

**Introduce Mentorship Programs:** Pair experienced adaptive athletes with beginners to provide guidance and build confidence among new participants.



## FAMILY PERSPECTIVES ON SPORTS PARTICIPATION FOR CHILDREN WITH DISABILITIES

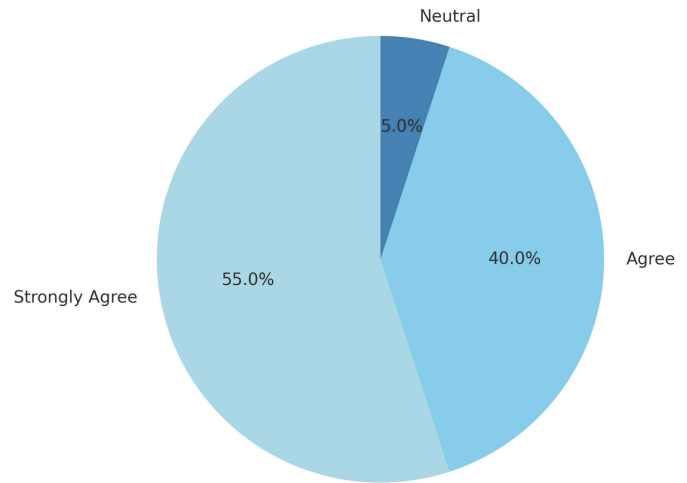
### 2.1 Parental Perceptions and Awareness of Sports Benefits

#### Overall View on Sports' Developmental Role

The survey indicates that families strongly value the role of sports in their child's growth:

- Strongly Agree (55%) and Agree (40%) combined reflect that 95% of families recognize sports as essential for physical, mental, and emotional development.
- Neutral Responses (5%): A small portion expressed uncertainty but no disagreement about sports' positive impact.

Parental Perceptions of Sports' Developmental Role



#### Awareness of Holistic Benefits

Families reported high awareness of the comprehensive benefits of sports:

- **Very Aware (35%) and Aware (65%)** together represent universal understanding of the advantages sports offer disabled youth.

#### Perceived Benefits

When asked about specific benefits, families unanimously identified sports as either:

- **Extremely Beneficial (75%)**
- **Beneficial (25%)**, emphasizing positive perceptions across physical, social, and emotional dimensions.

#### Implications

The near-universal agreement on the value of sports presents a strong foundation for promoting active engagement among families and their children. However, the small portion of neutral responses suggests some families may lack exposure to tangible examples of how sports benefit disabled youth. Outreach efforts, such as success stories or local demonstrations, could illustrate how participation fosters life skills, builds self-confidence, and creates social opportunities. Moreover, focusing on education about adaptive sports programs tailored to individual disabilities could further empower families to advocate for their child's involvement.

## 2.2 Family Engagement and Support for Sports Participation

### Role of Families in Encouragement

Families overwhelmingly acknowledged their role in encouraging sports participation:

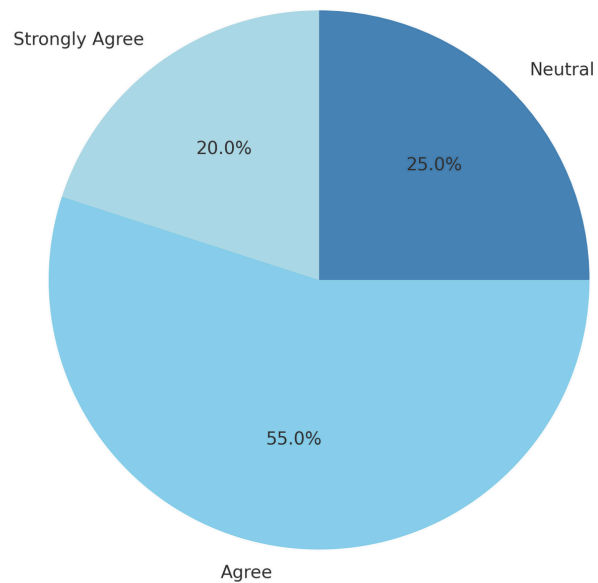
- Strongly Agree (45%) and Agree (55%) combined show 100% alignment on the importance of family support in promoting sports engagement.

