

A group of people in wheelchairs participating in a cycling event. They are wearing helmets and colorful jerseys, and are riding bicycles on a paved path. The background is slightly blurred, showing other participants and spectators.

The integration of disability sport in mainstream sports clubs, the Dutch case

Caroline van Lindert

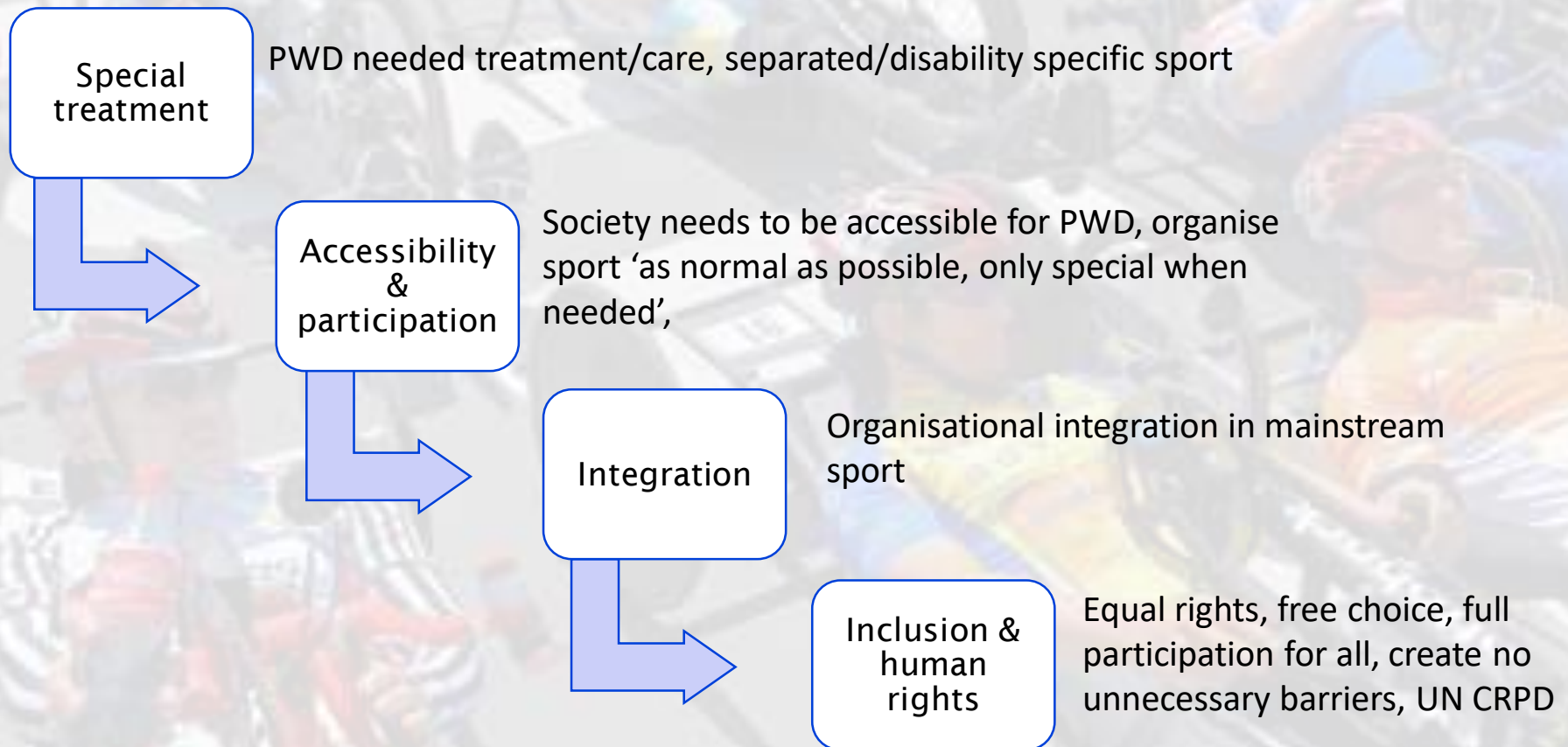
Acknowledgements:

Wikke van Stam & Maxine de Jonge

The logo for Mulier Instituut, featuring a yellow swoosh above the text "mulier instituut".

mulier instituut

Perceptions of disability sport



See Haegele & Hogde, 2016; Misener & Darcy, 2013; Smith & Bundon, 2018

Dutch policy on disability sport

- Since 2000 Dutch policy on disability sport intensified
- Dutch government is committed to:
 - Increase participation in sport of PWD; inclusive sport & PA
- Through:
 - Support inclusive PA-programs & interventions
 - Improve accessibility (financial, social, physical..)
 - Research and data collection
- National programs on DS
 - Until 2015: Different temporary programs > sport stimulation programs
 - 2015-2018: “Active without boundaries” > strengthening local & regional infrastructure
 - 2018-2021: “National sports agreement” > inclusive sport & physical activity for all citizens
- Focus on accessible sport clubs and (adapted) activity programs!

