

## **A-Z guide to establish a NO LIMITS netball program at your netball center:**

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### **A: Accessibility**

- Ensure the venue is accessible for all participants, including ramps, elevators, and accessible bathrooms.
- Provide clear signage and easy access to parking.

### **B: Budget**

- Plan a realistic budget covering equipment, venue hire, coaching fees, marketing, and any additional needs.
- Look for grants or funding opportunities from local councils or organizations supporting disability sports.

### **C: Coaches**

- Recruit coaches trained in working with people with disabilities.
- Provide disability inclusion training to existing coaches. A list of providers is below.

### **D: Duration**

- Sessions should typically last 45-60 minutes, with flexibility to cater to participants' needs and energy levels.
- Allocate time within 45-60 minutes for a warm-up, skill development, and a fun engaging game or activity.

### **E: Equipment**

- Use modified equipment: lightweight balls, adjustable-height posts, and brightly colored or tactile materials for visibility or sensory needs.
- Ensure enough equipment is available for each participant.
- <https://gilbertnetball.co.nz/products/spectra-t500-low-vision-with-bell>

### **F: Flexibility**

- Be prepared to adapt drills and activities for various abilities.
- When planning your session, ensure you have a space designated for participants to take breaks as needed.

### **G: Goals**

- Focus on fun, social interaction, and building confidence rather than competitive outcomes.
- Set individual and group goals to encourage progress. Celebrating success is very important.

**H: Health and Safety**

- Conduct risk assessments for the venue and activities.
- Have a first aid kit on hand and ensure staff have basic first aid training.

**I: Inclusion**

- Promote the program as open to all, ensuring participants feel welcomed and valued.
- Consider integrating players into broader club activities, where appropriate.

**J: Join-In Opportunities**

- Offer "Have-a-go" days to attract interest and reduce apprehension.
- Partner with local disability organizations to spread the word.

**K: Key Stakeholders**

- Engage with local disability groups, schools, and healthcare providers to support the program.
- Involve families and carers and youth in the planning and feedback process.

**L: Location**

- Choose a central, easy-to-reach venue with accessible facilities.
- Consider indoor spaces with good lighting and minimal distractions. Outdoor spaces in summer are a great option.

**M: Marketing**

- Use inclusive language and visuals in promotional materials.
- Promote through schools, social media, community groups, and local newspapers.

**N: Numbers**

- Keep participant numbers manageable to ensure individualized attention.
- Have a good coach-to-participant ratio, such as 1:5.

**O: Objectives****CONNECT AND INSPIRE COMMUNITIES THROUGH NETBALL**

- Develop physical, social, and communication skills through structured yet fun sessions.
- Include exercises to improve coordination, balance, and teamwork.

**P: Program Design**

- Develop a consistent weekly schedule with themed sessions.
- Incorporate a mix of skills (passing, shooting, defense) and game play.

**Q: Quality Assurance**

- Gather regular feedback from participants, carers, and coaches to improve the program.
- Use participant progress as a measure of success, such as confidence levels in passing and catching ability as well as enjoyment and the ability to play netball.

**R: Resources**

- Provide resources (futureFERNs resources) for coaches, adapt activity plans tailored to different needs.
- Share information with parents and carers about the program.

**S: Support**

- Have trained volunteers or assistants available to provide extra help.
- Consider pairing participants with a buddy or mentor.

**T: Transport**

- Share transport options with participants, such as public transport links or carpooling opportunities.
- Highlight accessible routes to the venue.

**U: Understanding**

- Educate staff and volunteers on different disabilities and how to support participants effectively.
- Be patient and empathetic in all interactions. Treat them as you would any other person.

**V: Volunteers**

- Recruit volunteers to assist with setup, coaching, and participant support.
- Provide training to ensure they are equipped to help.

**W: Warm-Ups**

- Begin sessions with gentle, inclusive warm-ups to prevent injuries and prepare participants.
- Warm down - include stretching and light movement exercises.

**X: eXpectations**

- Set clear expectations for behavior, safety, and participation, not only for participants but staff as well as volunteers.
- Be flexible and adjust expectations based on individual needs.

**Y: Youth Engagement**

- Tailor programs to cater to younger participants if there's demand.
- Create age-appropriate/skill appropriate activities and include family members and friends/peers when needed.

#### **Z: Zero Barriers**

- Regularly review and address potential barriers to participation.
- Strive for continuous improvement to make the program as inclusive as possible, if they can't come to the centre, go to their school and create opportunities.

## **Disability Organisations Contact Details**

<b>Regional Disability Organisations (Parafeds and similar organisations)</b>			
<b>Role</b> Regional disability organisations provide a range of sport, play and active recreation opportunities to disabled tamariki and rangatahi with a range of impairments. Many of the Regional Disability Organisations have evolved and broadened their offerings to respond to the needs and opportunities for their communities. <ul style="list-style-type: none"> <li>• Regional leadership and advocacy</li> <li>• Collaboration with other regional and national disability organisations, RST's and Schools to build capability of inclusive opportunities.</li> <li>• Regional Delivery of programmes and offerings</li> </ul> For a full list of Parafed and similar organisations and their contact details go to: <a href="https://www.parafednetwork.co.nz/our-impact">https://www.parafednetwork.co.nz/our-impact</a>			
<b>Organisation</b>	<b>Name</b>	<b>Role</b>	<b>Email</b>
Disability Sport and Recreation Hawkes Bay	Kath Boyd	Sport Development Officer	<a href="mailto:admin@disabilitysporthb.co.nz">admin@disabilitysporthb.co.nz</a>
Disability Sport Auckland	Yann Roux	CE	<a href="mailto:yann@disabilitysportauckland.co.nz">yann@disabilitysportauckland.co.nz</a>
dsport (Wellington)	Catriona McBean	General Manager	<a href="mailto:catriona@dsport.nz">catriona@dsport.nz</a>
Inclusive Activity Murihiku (Southland)	Chris Knight	Disability and Inclusion Officer	<a href="mailto:chris@activesouthland.co.nz">chris@activesouthland.co.nz</a>
Parafed BOP	Ian McDonald	General Manager	<a href="mailto:ian@parafedbop.co.nz">ian@parafedbop.co.nz</a>
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