### Impact on Family Relationships

Opinions on whether sports participation strengthened family bonds were more varied:

- **Strongly Agree (20%)** and **Agree (55%)** suggest that 75% of families saw benefits in family dynamics.
- **Neutral Responses (25%):** A notable portion of families neither agreed nor disagreed about its impact on relationships.

Impact of Sports Participation on Family Relationships



### Implications

The strong agreement on the family's role in supporting participation highlights a key opportunity to engage families as active partners in adaptive sports programs. Initiatives such as family-inclusive sports days or workshops on encouraging participation could deepen their involvement. For families unsure of the relational benefits, creating shared opportunities for parents and children to participate together in recreational sports activities may foster stronger bonds. Programs that promote a collaborative, supportive environment for families can enhance the holistic benefits of sports participation.



## 2.3 Physical and Psychological Barriers to Supporting Participation

### Physical Barriers

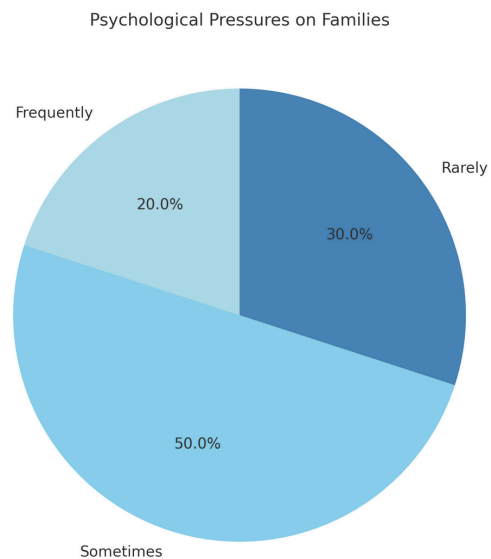
The survey highlighted persistent physical challenges faced by families:

- **Very Frequently (20%)** and **Frequently (55%)** showed that 75% of families regularly encountered issues such as inaccessible restrooms, lack of ramps, and insufficient elevators.
- **Sometimes (20%)**: A smaller portion faced occasional difficulties.

### Psychological Pressures

Families also reported social and emotional challenges in supporting participation:

- **Frequently (20%)** and **Sometimes (50%)** indicate that 70% of families experienced pressures such as societal judgment or unwelcoming attitudes.
- **Rarely (30%)**: Some families felt minimal psychological barriers.



### Implications

The prevalence of physical barriers highlights the urgent need for improvements in sports infrastructure. Upgrading facilities to meet accessibility standards, including ramp installations and spacious restrooms, is critical to ensuring that families can support their children without added stress. Addressing psychological pressures requires a cultural shift within sports programs. Sensitivity training for staff, coupled with anti-discrimination campaigns, can help create a welcoming and understanding environment for families. Programs that offer peer support groups or forums for parents may also help them navigate societal pressures and build confidence in advocating for their child's participation.



## 2.4 Role of Digital Platforms in Facilitating Participation

### Supportive Role of Digital Platforms

Digital platforms provided moderate support in helping families facilitate sports participation:

- **Quite a Bit (55%)** and **Somewhat (45%)** combined show that all families found some level of value in these tools.

### Encouragement Provided by Digital Platforms

Platforms were similarly rated for their motivational impact:

- **Quite a Bit (55%)** and **Somewhat (45%)** indicate moderate encouragement, with no families rating them as entirely ineffective or highly effective.

### Implications:

Digital platforms show potential for greater impact with improvements in accessibility and content quality. To maximize their value, sports programs could develop more engaging and tailored online resources, such as virtual tutorials, inspirational videos, or interactive coaching guides. Incorporating success stories and showcasing adaptive sports through social media can inspire families and children to explore available opportunities. Additionally, creating centralized, easy-to-navigate digital hubs listing accessible sports programs and venues could streamline the process for families seeking information.

## 2.5 Family Perceptions of Policy Support for Disabled Youth in Sports

### Perceptions of Existing Policies

Families expressed significant skepticism about current policy support:

- **Believe (15%):** Only a small number believed in the effectiveness of existing policies.
- **Neutral Responses (60%):** Most families were unsure or unaware of available policies.
- **Disbelieve (25%):** A quarter of families doubted that meaningful policies supporting disabled youth in sports exist.