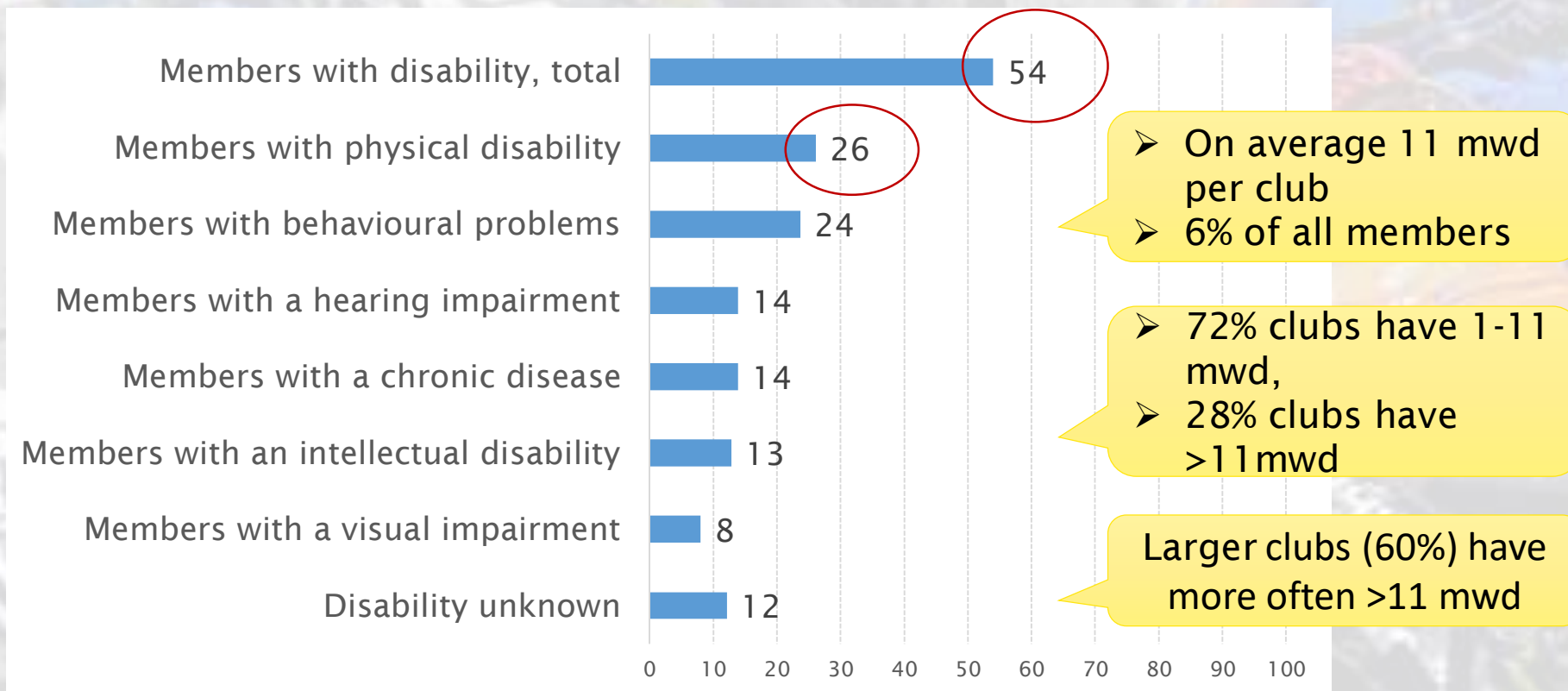
Survey sports clubs

- Online panel survey Dutch sports clubs (n=407)
- *What is the 'additional' demand from PWD for mainstream sports clubs?*
- Improve match demand (PWD) & supply (activities/clubs)
 1. *To what extent and how is sport for PWD organized and embedded in mainstream sports clubs?*
 2. *Which factors hinder or stimulate the development, improvement and structural embedding of sports programs for PWD in mainstream sports clubs?*
 3. *What knowledge and support do sports clubs need?*

Source: results are published [here](#) (in Dutch).

