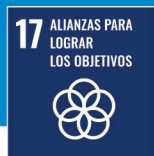




## DOWN ESPAÑA Model of Inclusive Sport. Participation and Equality.



In collaboration with:



#OneHumanity





# DOWN ESPAÑA Model of Inclusive Sport. Participation and Equality.

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Fundación



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## **WHY IS THIS GUIDE NECESSARY?**

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After more than a decade working in sports at DOWN ESPAÑA, we detected the need to generate our own model of inclusive sport, putting people with Down syndrome at the centre of the process. Considering that the objective of the Federation is to advise, collaborate and stimulate the transformation of the environment through the development of inclusive sport projects and actions; as well as to promote coordination and networking at national and international levels with the different agents involved. Thus, arose the need to generate a model of inclusive sport for people with Down syndrome.

## **WHAT ARE ITS KEY POINTS?**

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This guide aims to achieve a model of sport in which all persons with and without disabilities participate on equal opportunities, and promote the participation of people with disabilities in sporting activities not only as athletes, but also as other agents (sports technicians, volunteers, judges, referees, support staff) and as members of the public. Additionally, to make inclusive sport another possibility of choice for people with Down syndrome, regardless of age, sporting modality, gender and the geographical area where they live. In order to achieve this, we believe in the commitment of the institutions, as well as all the agents involved. The vision is that our model

of inclusive sport will be a reality applied to all existing national sport modalities firmly, considering all elements and structures as agents of change in search of social transformation. This process of social inclusion involves entities, families, persons with and without disabilities, along with any professionals.

The main contribution of the model is that it establishes a solid basis on which to build in the processes of inclusion in sport for people with intellectual disabilities, considering all the elements and structures. It is a 360 degree model that understands all elements as agents of change in search of social transformation.

## **WHO IS IT ADDRESSED TO?**

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To all institutions in any field, not only in sport and disability but also education, health, employment... and to all its professionals, families, and people with disabilities themselves.

## **WHAT IS ITS OBJECTIVE?**

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The objective is to provide sport stakeholders with basic tools that serve as a structure on which to plan actions, projects and make decisions, based on what DOWN SPAIN means by inclusive sport, what it implies and what it is.

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## 1. THE RIGHT OF PEOPLE WITH DOWN SYNDROME TO PLAY SPORTS. REGULATORY FRAMEWORK

### 1.1 International Convention on the Rights of Persons with Disabilities

Article 30 of the International Convention, paragraph 5, states, inter alia, that the signatory countries shall adopt the appropriate measures to:

1. Encourage and **promote the participation**, to the fullest extent possible, of persons with disabilities in mainstream sporting activities at all levels;
2. Ensure that persons with disabilities have the opportunity to organize, develop and participate in sports and recreational activities specific to persons with disabilities and, to this end, encourage the provision of adequate instruction, training and resources on an equal basis with others;
3. Ensure that persons with disabilities **have access** to sports, recreational and tourist facilities.

The tenets listed above have been the primary engine for DOWN ESPAÑA to have developed and promoted in recent years. Subsequently, a specific area of work on Inclusive Sport as one of the fundamental axis for achieving the social inclusion of people with Down syndrome has been implemented.

### 1.2 Law 39/2022, of December 30, on Sport

The new *Law 39/2022, of December 30, on Sport* recognizes the **right of all people to physical activity** and sport and among its novelties introduces a series of concrete measures in favor of **equality** and against any type of discrimination in sport based on gender, sexual orientation, race or **disability**.

Likewise, it introduces new aspects, such as:

- Promotion of **inclusive sport** practiced by people with disabilities.
- Ensure **equal opportunities** for this group in access to sports.
- Achieving equality in sport for **men and women with disabilities**.
- As pertains to **Sports Federations**, require the **integration** of all athletes in common organizational structures.

Next, we review these developments within the corresponding Sections and Articles of the Law.