### Implications

The skepticism surrounding policy effectiveness highlights a disconnect between available support and family awareness. Sports organizations and policymakers must prioritize transparent communication about existing initiatives and how they directly benefit disabled youth. If gaps in policy are identified, new measures tailored to the needs of disabled athletes and their families should be developed. Engaging families in the advocacy and design process can foster a sense of ownership and trust, while also ensuring that future policies address real challenges.

## 2.6 Strategic Recommendations

**Improve Facility Accessibility:** Invest in infrastructure enhancements, such as ramps, elevators, and accessible bathrooms, to reduce physical barriers for families and children.

**Enhance Family-Oriented Programs:** Organize events and activities that involve the whole family, emphasizing shared experiences that strengthen bonds and promote active encouragement.

**Expand Digital Resources:** Develop engaging and accessible digital content, including virtual training sessions, motivational videos, and centralized platforms listing inclusive sports opportunities.

**Raise Policy Awareness:** Launch awareness campaigns to inform families about existing policies and programs. Where necessary, advocate for the creation of new family-centered policy initiatives.

**Address Psychological Barriers:** Provide sensitivity training for sports staff, implement anti-discrimination measures, and create peer support groups to help families navigate social challenges.

**Promote Community Engagement:** Facilitate local outreach programs that connect families with community resources and adaptive sports initiatives, building a supportive network for long-term engagement.



### 3.1 Experience and Willingness to Work with Disabled Youth

#### Level of Experience

Survey responses indicated varied levels of experience among coaches:

- **Moderate Experience (15%):** Two participants reported a fair amount of familiarity working with disabled youth.
- **Some Experience (77%):** Most participants (10 coaches) had some exposure but lacked in-depth experience.
- **Minimal Experience (8%):** One participant had very limited interaction with disabled athletes.

#### Willingness to Work with Disabled Athletes

Despite these varying levels of experience, most coaches expressed enthusiasm for inclusive coaching:

- **High Willingness (31%):** Four participants showed significant interest in working with disabled youth.
- **Moderate Willingness (54%):** Seven participants expressed interest but noted the need for additional support and guidance.
- **Somewhat Willing (15%):** Two participants indicated hesitancy due to concerns about preparedness and resources.

#### Reasons for Reluctance

Challenges cited by less willing participants included:

- **Lack of Training (69%):** Nine coaches felt insufficiently trained to address the specific needs of disabled athletes.
- **Time Management Concerns (69%):** Nine participants worried about balancing additional responsibilities with their current workload.
- **Uncertainty in Adaptation (46%):** Six coaches expressed uncertainty in modifying coaching methods to meet diverse requirements.

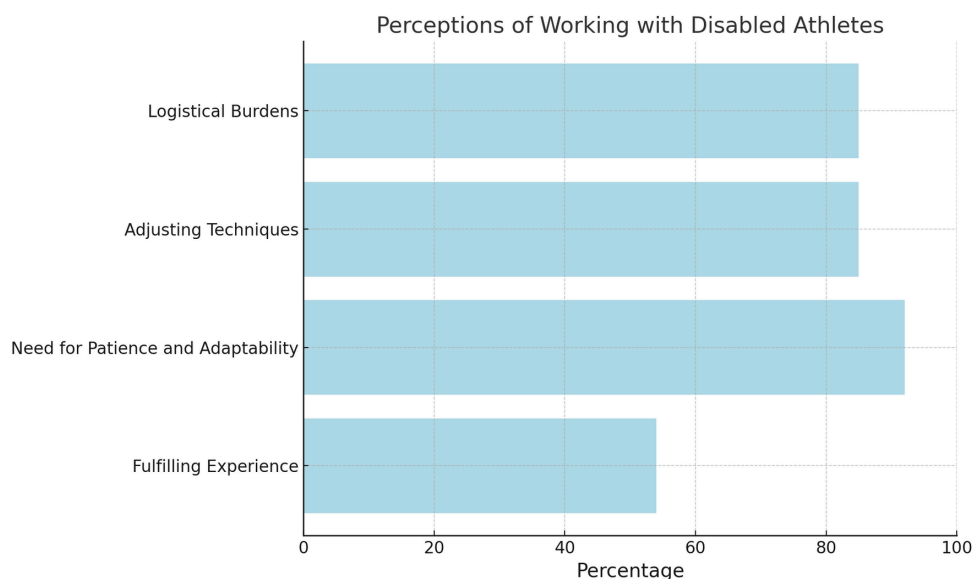
#### Implications

The openness to working with disabled youth, even among those with limited experience, presents a strong opportunity for growth. Introducing structured training programs tailored to the specific needs of disabled athletes can help bridge the confidence gap for many coaches. Time management workshops and resources to streamline logistics could also alleviate concerns about balancing responsibilities. Furthermore, mentorship initiatives pairing experienced coaches with newcomers could foster knowledge sharing and provide ongoing support.

