



Disability Support FAQ – Clubs

Do I need an additional qualification to coach participants with disabilities?

- No, as British Gymnastics qualified coach you do not need an additional qualification to coach participants with disabilities. British Gymnastics do however recommend coaches attend the Disability Awareness Module which can enhance your knowledge. British Gymnastics also deliver a series of Inclusion Workshops which focus on developing knowledge on specific impairments.
- If you are interested in attending a [Disability Awareness Module](#) or [Inclusion Workshops](#) please click on the relevant links

Do disabled participants require separate insurance?

- No. **ALL** participants, disabled or non-disabled are covered under their British Gymnastics Membership.

What does British Gymnastics advise in relation to specific medical conditions?

- British Gymnastics advises that any individual that presents with a medical condition must seek medical advice prior to participating in gymnastics, these include:
 - Pregnancy
 - Detaching retina
 - Confirmed Atlanto Axial Instability (AAI)
 - Rodded back
 - Brittle bones
- Please be aware that this is not an exclusive list and that there may be other medical conditions that may contraindicate participation.
- Medical advice is recommended if there is uncertainty on whether a participant can safely participate in gymnastics.

Specific protocols are in place for the below disabilities:

- **Participants with Downs Syndrome**
Any participant with downs syndrome **MUST** complete Atlanto Axial Instability (AAI) Screening prior to participating in ANY gymnastics. The form can be found on the British Gymnastics website at www.british-gymnastics.org/technical-information/discipline-updates/disabilities/9316-atlanto-axial-information-pack-1/file and more information on the importance of this screening and why it is necessary can be found at www.british-gymnastics.org/documents/clubs-schools-and-leisure-centres/8852-h-s-guidance-safe-participation-1/file.



- **Participants with Dwarfism**

British Gymnastics recommend that coaches and dwarf participants should be aware of the risks that are associated with participation in gymnastics for dwarfs. It is also advised that dwarfs **should not** take part in any activity that is high impact. For more information on why these recommendations are advised, please visit www.british-gymnastics.org/documents/clubs-schools-and-leisure-centres/8852-h-s-guidance-safe-participation-1/file

What type of session is best for disabled participants – mainstream or dedicated?



- The Activity Inclusion Model consists of four approaches to the delivery of Gymnastics programmes, ranging from integrated and mainstream activities to disability specific sessions.
- All approaches aim to encourage and empower both disabled and non-disabled people in order to enhance the quality of their experience. The type of delivery should suit the needs of everyone in the session, and all the approaches covered are valuable ways of delivering high quality and meaningful opportunities in Gymnastics. It may be that a coach or volunteer uses more than one approach within a session, or it may be that the session is set up with one particular delivery mode in mind.
- To make your sessions as inclusive as possible, use the Activity Inclusion Model to tailor the activity to meet the needs of your gymnasts. The four approaches are:

- **Open Activity** – Everyone does the same activity without any or little adaptations or modifications, regardless of impairment.
- **Modified Activity** – Everyone does the same activity but with adaptations to skills, areas or equipment.
- **Parallel Activity** – Everyone participates in the same type of activity but gymnasts are grouped according to ability and skill.
- **Separate Activity** – An individual may need to practise a skill separately for a short time before then taking part in the activity. Gymnasts can be given individual, tailored support and when they are ready, the aim is that they would join the rest of the group in an open, modified or parallel activity.

When applying the Activity Inclusion Model within your classes, there will always be some gymnasts who will require an individualised approach.



What is the correct terminology to use when referring to disabled people?

- There is often a lot of misperception on the correct terminology to be used in relation to disabled people.
- The chart below simply shows the recommendations for the correct/incorrect terminology.

Advised	Not Advised
<ul style="list-style-type: none"> • Disabled people • Disabled person • Is disabled • Cerebral palsy • Had a stroke • Visually impaired • Wheelchair-user • Non-disabled 	<ul style="list-style-type: none"> • The disabled • Handicapped • Suffers from... • Spastic • Stroke Victim • Partially sighted • Wheelchair-bound • Able-bodied

- If you require any additional information that is not included on this document, please contact [British Gymnastics](#).