#### Section XII

*A mandate is communicated to the different public authorities so that sports facilities comply, at least, with **universal accessibility** standards so that **people with disabilities can enjoy, sports facilities, on an equal basis**. These standards shall take into account **the specificities of the sports equipment used by persons with disabilities**.*

## Article 6. People with disabilities and inclusive sport

- 1) *In accordance with the provisions of Article 49 of the Spanish Constitution, the General State Administration, in collaboration with the rest of the Public Administrations, will promote the necessary policies to guarantee full autonomy, social inclusion and equal opportunities for people with disabilities in the field of sport, paying particular attention to the specific needs of women and girls with disabilities, removing obstacles to their full integration.*
- 6) *The sports entities included in this law will promote and encourage the development of the sports practice of people with disabilities, including, where appropriate, the **celebration of inclusive sports activities**.*

## Article 11. State public interest in high-level sport

- 6) *In addition to those high-level competitions, those competitions in which **inclusive sport** is promoted [...] and any sporting event that responds to the values of twenty-first century sport that have to do with equality, participation and the improvement of physical, mental or emotional condition will also be considered of public interest.*

## Article 14. Powers of the Higher Sports Council

- ab) *In collaboration with the rest of the Public Administrations, with the Spanish sports federations and with the associative movement of people with disabilities, enhance public policies for the promotion of the practice of sports in people with disabilities, maintaining a transversal vision of the needs of these people in all areas of sport.*





## **Article 18. General criteria of inter-administrative sports management**

- f) *Frame common objectives for the promotion of sport for people with disabilities and inclusive sport activities, in coordination with other ministerial departments with competence in the matter.*

## **Article 34. Training curriculum**

*In the training programs of sports technicians and other qualifications related to health in sport, specific determinations will be included to ensure that teachers have the necessary knowledge [...] with reference to the specific needs of women and men, minors, the elderly and **people with disabilities**.*

## **Article 38. Sports technical staff**

- 6) *The Spanish sports federations must provide a specific program of continuous training of technical personnel to ensure their permanent updating and professional progress, adopting, where necessary, specific training for those who are going to develop their activity with **athletes with disabilities**.*

## **Article 46. Minimum content of the statutes of the Spanish sports federations**

- 5) *The statutes must provide for the existence of equality and sports commissions for people with disabilities.*

*The sports commission for persons with disabilities shall be responsible, among other functions that might be assigned to it [...] for promoting the practice of sport among persons with disabilities, **preferably with an inclusive approach**.*

## **1.3 What we Accomplish at DOWN ESPAÑA to Apply the Regulatory Framework Related to Inclusive Sport?**

- *Facilitate the integration of all athletes under the same federation.*
- *Advocate the consideration of inclusive sport and programs of general interest, included but not limited to high-level sport.*
- *Encourage federations to implement integration models for people with disabilities, so that all those practicing the same sport are incorporated.*

## 2. SPORTS PRACTICE IN PEOPLE WITH DOWN SYNDROME

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Recreational sports practice is **essential to complete the process of inclusion** of people with Down syndrome and intellectual disability.

This generates multiple benefits at various levels (Pérez-Tejero & Ocete, 2018) and has a direct transfer to other areas that affect social inclusion processes.

### 2.1 DIRECT BENEFITS

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#### At the psychological level

- Ability to assume physical risk.
- Assessment of one's own body.
- Maturity.
- Development of personality and individual affectivity.
- Safety.
- Awareness and personal satisfaction.
- Enhancement of self-esteem and self-concept.

#### At the psychosocial level

- Teamwork.
- Management of emotions.
- Increased body communication.
- Acquisition of hygiene habits.
- Self-management capacity.
- Improved educational performance.

#### At the physical level

- Psychomotor development.
- Prevention of overweight and obesity.
- Healthy growth.
- Contribution to the improvement of muscle tone.

#### At the cognitive level

- Improvement of the image and perception of one's own body.
- Mastery of the body schema.
- Temporal-space control.
- Kinesthetic domain.

### 2.2 IMPACT IN OTHER AREAS OF LIFE

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#### Improves the relationship of the athlete with his environment

- Trainer.
- Teacher.
- Familiar.
- Friend.
- Friend of another friend.
- New person to meet.

#### Allows you to acquire skills for independent living

- Use means of transport.
- Share wardrobe with other people.
- Be responsible with sports equipment.
- Be aware of the coach's instructions.
- Know dates of competitions.
- Be aware of when a workout is changed.