## 3.2 Perceptions of Working with Disabled Athletes

### Positive Perceptions and Challenges

Coaches highlighted both rewarding aspects and difficulties in their work with disabled youth:



- **Fulfilling Experience (54%):** Seven participants described the work as meaningful and impactful.
- **Need for Patience and Adaptability (92%):** Twelve coaches emphasized that supporting disabled youth requires flexibility and patience to address varying needs.
- **Adjusting Techniques (85%):** Eleven participants reported frequent modifications to their coaching styles to accommodate athletes.
- **Logistical Burdens (85%):** Many coaches cited time-consuming administrative tasks and resource constraints as ongoing challenges.

### Implications

While the fulfilling nature of inclusive coaching can serve as a motivator for sports professionals, logistical hurdles can create unnecessary stress. Streamlining administrative tasks through dedicated support staff or simplified systems could free coaches to focus on their athletes. Programs that promote creative, adaptive coaching strategies, coupled with resource support, can enhance the effectiveness and satisfaction of both coaches and athletes.

### 3.3 Observations of Benefits for Disabled Youth in Sports

#### Impact on Physical and Social Skills

Coaches observed significant benefits for disabled athletes participating in sports:

- **Physical Skill Development (92%):** Twelve participants noted improvements in fitness, mobility, and coordination.
- **Social Skill Growth (85%):** Eleven coaches highlighted progress in teamwork, communication, and relationship-building among athletes.
- **Critical Role of Sports (85%):** Many emphasized that regular participation fosters personal growth, confidence, and a sense of belonging.

#### Implications:

The benefits observed by coaches reinforce the importance of accessible and inclusive sports opportunities for disabled youth. Highlighting these advantages through public awareness campaigns can encourage greater community and institutional support for adaptive programs. Sharing stories of success and impact can also inspire more disabled youth to explore sports participation and help families recognize its value for their children's development.

### 3.4 Training and Support Needs

#### Additional Support and Training Requirements

Coaches identified several critical areas where additional support is needed, all cited by 85% of participants:

- **Training in Adaptive Coaching:** Coaches emphasized the need for more education on effectively coaching athletes with diverse disabilities.
- **Improved Facility Accessibility:** Upgrades such as ramps, spacious restrooms, and adapted training areas were seen as essential.
- **Understanding Unique Needs:** Coaches expressed a desire for deeper insights into how different disabilities impact athletes and their performance.
- **Increased Sensitivity Among Stakeholders:** Greater awareness and cooperation from families, peers, and other staff members were highlighted as vital for fostering inclusivity.

#### Implications

The need for specialized training points to a critical gap in current coaching development programs. Comprehensive workshops and certifications focused on adaptive coaching techniques can help coaches build confidence and competence. Facility upgrades must go beyond minimum compliance, ensuring venues are fully equipped to meet diverse needs. Building stronger connections between coaches, families, and healthcare providers can create a cohesive support system, further enhancing the inclusivity of sports programs.

### 3.5 Challenges in Integrating Disabled Youth into Mainstream Sports Programs

#### Key Challenges Identified

Participants highlighted four major barriers, each cited by 85% of coaches:

- **Insufficient Training:** Coaches felt unprepared to work with disabled youth.
- **Shortage of Adaptive Equipment:** A lack of suitable tools limited inclusion.
- **Funding Constraints:** Limited resources hindered program development.
- **Social Biases:** Stigmas and misconceptions created additional obstacles.

#### Implications:

The benefits observed by coaches reinforce the importance of accessible and inclusive sports opportunities for disabled youth. Highlighting these advantages through public awareness campaigns can encourage greater community and institutional support for adaptive programs. Sharing stories of success and impact can also inspire more disabled youth to explore sports participation and help families recognize its value for their children’s development.

