



University  
of Victoria

# CARSA: Creating Opportunities for All

LONDON PARALYMPIC GAMES, 2012.



**SHE DOESN'T WANT  
YOUR SYMPATHY.  
BUT HER  
OPPONENTS MIGHT.**



**THANK YOU!!!**

The background features abstract geometric shapes in shades of yellow, blue, and teal, primarily concentrated on the right side of the slide. The shapes are layered and semi-transparent, creating a modern, dynamic feel.

# Why You Should Care

14.3% of Canadians have a disability...

	<b>Adults with a disability</b>	<b>Able-bodied adults</b>
Poor health	25%	<5%
Moderate physical activity	3%*	48%
Organized sport	3%*	30%

\*Age range is 5-54 years

*(Advancing the Inclusion of Persons with Disabilities, 2004; Physical Activity Monitor, CFLRI 2008; Physical Activity and Limitation Survey, 2006)*

The only  
disability  
in life is  
a bad  
attitude.  
~Scott Hamilton

[www.Epreneur.TV](http://www.Epreneur.TV)

# ASPIRATION



# REALITY



# Break down the barriers

- ▶ REVIEW YOUR PROGRAMS, MARKETING & EQUIPMENT
- ▶ BE AWARE OF FACILITY LAYOUT
- ▶ CREATE A WELCOMING ENVIRONMENT
- ▶ BUILD DISABILITY INTO YOUR CULTURAL AWARENESS





HE DOESN'T EXPECT  
SPECIAL TREATMENT.  
UNTIL HE GETS TO  
THE PODIUM.



LONDON 2012 PARALYMPIC GAMES 2012

# The Rules



1. Start with YES
2. An athlete is an athlete is an athlete
3. Start with the PERSON, Disability is Second
4. Accommodation may be necessary  
... (but how is that different?)
5. Forget Politically Correct -let's get creative!

# YES!!!

# Change the Perspective

## Integrated Classes



Add photos of different ages and abilities

Change Wording for Program Write Ups to be Inclusive

# Create a welcoming environment for all

Create a welcoming environment for all

Tips:

- ▶ acknowledgement
- ▶ eye contact
- ▶ ask if you can help before doing
- ▶ assist as you would any client
- ▶ anticipate what might be needed
- ▶ put yourself in the most relatable position- ie: lower counters to be on their level if in a chair

**SOMETIMES YOU  
HAVE TO LOOK DOWN  
TO FIND SOMEONE  
TO LOOK UP TO.**

WHEELCHAIR HOCKEY #PARALYMPIC GAMES 03.12.10.



  
Canadian Paralympic Committee  
Comité canadien des Jeux paralympiques  
paralympic.ca

# Creating Opportunities at CARSA

- ▶ **CanAssist & Vikes partnership**
- ▶ **Wheelchair Rugby camp**
- ▶ **Staff training**
- ▶ **Victoria Wheelchair Sport Club**
- ▶ **Adaptive equipment**
- ▶ **Integrated programs (spin class)**

# Supporting CARSA

- ▶ Ongoing training
- ▶ Language in promotional material
- ▶ Program development
- ▶ Additional partnerships
- ▶ Training camps & hosting
- ▶ Please ask... there are no bad questions...

# Be the first one in...

***No matter your size or shape, Your race or religion, Your ability, your age or your sport, Whether you pursue sport for yourself or your country, You are an athlete, our athlete.***

The worst thing  
about a disability  
is that people see  
it before they see  
you.

*Easter Seals*