#### Helps to encourage decision-making capacity

- Decide if the person wants to continue with the same sport or try a new one.
- If you want to train at a higher level of sports performance.
- Train in a specific group.
- Want to train with people without disabilities.
- Share trainings with people of different genders.

## Sports Practice in People with Down Syndrome.

Although sports practice is a fundamental component of the quality of life in modern societies, not all the population has equal access to physical activity and sport (Pérez-Tejero and Ocete, 2018).

All persons without distinction should have equal opportunities to practice sport, irrespective of their personal situation. However, the lack of training, economic resources and low external aid, make sports clubs and other institutions for the promotion of grass-roots sport experience the inclusion of athletes with disabilities as an added difficulty to an already complicated daily management.

While it is true that depending on the type of intellectual disability there are certain barriers more pronounced than others are, in general one of the main

barriers in the participation of people with Down syndrome in sport is the **absence of sports offer**.

To this, we must add the scarcity of data available on the practice of sports by people with Down syndrome, beyond the federative licenses of the adapted federations and studies that show the situation of access to sport by people with intellectual disabilities.

In the framework of the study on the processes of integration of sport for people with disabilities in the Federation: "Aid to Spanish Sports Federations for the Realization of Inclusive Sports Projects in the Year 2021" (Ocete and Cherta, 2021) the conditioning factors of the sports inclusion pertaining to people with disabilities are emphasized. Among them, the following stand out:

2.3 BARRIERS	
<b>Lack of training in all sports profiles including families and athletes without disabilities</b>	<i>"The location of qualified and volunteer technicians and their remuneration"</i>
<b>Lack of programs and sports offer</b>	<i>"Absence of age groups"</i>
<b>Lack of information</b>	<i>"Ignorance of where to turn, what to do"</i>
<b>Facilities available and accessible</b>	<i>"Lack of space"</i>
<b>Awareness of disability by the environment</b>	<i>"Social awareness in sport towards groups with special needs or disabilities"</i>
<b>Lack of awareness</b>	<i>"Lack of empathy and persistence of prejudice"</i>
<b>Means of transport</b>	<i>"Lack of personal support or assistance"</i>





<b>Need for support staff in training</b>	<i>"Lack of human and technical support resources"</i>
<b>Issues related to the regulation and its</b>	<i>"The difficulties of adapting sports modalities to certain disabilities"</i>
<b>Ignorance</b>	<i>"Society sees a club of people with intellectual disabilities as less important"</i>
<b>Lack of data</b>	<i>"Ignorance of habits and sports participation of people with Down syndrome"</i>
<b>Personal factors</b>	<i>"Personality, tastes, interests, sports preferences"</i>



2.4 ENABLERS	
<b>Visibility</b>	<i>"Dissemination of experiences"</i>
<b>Practice opportunities</b>	<i>"More inclusive sport"</i>
<b>Help and financial support</b>	<i>"Publicity and promotion through aid from the National Federations"</i>
<b>Training of all the agents involved (managers, technicians, families and athletes) in the inclusion process</b>	<i>"Training from the university or from the basic courses in inclusive sport"</i>
<b>Research and dissemination</b>	<i>"Dissemination of inclusive sport in Schools, Federation, Clubs and City Council"</i>
<b>Human resources to support training/classes</b>	<i>"Support monitors during classes"</i>
<b>Advice and support</b>	<i>"Advice on the adaptation of sports modalities. The federative impulse. The development of programs on the subject with economic and resource endowments"</i>
<b>Reduced session sizes</b>	<i>"A small group"</i>
<b>Adaptations depending on the person</b>	<i>"That the necessary adaptations are made and adapted to each person with disabilities"</i>
<b>Generate spaces for inclusive sports practice</b>	<i>"Create groups formed by people with disabilities and without disabilities"</i>
<b>Use of community resources and facilities</b>	<i>"To put at the service of all people the spaces that are available"</i>

## 2.5 THE AGENTS INVOLVED

Taking into account these barriers and facilitators, **the agents involved in the promotion of sport for people with Down syndrome should focus their efforts on:**

1. **Choice and decision:** Give opportunities to choose what type of sports they want to develop,

regardless of the evolutionary stage of their life in which they are; adapting to their tastes, interests and needs.