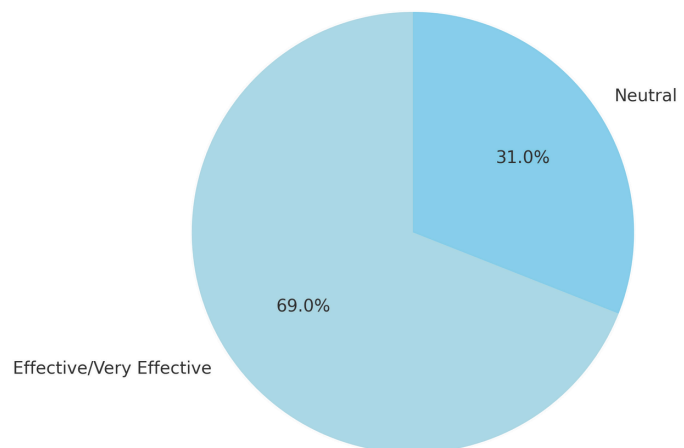
### 3.6 Effectiveness of Current Sports Programs

#### Perceptions of Effectiveness

Coaches provided varied assessments of existing programs:

- **Effective or Very Effective (69%):** Nine participants viewed current programs positively, citing progress in inclusion efforts.
- **Neutral (31%):** Four participants felt that programs neither succeeded nor failed in meeting their objectives.

Effectiveness of Current Sports Programs



#### Implications

Although most coaches recognized the value of existing programs, neutral feedback indicates areas for improvement. Incorporating regular feedback mechanisms and involving coaches in program design can help address gaps and build on successes. Emphasizing flexibility and adaptability in program structures can ensure they remain responsive to the evolving needs of disabled athletes.

## 3.7 Suggested Resources and Tools for Improved Inclusion

### Resources Highlighted

Coaches identified several tools essential for fostering inclusion:

- **Comprehensive Training (85%):** Continued education on adaptive practices was a top priority.
- **Adequate Equipment (85%):** Coaches stressed the importance of having sufficient adaptive sports tools in all facilities.
- **Enhanced Collaboration (62%):** Strengthening communication among coaches, families, and healthcare providers was seen as essential.
- **School Integration (62%):** Coaches recommended introducing adaptive sports in schools to promote early exposure and inclusivity.

### Implications

Providing these resources can significantly enhance inclusive sports programs. Structured training initiatives, better-equipped facilities, and clear communication channels will empower coaches to support athletes effectively. Early integration of adaptive sports into educational curricula can lay the foundation for lifelong participation and normalization of inclusive practices.



## 3.8 Strategic Recommendations

**Expand Training Programs:** Develop comprehensive workshops and certifications on adaptive coaching techniques and disability awareness.

**Upgrade Facilities and Equipment:** Ensure sports venues have accessible infrastructure and sufficient adaptive tools to accommodate all participants.

**Increase Funding:** Advocate for additional funding to support training, equipment procurement, and program expansion.

**Foster Collaboration:** Strengthen partnerships among coaches, families, and healthcare providers to build a holistic support network.

**Promote Awareness Campaigns:** Launch initiatives to challenge stigmas, educate communities, and celebrate the achievements of disabled athletes.

**Integrate Adaptive Sports in Schools:** Partner with educational institutions to include adaptive sports in school programs, fostering inclusion from a young age.



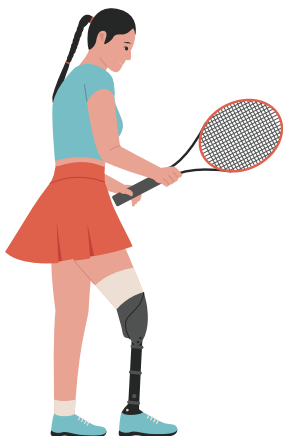
## CONCLUSION

The analysis of sports participation for disabled youth in Italy reveals a pressing need for systemic improvements to foster inclusivity. While the benefits of sports—such as better physical health, enhanced social skills, and increased confidence—are widely recognized, barriers like inaccessible facilities, limited adaptive equipment, and insufficient coach training continue to hinder progress.

