Principles for Participants with Disabilities Returning to Physical Activity and Sport in Scotland (Phase 2)

The return of cricket for athletes and participants with a disability will be considered on a case by case basis depending on the environment, and the underlying health conditions of the athletes. Guidance and advice from Scottish Government, Active Scotland, **sport**scotland and Cricket Scotland, will be considered. Some athletes and participants with a disability with underlying health conditions will be required to continue shielding and government guidance continues to be that people who are shielding should not visit venues or undertake activities.

Cricket Scotland will provide ongoing support and guidance on the return to cricket in Scotland for athletes and participants with a disability.

It is important to consider the individual needs of athletes and participants with a disability when returning to cricket and not to treat as a homogenous group. People with disabilities need to be considered within all plans regarding returning to physical activity and cricket in line with the Scottish Disability Sport Activity Inclusion Model. **Activity Inclusion Model (animated version)**

Information and communication

Changes, updates, and future planning:

Communicate the measures taken to make your facilities and/or activities inclusive and accessible in relation to Covid-19. To reach a wider audience and boost the confidence of existing and new customers, embed reassuring messages through varied channels. This is both on and offline channels, including your website, social media and direct mail.

Ensure disabled people and people with long-term health conditions are part of the discussions and solutions. Use existing or create disabled people's advisory groups. This can be helpful in guiding your organisation with people's lived experiences. Co-produced ideas are more effective.

Alternative information formats

Where possible, ask if participants have access needs ahead of attending or taking part. This helps you to plan so everyone has a welcoming experience.

In some cases, people will have specific queries in relation to their needs. Providing a designated role or named contact/s is one solution.

Not everyone has or can access the internet. Ensure digital inclusion and accessibility for your communications and activities. You need to consider customers who are not online or need to

access information in other ways. Audit and test your digital communications with disabled people and people with long-term health conditions.

Remember to provide alternative formats for welcome packs, guidance and health and safety information. This could include large print, audio, easy read and British Sign Language videos. These need to be made available on your website and promoted within your wider marketing.

- For public announcements, ensure you provide audio and visual cues for people who cannot see or hear the information.
- Protective screens and/or wearing face masks may impact clear communication. E.g. people who may lipread or have hearing loss.

Reassuring participants

In your information and promotion, consider the language you are using and how positive and welcoming it is. Avoid labelling terms like 'vulnerable'. Not all disabled people or people with long-term health conditions will relate to or identify with these terms. Remember that not every impairment or health condition is visible.

Social isolation may affect many of your participants. Returning to or starting up new activities may cause anxiety. Some people may require more support to return to activity or to get active. Some solutions include:

- Personalised messages via text or email
- Support in getting to a facility/club
- Motivational catch-ups with instructors/coaches
- Video tours of facilities or activities

There are a number of key areas to be considered for inclusion of participants and athletes with a disability to return safely to physical activity and sport; positive attitude and approach; health and wellbeing; financial considerations; facilities and equipment and transport.

Positive Attitude and Approach

Have you considered athletes and participants with a disability in your return to cricket plan? If you would like further guidance on return to cricket for participants and athletes with a disability then ask the individual in the first instance. Further support and guidance is available from Cricket Scotlands National Disability Officer if required.

Health and Wellbeing

Many participants and athletes with a disability have underlying health conditions which may impact on their return to physical activity and sport as they may be required to self - isolate for longer and take extra precautions when returning. Please be aware of these and meet the needs of individual. Some may return to sport later, please ensure this is considered within your planning and ensure a positive and safe environment upon their return.

Further anxieties may be faced by participants and athletes with a disability. Therefore, there may be additional support and nurturing required to ensure a return to sport in a welcoming and safe environment. Please be kind: respectful and considerate towards everyone's needs.

Financial Considerations

It is known that 48% of families living in poverty have an individual with a disability living within the household. COVID-19 may have had negative financial pressures on these households which could impact on a return to sport.
Furthermore 47% of individuals fear losing their benefits if they are seen to be more physically active. It is imperative that athletes, participants, and carers can access affordable opportunities and facilities.

Facilities and Equipment

Access to facilities and equipment for people with disabilities must continue to meet government guidelines with the introduction of social distancing. Particular consideration must also be given to the sharing and the cleanliness of facilities and equipment to take account of additional underlying health conditions.

Facility considerations to implement social distancing eg moving equipment for providers continue inclusive practice needs of all communities ensuring access to facilities, equipment and programmes for athletes and participants with a disability. Public health guidance states equipment should not be shared.

Travel and Transport

For many people with a disability public transport is their only available travel option. Reduced timetabling, accessibility, social distancing, and cleanliness will also be significant barriers to future return to physical activity and sport. There will be significant increase in demand for accessible taxis in this environment which will create further challenges.

If you are considering limiting car park bays, make sure accessible bays remain available. Drop-off and pick-up points need to remain at convenient locations. Communicate any changes to parking capacity or payment methods before people arrive.