2. **Possibilities of participation:** Have tools that facilitate the process of sports inclusion to participate actively and effectively in any session, whether training and/or competition.

### 3. INCLUSIVE SPORT. WHAT IS IT?

Sports practice that favours the inclusion of people with disabilities in society, playing a relevant role those activities that foresee this joint practice between people with and without disabilities, and always seeking equal opportunities and conditions between people with and without disabilities in the field of sport.

*(Ley del Deporte, 2022)*

More in detail, inclusive sport:

- **It does not arise to replace** adapted sport.
  - **It is not a content in itself**, since it is an approach linked either to conventional sports or to adapted sports.
  - **It does not require a teaching methodology different from the** one we already know or use as teachers and / or sports technicians on a regular basis.
  - **It is a tool of inclusion.** You have to learn how to use it, taking into account what it is for and what its functions are **3 fundamental principles**: scope of action; sports modality; type of disability.
  - **It is a way to bring sport closer to people with disabilities who otherwise could not do so.**
  - **Sometimes, it is a phase of initiation of the player with disabilities.**
  - **It serves to sensitize and raise awareness about the situation of people with disabilities in sport or in general.** Actions of visibility, dissemination, training and research are necessary.
- **It needs a “link”:** coordination and understanding between agents involved and strategies.
  - **It has to be progressive, evolve gradually.** Inclusive sport is not a static option, it does not have a unique form, but it “mutates” over time.
  - **It presents different levels of inclusion** (Burns and Jhonston, 2019).
    - **Open activity:** all players with and without disabilities can participate in the same activity, without the need for accommodations.
    - **Modified activity:** demands or requires modifications (space, rules, equipment, technique/tactics) in order to allow all players to participate together.
    - **Parallel activity:** involves grouping players according to their ability level. Each group works on the same activity since it has the same objective to achieve, but in independent groups and at a level appropriate to the individuals of each group.
    - **Specific activity:** it must be used in a timely manner in the development of a session since its objective is to work specifically on a skill independently or in a group with others of the same level of ability.
  - **Neither designs nor processes can be standardized.**
    - Not all sports are the same, so their characteristics do not make them equally “inclusive”.
    - Not all people present the same characteristics, so, in the case of people with disabilities, they are not included in the same way or at the same level.

## 4. THE DOWN ESPAÑA MODEL

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### 4.1 General Considerations

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The DOWN ESPAÑA Model considers inclusive sport as a fundamental tool for health, well-being and quality of life for people with Down syndrome.

A tool that also favors a transfer of skills and abilities to other areas of life that affect inclusion processes such as social interaction and the development of interpersonal relationships.

In DOWN ESPAÑA Inclusive Sport Model it is considered that the **individual differences** of people are an **enriching element** of social relations and, therefore of the community and society in general.

The model is based on the promotion **of the inclusion of people with Down syndrome from the beginning of the process**, that is, on the free choice of the type of sports practice and the modality as the **maximum manifestation of the autonomy and independence of the person**.

Inclusion is a goal and we have to achieve it all together. Therefore, the model is based on the institutions that are part of the processes of inclusion of people with disabilities in sport commit to more beyond specific actions and projects including in their ideas any aspect related to inclusion.

### 4.2 Mission and Vision of the Model

---

Our **mission** is to generate our own inclusive sport model, putting people with Down syndrome at the center of the process, whose purpose is to achieve a sport model in which all people **with and without**

**disabilities** participate in **equal opportunities**. Also, facilitate and promote the **presence and participation** of people with disabilities in sports activities not only as **athletes**, but as other **agents** (volunteers, judges, support staff) and as **the public**.

To make inclusive sport one more possibility of sports practice to be chosen by people with Down syndrome, regardless of **age, sport modality, gender and geographical area where they live**. To achieve this, we believe in the commitment of the institutions, as well as all the agents involved.

Our **vision** is that our inclusive sport model becomes standard in all existing national sports modalities, considering all elements and structures as agents of change in search of social transformation. This process of social inclusion involves entities, families, people with and without disabilities, and any professionals.