Clubs with members with a disability (1)

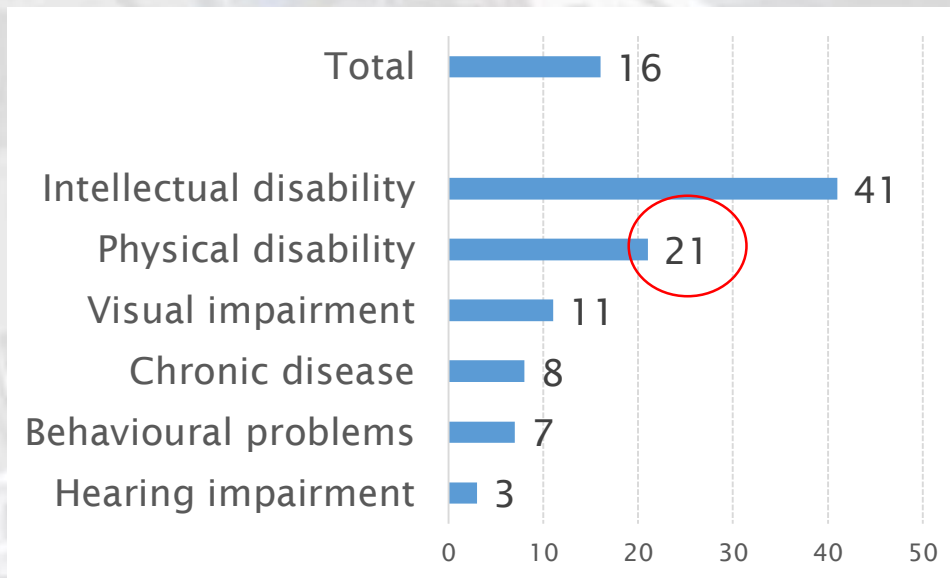
Percentage of mainstream clubs with 1 or more members with a disability (mwd)



Source: Mulier Instituut research panel sports clubs, 2018

Special groups & instructors (1)

Percentage of mainstream clubs* with special groups



*with members with a disability

Source: Mulier Instituut research panel sports clubs, 2018

- 75% clubs have no special of qualified instructors/trainers
- 16% clubs have 1 of more qualified instructors
- 9% 1 of more special volunteers

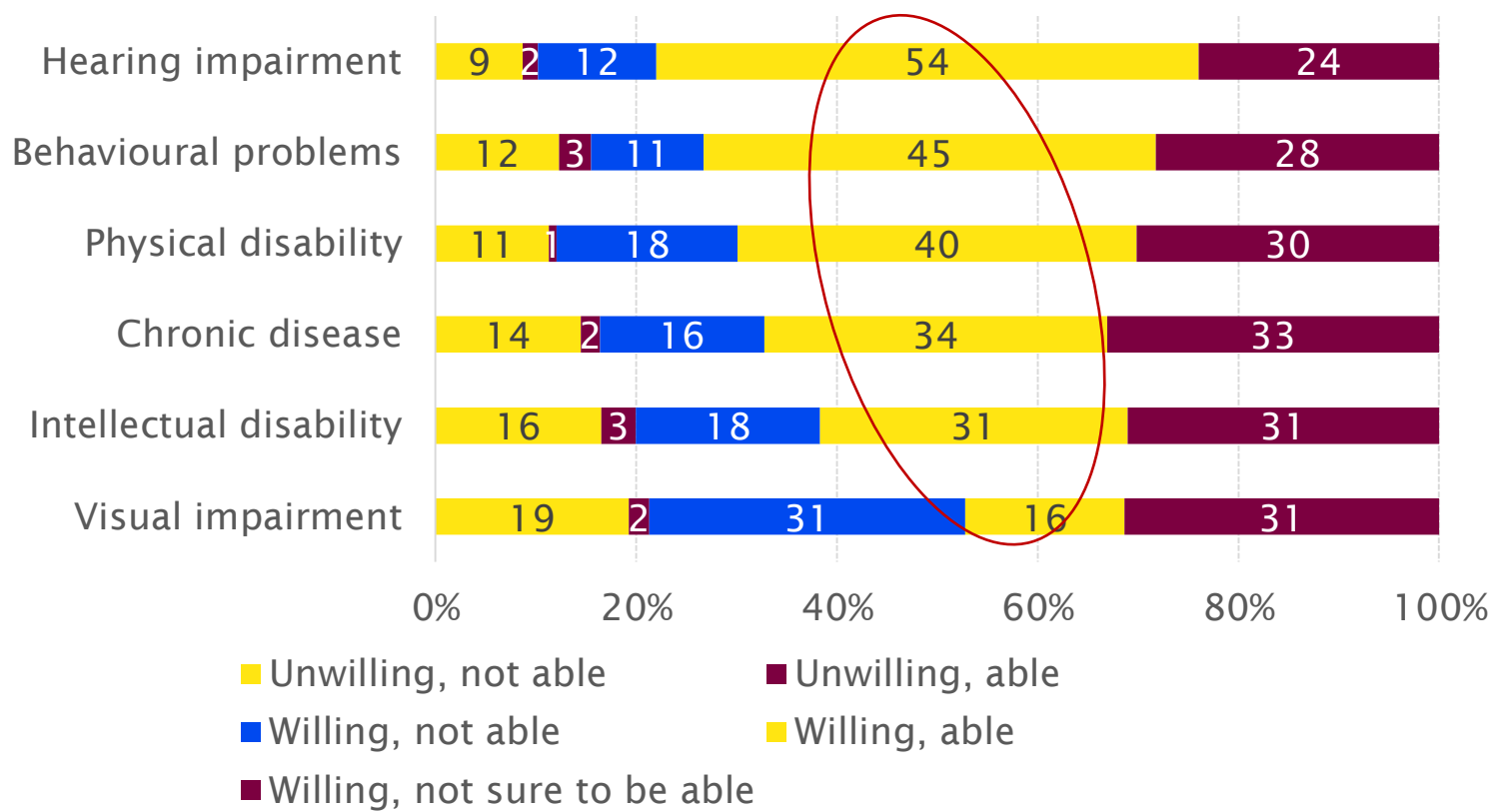
- Larger clubs more often have >11 mwd, special groups & qualified instructors
- Clubs >11 mwd more often have special/qualified instructors and special groups
- Clubs with special groups more often have special/qualified instructors

