

Checklist

- This checklist is designed to help you support children and young people for whom you provide sports activities.
- It is intended to help you find out what you need to know about each young person in order to maximise the benefit they get from taking part.
- Although some aspects may be particularly relevant to deaf and disabled young people, understanding children as individuals is a core part of supporting and coaching any child – disabled or not.
- Engaging children (and their carers) in providing relevant information about them is a person-centred approach.
- While you may need to be aware of some consequences of a child's condition or impairment, simply knowing the 'disability label' will not help you plan to support or include the individual child.
- Focus on the child in front of you, and try to understand what you need to in order to help them take part fully. If you aware that a disabled child will attend your club/activity- what do you need to consider in planning ahead (eg relating to the physical environment, or accommodation)? Make sure you consider 'down time' (eg travelling, before during or after the activity, as well as in competition and training).

Key details

As for any young participant, you will always obtain core details (often through a registration/consent form):

- Full name
- Dob
- Address
- Emergency contacts
- Information about relevant medical conditions/medication
- Parent/carer's consents, etc.

Additional Information

In addition, explore the following areas with the young person and their parents/carers:

Young Person's Name:	
Your involvement in sport:	
What sports/activities have you taken part in before and to what level?	
Why do you want to join this club/team/activity?	
What do you enjoy most about playing sport, and what do you think you are best at?	
Are there any practical things that have helped you previously take part in sport that would help us support you here? For example adapted equipment, rules or activities, or something g else.	
What do we need to understand about your condition to make sure we are able to support you if issues arise while you are taking part, eg linked to levels of mobility, particular hydration requirements, range of movement, fatigue, activity intensity?	
Communication:	
What do you like/prefer to be called?	
What's your first language or preferred communication medium?	
How do you best communicate (and understand others) - particularly in a sports context?	
Are there specific considerations we need to bear in mind to support communication with you, eg avoiding a lot of background noise; making statements short, clear and/or repeated, etc ?	
Is there a need for us to arrange additional support around communicating with you, eg availability of an interpreter?	

Individual Profiles

It may be helpful to develop a profile or passport document for the young person (perhaps with parents/carers) to complete in order to capture some of these details. This has the following benefits by:

- Engaging the child in providing their own version of their interests, strengths and support needs
- Helping shape and collate the information that a coach or club needs, in an appropriate, practical format
- Reducing the likelihood of the child/carers having to repeat all the same details
- Allowing the coach to start to plan the child's involvement
- Encouraging an understanding and appreciation of the child as a whole person, rather than focusing solely on their condition or impairment
- Offering an easy, inclusive way to keep information up to date.

Below is an example of a one page profile.

Nick's One Page Profile

What's important to me:

My family – Hil, Bekki and Ben.

My dogs – Millie and Tubbs. Home – Wales.

The Welsh Dragon Flag. Nottingham Forest FC.

Work – CPSU, NSPCC. Almost any Sport on TV.



My health condition:

Generally healthy

Arthritic knees so often wear a support

Take pain killers (codeine) before/after sport

Sometimes get hay fever and wheeziness

What other people say they like about me:

I can be funny and make people laugh 😊

I am enthusiastic

How best to support me:

I often forget things, so please remind (nag) me!

Please be honest (straight) with me – tell me if I'm doing something well – or badly!

Remember I can't run very fast

Communicating with me:

Please call me Nick. My first language is English.

I can be a bit deaf, so please speak up

What I want to get out of playing sport:

Trying to keep fit and not put weight on

Running round in the fresh air

Taking care of aching old knees

Seeing my mates

What I'm good at:

I always try my best, and like helping people.

I enjoy detailed tasks.