### 4.3 Lines of Action

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The Inclusive Sport model of Down Spain consists of three general lines of action. In each of them, we distinguish a specific objective and a series of strategic actions to achieve it.

#### LINE 1: TRAINING

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It is necessary to train on the implementation of inclusive sport models and their transformative potential. This training should be aimed at all agents and bodies involved in the promotion of sport for people with Down syndrome: clubs, coaches, technicians, association professionals, teachers, referees, judges, specific sports volunteers, etc.

The **objective** of the Federation within this line is to *provide sports agents with the knowledge and tools necessary for the implementation of inclusive sport processes.*

**Strategic actions to achieve the objective:**

- Specific and specialized training of the different agents involved (clubs, federations, families, PSD etc.), as well as collaborating in the training of other entities.
- Launching campaigns and awareness actions that make visible the barriers faced by people with Down syndrome to be able to practice sport in inclusive environments.
- Implementing Educational Programs to raise awareness among students and teachers about inclusive sport and its practice.

- Promoting the advancement of knowledge through sports research and innovation.

**LINE 2: IMPULSE, CREATION AND NETWORKS**

The knowledge generated through training must serve to promote and encourage new inclusive sport promotion actions from the different structures and institutions involved. Therefore, to consolidate inclusive sport as a reality, it is necessary to establish institutional networks that generate solid, permanent and stable structures over time and that are aimed at generating models, good practices and spaces for inclusive sports practice.

The **objective** of the Federation is to *advise, collaborate and stimulate the environment transformation through the development of projects and actions of inclusive sports practice. Promote coordination*





## The DOWN ESPAÑA Model.

*and networking at national and international level with the different agents involved in the promotion of sport for people with Down syndrome.*

### Strategic actions to achieve the objective:

- Promoting the inclusive sports practice of Down syndrome people from childhood as a way to achieve inclusion, social participation and a healthy lifestyle.
- Communicating the value of inclusive sport and its achievements, publicizing examples of good practices that can be transferred to other contexts.
- Making visible and disseminating to the rest of society the actions taking people with intellectual disabilities as an involved part.
- Promoting the Inclusive Sport Model on an International Level.
- Establishing networking as a mean of knowledge transfer through projects and programs that allow the development of new models and the exchange of transferable and scalable good practices to new contexts.
- Analyzing and evaluating the programs and actions implemented with the aim of drawing valid and effective conclusions in the search for quality improvement of the attention to people with disabilities in the sportive inclusion
- Searching for the quality improvement of the attention to people with Down syndrome in sportive inclusion.
- Searching for agreements and collaboration agreements with the institutions responsible for the promotion of sport at the regional, national and international level.



### LINE 3: WOMEN WITH DOWN SYNDROME & SPORT

Women with Down syndrome suffer **double discrimination: one for being a woman and another for their disability**. Therefore, they are often relegated to other activities that are not related to physical and recreational activity.

The **objective** of the Federation is to *consolidate an equal space for women with Down syndrome in the sports field, as well as to achieve the commitment of institutions, clubs and families to achieve it.*