Local active travel plans are encouraging residents to consider cycling or walking. So temporary road, lane or pathways should follow inclusion and accessibility guidelines.
Make people aware of public transport routes and local accessible taxis.

All routes (to/from/within Activity?) including any new or alternative routes should have:

- Firm and level access where possible or ramps with accessible gradients and handrails.
- Sufficient lighting.
- Clear and wide enough space, free from obstructions and hazards.
- Adequate directions throughout, using clear and accessible signage.

Workforce (including coaching, volunteers, officials)

Reassurance

Many clubs and activities rely heavily on volunteers. Don't forget disabled people or people with health conditions may be part of your paid and volunteer workforce. Many may need to feel

confident to returning to their roles at the right time. Provide reassurance and information about the measures you have put in place to protect the workforce and person taking part.

Training

Your workforce may be returning to work after a long absence period. Therefore, it may be important to ease them back in. Many people will experience difficult feelings at this time. You should consider:

- Understand any reasonable adjustments they may require (e.g. changes in working hours due to childcare or carer responsibilities, phased return to work, temporary reallocation of some tasks)
- Communicate the support available to them (e.g. line managers/supervisors, Employee Assistance Programme, staff handbooks)
- Brief them before they return on the changes you have made and how this may impact their role and duties.
- All workforce needs to understand how any assistive technology or equipment works and be able to demonstrate its use. Does your workforce need a refresh on disability and inclusion training?

Session planning

- Consider the flexibility of your sessions, classes and activities. Many disabled people or people with long-term health conditions may be concerned about their fitness level or mobility reduction. A wider range of intensity level sessions can help.
- Consider boosting confidence through welcome back sessions. Give wider advice about active lifestyle, nutrition, and allow time for social interaction.
- Remember home digital sessions will still be needed by some participants.
- Allow time at the beginning of sessions to address any participant concerns, ideally through one-to-one private consultation. Some participants may prefer to get to your session earlier to minimise stress due to the extra precautions in place. More time may be needed for access to changing and toilet facilities where available.
- Ensure you consider accessibility and inclusion in your social sessions, which help to reunite and connect participants.

Cleaning and Hygiene

Your updated hygiene guidelines should include all accessibility features. Use signing forms to communicate which and when facilities have been cleaned. This will help to reduce potential anxiety as well as have logistical benefits. For example, pay close attention to:

- Tactile signage
- Door touchpoints and their push-pad access buttons
- Lifts, including the control buttons and handrails
- High and low levels of reception desks
- Accessible toilets and changing rooms, including grab rails, pull cords and handbasin sides.
- Refilling of hand sanitiser and hand wash
- Drying facilities in accessible toilets and changing rooms
- Specialist equipment e.g. wheelchairs and portable assistive listening devices.
- For social distancing and additional support

- Allow enough space for social distancing. This includes wheelchair and mobility scooter users, people with crutches, and people with assistance dogs.
- Think about your markings in positioning, colour contrast and size.
- Limit numbers in lifts. Some individuals may require priority access.
- If possible, provide shorter routes for people who can only manage short distances.
- Have rest, seating, or quiet areas for people to take time out.
- Have workforce in areas where people may require extra support.
- Some people will be affected by a change in layout and will need to familiarise themselves with the new routes. Consider offering a tour and adequate information on your website.

Personal Assistants and supporters

- Be aware some participants will have personal assistants and supporters who are within their rights to be nearby. Social distancing may be different for some participants.
- Not all impairment or health conditions are visible, so be careful in challenging people on their need for support.
- Guidance for people who would normally bring a personal assistant with them?
- Guidance for people who might only need minimal support (normally from coach/instructor?) e.g. to get on/off a horse but could then ride independently or Passing equipment to participants?
- Interpreters and social distancing?
- guidance on whether social-distancing discretion can be used to support a disabled person during activity for safety reasons.
- Participants that have a declared underlying health condition listed as a shielding condition such as cystic fibrosis and the individual wants to go back to their activity before the policy changes by government

Bookings and payments

- When taking bookings, it is an ideal time to ask about the person's access needs.
- Not everyone can access online booking systems. Provide various ways to book with online and offline methods such as telephone.
- Ensure flexibility for payments and concessions. Some customers may be shielding, self-isolating or be anxious to return and consequently concerned about restarting payments.
- Contactless payment
- Remember to promote concessions and special offers available. This includes your personal assistant or assistance animal policy.

Toilets and changing

- Ensure you give access to accessible toilets and changing rooms when appropriate. This includes Changing Places, ambulant accessible and accessible options.
- Some facilities may require a Radar key. In your pre-visit information, advise guests to bring their own Radar key if they have one. But ensure your facility keys are regularly cleaned thoroughly between users.
- Make sure participants can access accessible lockers.

Equipment

- Ensure any assistive technology or specialist equipment is working. This should be thoroughly cleaned before and after use. Provide time and cleaning facilities for the individual's own equipment.
- If you are limiting the amount of equipment, you need to ensure that inclusive products remain available.
- Hoists etc available with social distancing

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