Families play a crucial role in encouraging participation but face challenges such as inaccessible venues and societal stigma. Despite these barriers, they recognize the developmental benefits of sports and are willing to support their children if obstacles are addressed. Improved communication and the use of digital platforms could further enhance their advocacy for inclusive programs.

Sports professionals show a positive attitude toward working with disabled athletes but lack experience and resources. They emphasize the need for specialized training, adaptive equipment, and stronger collaboration with families and healthcare providers to build inclusive sports programs tailored to disabled youth.

To fully realize the potential of sports as a tool for inclusion and empowerment, investments in infrastructure, training, and community engagement are essential. Addressing these challenges and fostering acceptance will create a more equitable sports environment, empowering disabled youth to thrive.



## RESPECT SURVEY FOR YOUTH WITH DISABILITY

Welcome to our survey on sports participation among individuals with disabilities.

Thank you for taking the time to participate in this important survey. Your feedback is invaluable in helping us understand the current sports participation landscape for people with disabilities, identify barriers to involvement, and explore potential improvements to enhance accessibility and inclusivity. Your responses will remain confidential and will be used solely for the purpose of improving sports programs and initiatives. This survey should take approximately 10 minutes to complete. We appreciate your honest and thoughtful input.

### Demographic Information

#### 1. General Information:

a) Age: \_\_\_\_\_ years

---

b) Type of Disability (Select all that apply):

---

- Orthopedic (Congenital, e.g., hip dislocation)
- Orthopedic (Traumatic, e.g., from a traffic accident)
- Neurological (e.g., spina bifida, cerebral palsy)
- Vision impairment
- Hearing impairment
- Other (Please specify): \_\_\_\_\_

c) Do you use any assistive devices? (Select all that apply):

---

- None
- Wheelchair
- Crutches (single)
- Crutches (double)
- Hearing aid
- Visual aid
- Prosthetic leg (lower)
- Prosthetic arm-hand (upper)
- Other (Please specify): \_\_\_\_\_

## Sports Participation Exploration

### 2. Current and Desired Participation:

#### a. To what extent do you participate in sports or physical activities?

---

- Very Often
- Often
- Sometimes
- Rarely
- Never

#### b. To what extent are you interested in starting sports or physical activities if you are not currently participating?

---

- Very Often
- Often
- Sometimes
- Rarely
- Never

### 3. Which of the following branches of disabled sports are you aware of in your country? (Select all that apply):

---

- Wheelchair Basketball
- Sitting Volleyball
- Wheelchair Tennis
- Para Athletics (e.g., running, jumping)
- Para Swimming
- Boccia
- Goalball
- Adaptive Rowing
- Sledge Hockey
- Para Cycling
- Para Football/Soccer
- Other (Please specify): \_\_\_\_\_
- None

#### 4. What kinds of sports or physical activities would you be interested in?

---

- Wheelchair Basketball
- Sitting Volleyball
- Wheelchair Tennis
- Para Athletics (e.g., running, jumping)
- Para Swimming
- Boccia
- Goalball
- Adaptive Rowing
- Sledge Hockey
- Para Cycling
- Para Football/Soccer
- Other (Please specify): \_\_\_\_\_
- None

#### 5. What do you believe are the benefits of participating in sports and physical activities? (Select all that apply)

---

- Improving physical health and fitness
- Building social connections
- Developing self-confidence
- Learning new skills
- Other (Please describe): \_\_\_\_\_

#### 6. Are there any special needs (disabled) individuals around you who do sports?

---

- Yes
- No

#### 7. How do you find out about special programs and initiatives that support involvement in sports? (Select all that apply)

---

- Through municipalities, local governments, and associations
- Via online platforms like YouTube and the internet
- From my friends
- From my family
- Through school, my teachers, and books

## Barriers to Participation

**8. How satisfied are you with your current level of participation in sports or physical activities?**

---

- Very Satisfied
- Satisfied
- Neither Satisfied nor Dissatisfied
- Dissatisfied
- Very Dissatisfied

***If you selected "Dissatisfied" or "Very Dissatisfied," please continue with Question 9. If you selected any other option, please proceed to Question 10.***