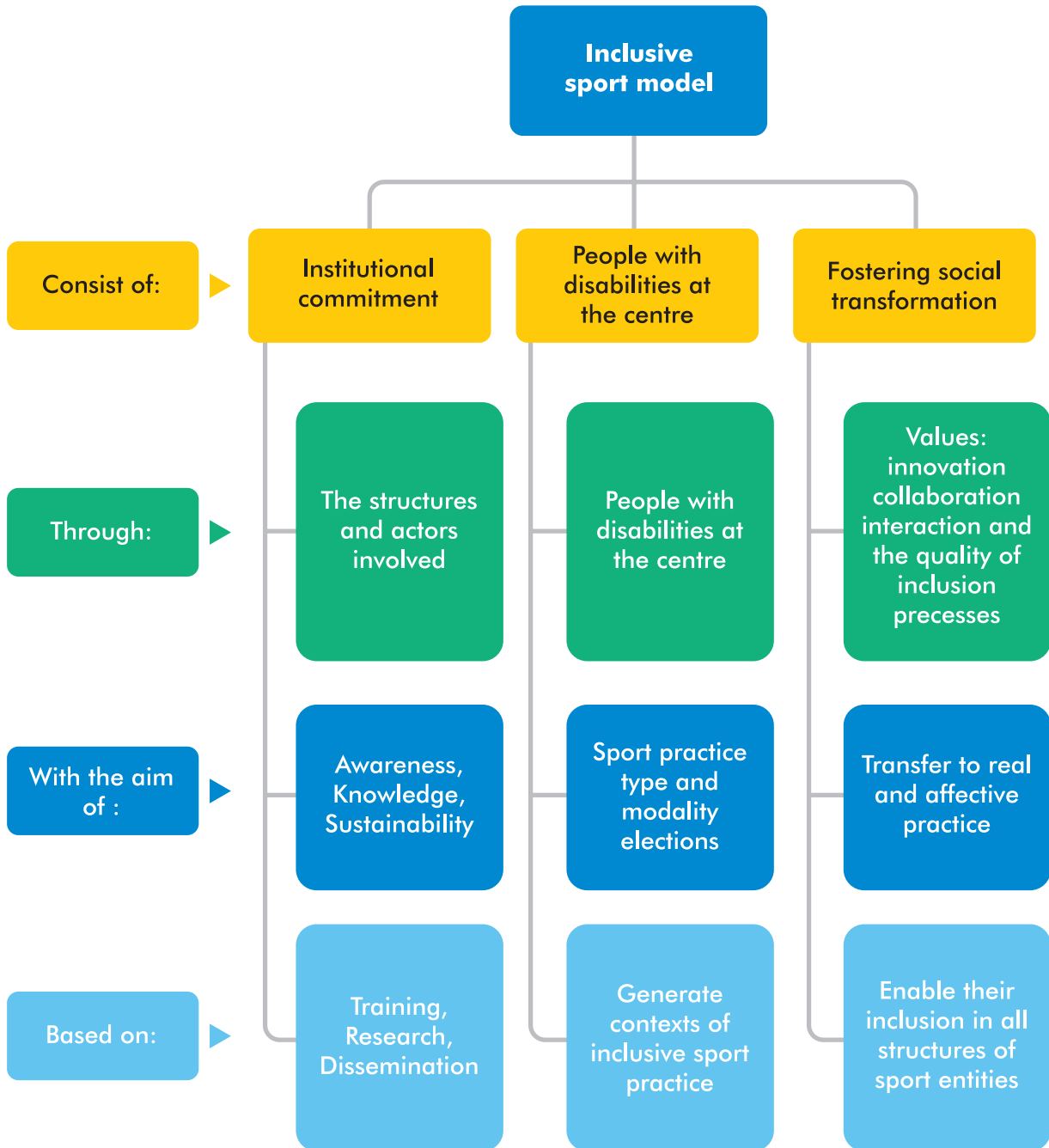
#### Strategic actions to achieve the objective:

- Making sport visible for women with Down syndrome and other Intellectual disabilities (communication campaigns).
- Sensitizing sports and education professionals about their role in this process (training and resource generation).
- Raising awareness among families about how important it is for them to decide and support their daughters' sports practice.



