

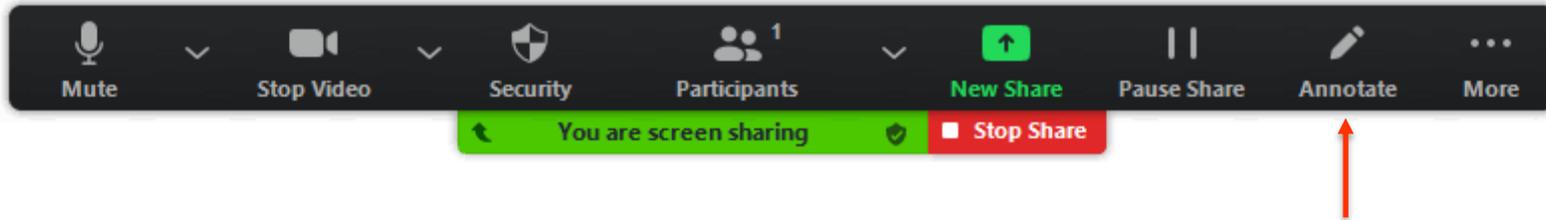


Welcome

IMAS Virtual Rowing Festival



Ice Breaker



Who's in the room?

Tell us your name, club (if applicable), what has brought you here today.

Our Vision



The Mixed Ability Model



What is Mixed Ability?

Mixed Ability (MA) is an innovative approach to promoting inclusion and equal opportunities in mainstream sports.

The MA Model differs from disability-specific activities or provision as it includes people facing a whole range of barriers to participation, including physical and learning disabilities, physical and mental health conditions, age-related barriers, low confidence, and many other personal circumstances.

The Mixed Ability Model



What is Mixed Ability?

For example, the Mixed Ability rowing squad at BARC includes members with learning disabilities, physical impairments, rowers returning to the sport having previously retired, and able-bodied participants who just want to be part of an inclusive team!

The Mixed Ability Model



What is Mixed Ability?

The short answer: EVERYONE belongs in a Mixed Ability team!

The Mixed Ability Model



What is Mixed Ability?

So how is this different to other squads at our club?

It's one thing to say something is "inclusive", but to really **be** inclusive, it's necessary to **actively welcome those facing barriers to participation.**

"At Bradford we really believed we were inclusive and yet we realised that it was not true. So, we thought about it differently and the benefits have been enormous."

- Celia Hickson, BARC President.

The Mixed Ability Model



Mixed Ability is...

-  A sustainable, long-term initiative
-  Included in the life of the club, including all social aspects
-  A great way to represent your local community within the club
-  Open to everyone!

Mixed Ability is not...

-  A time-limited project that ends when funding runs out
-  Separate to the rest of the club
-  A quick-fix to inclusivity
-  A PC term for disability sport

The Mixed Ability Model



Meet the trainers: Cam's story

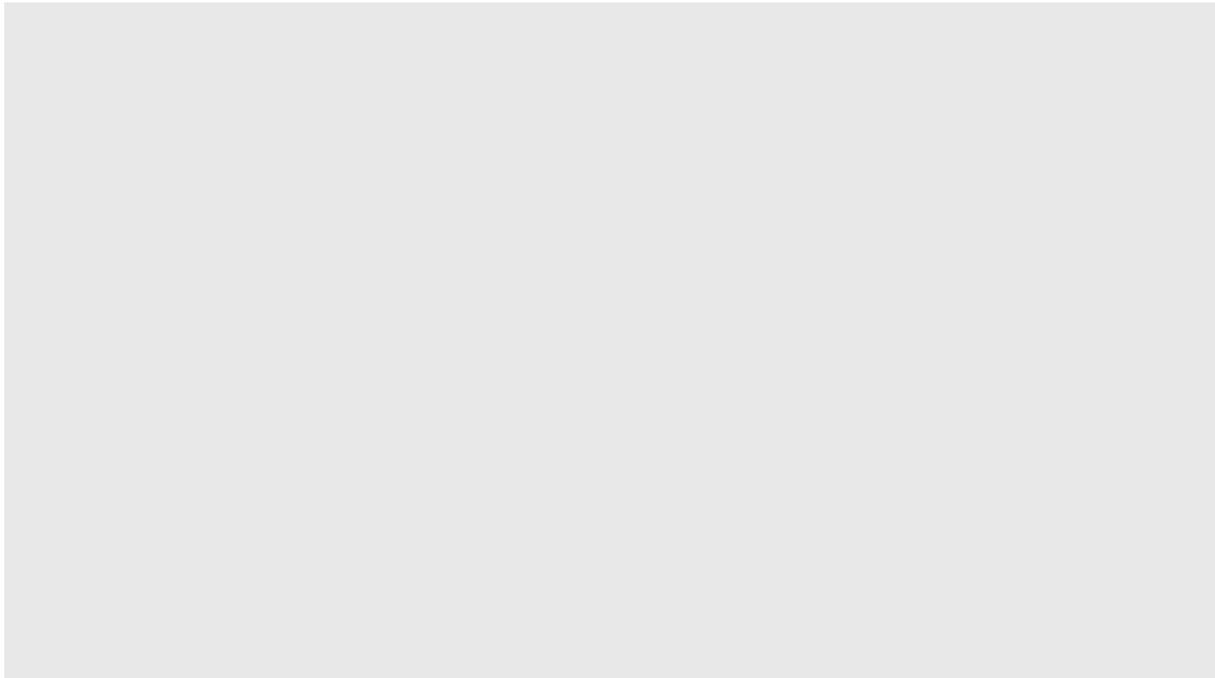


“I have Prader Willi Syndrome, I tried many other sports but I didn't fit in. Mixed Ability makes me feel like I'm a part of the family.”

The Mixed Ability Model



Meet the trainers: Michael's story



The Mixed Ability Model



Where does Mixed Ability fit?



Mixed Ability sits within grassroots clubs, and is different to disability-specific provision, as it involves participants both with and without disabilities.



Any Questions?
Anything you would like covering in the
'Top Tips' workshop?

Virtual Regatta



1. Pick a team of up to 6 people. (If there are more people here from your club, split into two groups.) Make your team as diverse as possible. You can invite people from outside of this workshop to join you if you like.

2. Complete any or all of the following tasks:
 - Spend up to an hour getting active together – you're welcome to row or use ergos if you can, but if people don't have access to this equipment, think about how else you can include them.
 - Build a miniature boat each and race them on the water!
 - Share photos and videos of your activities on Twitter and Instagram tagging @imas_sport4all and #RowingIsOarsome. Make sure you include the tags or we may miss your entries!

3. There are 3 prizes available! Winners will receive an IMAS Rowing Is Oarsome hoodie.
 - Most inclusive team
 - Best photo/video
 - Best miniature boat!

Virtual Regatta



Keep in touch!

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