



# Active Leisure for Life

## Benefits of Recreation

# Benefits

- Promotes Good Health and Physical Well Being
- Improves Quality of Life
- Increases Endurance
- Reduces Pain
- Improves Skill in Chosen Activities
- Increases Socialization
- Reduces Depression and Anxiety

To find out more information about inclusion, visit these educational links:

- [www.ada.gov](http://www.ada.gov)
- [www.fddc.org](http://www.fddc.org)
- [www.fdoa.org](http://www.fdoa.org)
- [www.nrpa.org](http://www.nrpa.org)



For more information about accessible inclusive recreation, please contact:

### Florida Disabled Outdoors Association

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# Recreation Inclusion

## A Program Provider's Guide

# Active Leisure for Life

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## What is Inclusion?

It is a process that enables an individual to be part of his/her environment by making choices as a self advocate, being supported in what they do on a daily basis, having friends and being valued. There are three areas to consider when being inclusive:

### Communication

Everyone learns differently, so the program needs to communicate in a variety of ways and to a variety of people.

### Being Prepared

Don't worry about making mistakes. People with disabilities don't expect perfection, they just want to know they are included.

### Focus on Ability

Focus on what people can do. Everyone has skills and abilities they can bring to your program.

## Inclusive Coaching

Reasonable modifications are what all good coaches do from time to time. In league play, most coaches need to modify their style of coaching based on the players' ability levels. There are elements to any activity that can be modified to make programs more inclusive.

- **Teaching style** – Modify coaching style by using more demonstrations and less verbal instruction, such as diagrams. Make use of peer learning where the players learn from one another.
- **Rules** – Make a simple change to the rules, such as the number of players (having more or less on one side), the way you score the game (start the dominant team at minus or give double the score value for non-dominant player), and the length of the game.
- **Equipment** – Adaptive and assistive technology equipment can be used to increase the “inclusiveness”. Allow individuals to use what is most helpful to them.
- **Environment** – The playing area can be modified to make your game/activity more inclusive. For example, you can change the size by playing in a smaller or bigger area, change to an area with fewer distractions, or you can change the surface by playing indoors on a smooth surface or outdoors on the grass.

## Incorporating Inclusion

Create an inclusive environment by following these guidelines:

### 1. Model healthy and desirable behaviors

- Politeness
- Appropriate Language
- Taking Turns
- Following Rules

### 2. Break down skill or activity being taught

- Make it age appropriate.
- Make it functional for the individual.
- Make it a personal preference of the individual.
- Make sure it improves the individual's quality of life.
- Make sure it is quiet and free from distractions.

Other suggestions:

- Give teaching your full attention.
- Be a good role model.
- Talk about the activity as you are working on it.
- Teach with respect-don't act as if you are in charge.
- Use appropriate body language.
- Seek out indicators that learning is occurring.
- Document progress.
- Use positive reinforcement if corrective guidance is needed, show or talk about what skill/activity was done wrong and how to correct it.