#### 4.4 OUTLINE OF DOWN SPAIN MODEL OF INCLUSIVE SPORT

Consists of:	Based on:	Through:	To comply with:
Lines of action	Objective	Strategic Action	Law 2022 on Sport
<b>1. TRAINING</b>	<i>Provide sports agents with the knowledge and tools necessary for the implementation of inclusive sport processes.</i>	<ul style="list-style-type: none"> <li>■ Specific and specialised training.</li> <li>■ Implementation of awarenessraising campaigns and actions.</li> <li>■ Implementation of educational programmes.</li> <li>■ Promotion of the advancement of knowledge.</li> </ul>	<ul style="list-style-type: none"> <li>■ Article 34</li> <li>■ Article 38</li> </ul>
<b>2. IMPULSE, CREATION &amp; NETWORKS</b>	<i>Advise, collaborate and stimulate the environment transformation through the development of projects and actions of inclusive sports practice. Promote coordination and networking at national and international level with the different agents involved in the promotion of sport for people with Down syndrome.</i>	<ul style="list-style-type: none"> <li>■ Promotion of inclusive sport from childhood onwards.</li> <li>■ Communication of the value of inclusive sport and its achievements.</li> <li>■ Visibility and dissemination.</li> <li>■ Promotion of the Inclusive Sport Model.</li> <li>■ Establishment of networking as a means of exchanging experiences.</li> <li>■ Analysis and evaluation of the programmes and actions implemented.</li> <li>■ Search for quality improvement.</li> <li>■ Creation of international networks.</li> </ul>	<ul style="list-style-type: none"> <li>■ Section XII</li> <li>■ Article 6</li> <li>■ Article 14</li> <li>■ Article 18</li> <li>■ Article 46</li> </ul>
<b>3. WOMEN</b>	<i>Consolidate an equal space for women with Down syndrome in the sports field, as well as to achieve the commitment of institutions, clubs and families to achieve it.</i>	<ul style="list-style-type: none"> <li>■ Visibility of sport for women with disabilities.</li> <li>■ Sensitisation of professionals.</li> <li>■ Raising family awareness.</li> </ul>	<ul style="list-style-type: none"> <li>■ Article 6</li> <li>■ Article 11</li> </ul>



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# DOWN ESPAÑA Model of Inclusive Sport. Participation and Equality.



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**ANDALUCÍA:** Down Andalucía · Down Almería · Down El Ejido · Fundación Los Carriles · Down Barbate-Asiquipu · Besana-Asociación Síndrome de Down Campo de Gibraltar · Down Cádiz-Lejeune · Down Chiclana-Asodown · Cedown · Down Jerez-Aspanido Asociación · Down Jerez-Aspanido Fundación · Down Córdoba · Down Granada · Down Huelva-Aones · Down Huelva Vida Adulta · Down Jaén · Down Málaga · Down Configo · Down Ronda y Comarca, Asidoser · Down Sevilla y Provincia · Down 21 Sevilla **ARAGÓN:** Down Huesca · Down Zaragoza · Up & Down Zaragoza **ASTURIAS:** Down Principado de Asturias **BALEARES:** Fundación Asnimo · Down Menorca **CANARIAS:** Down Las Palmas · Down Tenerife-Trisómicos 21 **CANTABRIA:** Fundación Síndrome de Down de Cantabria **CASTILLA Y LEÓN:** Down Castilla y León · Down Ávila · Down Burgos · Down León-Amidown · Down Palencia · Down Salamanca · Down Segovia · Down Valladolid · Asociación Síndrome de Down de Zamora · Fundabem **CASTILLA LA MANCHA:** Down Castilla La Mancha · aDown Valdepeñas · Down Ciudad Real-Caminar · Down Cuenca · Down Guadalajara · Down Talavera · Down Toledo **CATALUÑA:** Coordinadora Down Catalunya · Down Sabadell-Andí · Down Girona-Astrid 21 · Down Lleida · Down Tarragona · Fundació Catalana Síndrome de Down · Fundació Projecte Aura · Fundación Talita **CEUTA:** Down Ceuta **EXTREMADURA:** Down Extremadura · Down Badajoz · Down Don Benito-Villanueva de la Serena · Down Mérida · Down Zafra · Down Cáceres · Down Plasencia **GALICIA:** Federación Down Galicia · Fundación Down Compostela · Down Coruña · Down Ferrol-Teima · Down Lugo · Down Ourense · Down Pontevedra-Xuntos · Down Vigo **MADRID:** Danza Down · Fundación Aprocor · Fundación Unicap · Inclusión Madrid21 · Fundación Tacumi **MURCIA:** Águilas Down · Asido Cartagena · Assido Murcia · Fundown · Fundación SD de la Región de Murcia · Down Lorca · Down Murcia-Aynor **NAVARRA:** Down Navarra **PAÍS VASCO:** Down Araba-Isabel Orbe · Fundación Síndrome de Down del País Vasco **LA RIOJA:** Down La Rioja-Arsido **COMUNIDAD VALENCIANA:** Down Alicante · Asociación Síndrome de Down de Castellón · Fundación Síndrome de Down Castellón · Downval Treballant Junts · Extraordinarios T21

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