Adaptations & modifications (1)

- 70%: no form of adaptation or modification in activities
- 30%: some form of adaptation:
 - 16% in coaching
 - 13% in rules/regulations
 - 10% in materials
 - 9% in group size
 - 7% in field size/facilities
- 50%: program is not embedded structurally in sports club
- 21%: clubs have 1 or more permanent persons responsible

Willingness and ability (2)

Percentage of clubs that are willing and able to include (more) pwd



Source: Mulier Instituut research panel sports clubs, 2018

Large potential (2)

- **Willing & able: 67% sport clubs**
- Willing but not able: 36% sport clubs
- Not willing but able: 5% sport clubs
- Not willing & not able: 28% sport clubs

Motives (more) mwd (2)

- 70% social responsibility
- 38% member growth
- 27% PWD are already a target group
- 10% external stakeholders want this
- 9% instructors and board want this
- 8% opportunity to recruit more volunteers
- 5% opportunity to get support
- 4% opportunity to get funding
- 3% members want this

➤ Initiative comes often from within the club: coaches, board, parents

Obstacles for (more) mwd (2)

Percentage of clubs that experience obstacles to include (more) mwd

	Total	Physical disability (incl. VI & HI)	Intellectual disability	Behavioural problems
Volunteers, instructors, coaches	57	52	59	65
Accommodation, activities & materials	38	42	25	24
Recruitment and retention of target group	27	22	27	25
Transport & accessibility	18	18	14	11
Finance	13	13	12	13
Internal support	10	9	10	10
Other	13	14	14	11

Source: Mulier Instituut research panel sports clubs, 2018

Need for support (3)

- 58% clubs with mwd, had no support
- 30% clubs don't need (additional) support
- 70% do need support:
 - Recruitment of volunteers and instructors
 - Support from a sports professional
 - Exchange knowledge/experiences with other clubs
 - Recruitment of funding/sponsorships

Conclusions

- “Additional” demand from pwd depends on type of sport and disability
- Good atmosphere is key factor
- Sufficient volunteers are needed
- Don’t treat pwd differently
- Not much specific adaptations in activities needed
- Special group needs qualified instructors

Recommendations

- Start small scale
- Ask support from local government and community sport coach
- Ask support from family of pwd
- Work together with other clubs
- Promote the club & program
- Lay responsibility on 1 of more volunteers

- Willingness is there. But not always the ability/desire.
- Mismatch between what pwd want/need & what club think pwd want/need

Thank you for your attention

Caroline van Lindert

c.vanlindert@mulierinstituut.nl

www.mulierinstituut.nl
[@mulierinstituut](https://twitter.com/mulierinstituut)

mulier instituut