**9. What has prevented you from participating in sports or physical activities? (Select all that apply)**

---

- Inaccessible facilities
- Limited awareness of available sports opportunities
- Transportation difficulties
- Non-inclusive or unwelcoming environment
- Inadequately equipped changing rooms (e.g., lack of suitable showers, seating)
- Need for personal assistance or companionship during activities
- Coaches or trainers do not adequately accommodate special needs
- Perception that coaches or trainers mock disabilities
- Lack of understanding or acceptance from other athletes
- Experiences of discrimination
- Lack of interest in sports
- Other (Please specify): \_\_\_\_\_

## Inclusion and Support

**10. What changes or supports would encourage you to participate in sports? (Select all that apply)**

---

- More accessible sports facilities
- Greater availability of adapted equipment
- Training programs specifically for disabled individuals
- More inclusive and welcoming environment from peers and staff
- Better transportation options to and from sports venues
- Information and outreach about sports opportunities
- Financial assistance or subsidies for participation
- Other (Please describe): \_\_\_\_\_

## Barriers to Participation

### 11. What does an inclusive sports environment look like to you? (Select all that apply and provide additional details if needed)

---

- Physical Accessibility: Facilities are fully accessible, including ramps, elevators, accessible restrooms, and appropriate signage.
- Adaptive Equipment: Availability of specialized sports equipment suited for various types of disabilities.
- Trained Staff: Coaches and staff are trained in disability awareness and inclusive practices.
- Peer Support: A strong presence of peer support where athletes encourage and support each other regardless of ability.
- Equal Opportunities: Equal access to participation and competition with no discrimination based on disability.
- Community Engagement: Regular community events that promote inclusivity and interaction between disabled and non-disabled athletes.
- Inclusive Policies: Clear policies and procedures are in place to support the inclusion of athletes with disabilities.
- Awareness Programs: Ongoing programs to educate all participants about inclusivity and diversity in sports.
- Other (Please specify): \_\_\_\_\_

### Thank You for Your Valuable Input

Your insights are invaluable to us, and we are grateful for the time you have taken to help us enhance sports participation opportunities for individuals with disabilities. We are committed to using this information to advocate for and implement improvements. If you wish to know more about the outcomes of this survey or our ongoing efforts, please do not hesitate to contact us at [contact information].

## RESPECT SURVEY FOR FAMILIES

Welcome to our survey exploring the views of families in the involvement of disabled youth in sports.

We appreciate your time and insights, which are vital in helping us understand how best to support your child's participation in sports and exercise. Your feedback will directly influence the development of accessible and enjoyable sports programs for all young people with disabilities. This survey should take approximately five minutes to complete.

### **1. To what extent do you believe that sports and exercise play a developing role in your child's life?**

---

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

### **2. How aware are you of the benefits of sports and exercise for your child?**

---

- Very Aware
- Aware
- Neither Aware nor Unaware
- Unaware
- Very Unaware

### **3. To what extent do you think your child's participation in sports has a positive impact on family relationships?**

---

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

**4. To what extent do you think families should play a role in encouraging disabled youth to participate in sports?**

---

- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

**5. How beneficial do you find it for young people with disabilities to participate in sports or exercise?**

---

- Extremely Beneficial
- Beneficial
- Neither Beneficial nor Not Beneficial
- Slightly Beneficial
- Not Beneficial

**6. How aware were you that participating in sports and exercise can benefit your child physically, mentally, and emotionally?**

---

- Very Aware
- Aware
- Neither Aware nor Unaware
- Unaware
- Very Unaware

**7. To what extent do you experience physical difficulties (e.g., bathroom, toilet, elevator access) in supporting your child's sports activities?**

---

- Very Frequently
- Frequently
- Sometimes
- Rarely
- Never

**8. To what extent do you experience psychological pressures (e.g., from staff, peers, coaches) regarding your child's access to sports activities?**

---

- Very Frequently
- Frequently
- Sometimes
- Rarely
- Never

**9. How much do digital platforms (e.g., videos, posters, websites) make it easier for your child to participate in sports?**

---

- A Great Deal
- Quite a Bit
- Somewhat
- A Little
- Not at All

**10. How much do digital platforms encourage your child to participate in sports or exercise?**

---

- A Great Deal
- Quite a Bit
- Somewhat
- A Little
- Not at All

**11. To what extent do you believe there are policies in place to encourage youth with disabilities to participate in sports and exercise?**

---

- Strongly Believe
- Believe
- Neither Believe nor Disbelieve
- Disbelieve
- Strongly Disbelieve

**Thank You for Your Valuable Input**

Thank you for sharing your experiences and insights. Your participation is crucial in helping us enhance sports accessibility for disabled youth. We are committed to using this information to advocate for and implement improvements that will make a real difference in the lives of many families. If you wish to know more about the outcomes of this survey or our ongoing efforts, please do not hesitate to contact us at [contact information].

## RESPECT SURVEY FOR SPORTS PROFESSIONALS

Welcome to our survey assessing the experiences of sports professionals in working with disabled youth.

Your insights are invaluable in identifying challenges and opportunities within sports programs for disabled athletes. The information you provide will be used to enhance training, resources, and support mechanisms for both coaches and athletes. We appreciate your honest feedback, and your responses will remain confidential. This survey should take approximately 10 minutes to complete.

### 1. To what extent do you believe that sports and exercise play a developing role in your child's life?

---

- To a great extent
- To a moderate extent
- To some extent
- To a little extent
- Not at all

### 2. To what extent are you willing to work with athletes with special needs?

---

- To a great extent
- To a moderate extent
- To some extent
- To a little extent
- Not at all

### 3. If your answer to Question 2 is "To a little extent" or "Not at all," please explain your reason:

---

- I do not feel adequately trained.
- I am concerned about the time required for additional responsibilities.
- I am unsure how to manage the specific needs of disabled athletes.
- I prefer working with non-disabled athletes.
- Other (please specify): \_\_\_\_\_

**4. Which of the following statements describe your experience working with disabled athletes? (Select all that apply)**

---

- I find working with disabled athletes rewarding.
- Working with disabled athletes requires patience.
- I modify my coaching style to accommodate disabled athletes.
- Supporting the use of adaptive equipment can extend training time.
- I face challenges with discrimination from other athletes.
- Managing logistics for disabled athletes requires additional time and resources.

**5. If you have experience working with young people with disabilities in sports, which of the following statements apply to you? (Select all that apply)**

---

- I need support from the families of disabled youth during sports activities.
- I use personalized activity programs for disabled youth.
- I believe active participation in sports is crucial for disabled youth.
- I feel school sports and physical education programs are sufficient for disabled youth.
- I observe positive impacts on physical skills when disabled youth participate in sports.
- I observe positive impacts on social skills when disabled youth participate in sports.

**6. What additional support would help you when working with disabled athletes? (Select all that apply)**

---

- Training on specific disabilities and adaptive coaching techniques.
- Improved accessibility in facilities and transportation.
- Better understanding of the special needs of disabled athletes.
- More sensitivity and support from families of athletes.
- Less discrimination from other coaches and sport staff.

**7. What are the biggest challenges you face when integrating disabled youth into mainstream sports programs?**

---

- Lack of adequate training for staff
- Insufficient adaptive sports equipment
- Limited funding for special programs
- Social biases and attitudes
- Other (please specify): \_\_\_\_\_

**8. How effective do you believe current sports programs are in promoting the inclusion of disabled youth?**

---

- Very Effective
- Effective
- Neither Effective nor Ineffective
- Ineffective
- Very Ineffective

**9. What resources or tools do you believe would most effectively promote the inclusion of disabled youth in sports? (Select all that apply)**

---

- More training for coaches on inclusive practices
- Improved access to adaptive sports equipment
- Enhanced communication between coaches, families, and healthcare providers
- Development of inclusive sports curricula in schools
- Increased funding for inclusion-focused programs
- Other (please specify): \_\_\_\_\_

**10. What suggestions do you have to improve the participation of disabled youth in sports?**

---

- Increase funding for adaptive sports equipment and facilities.
- Provide specialized training programs for coaches.
- Develop inclusive policies that support the integration of disabled athletes.
- Enhance awareness campaigns to reduce negative perceptions around disabilities.
- Foster partnerships between schools, sports organizations, and healthcare providers.
- Other (please specify): \_\_\_\_\_

**Thank You for Your Valuable Input**

"Thank you for your time and valuable insights. Your participation is crucial in our efforts to improve sports inclusion and accessibility. If you wish to know more about the outcomes of this survey or our ongoing efforts, please do not hesitate to contact us at [contact information]."



# RESPECT

Recognizing Sport as a  
Powerful Tool for Inclusion



Co-funded by  
the European Union