



# Just Roll With It

BOWLS FOR CANADIANS WITH DISABILITIES

## The 10 P's of a Para Bowls Ready Program

### 1. PROACTIVE

The key to becoming para bowls ready is to prepare before a bowler contacts your program. You need to say that your program is welcoming to all and also say how.

### 2. POLICY

Have a visible policy, statement, or commitment on your website that says you are inclusive to the bowlers you are able to include.

### 3. PROMOTIONS

Ensure all promotions and messaging about club activities is accessible and uses inclusive and appropriate language.

**Include at least these key points:**

Accessibility Information; Local Transportation Options; Parking; Specialized Equipment Available; Level of Challenge; Coach Certification.

### 4. PROGRAMMING

Consider what equipment you need and if your programming will be fully integrated or segregated.

### 5. PEOPLE

Find the coach(es) who will champion your para bowls program and provide them with para coach education.

### 6. PARTICIPATION

Consider how your program will foster key concepts that underpin quality participation: belonging, autonomy, mastery, challenge, engagement, meaning.

### 7. PLACE

Ensure your facilities are fully accessible to all disability groups.

### 8. PATHWAY

Not all para bowlers will go on to compete internationally. Bowlers will enter the sport at different moments along their pathway, so programs need to adjust expectations and programming accordingly.

### 9. PRICE

Cost is a key barrier to participation for many people with disabilities. Examine your fee structure to see what you can do to make it more affordable.

### 10. PARTNERSHIPS

Develop (in)formal partnerships with local and provincial disability sport organizations.

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*This document was informed by Becoming Para Ready, a resource developed by The Steadward Centre for Personal & Physical Achievement*




*Konoval, T., Leo, J., & Ferguson, J. (2019). Becoming Para Ready: A Resource to Help Club and School Athletics Programs Support More Effective Integration. Edmonton, AB.*

# THE 10 P'S OF A PARA BOWLS READY PROGRAM

## THE PARA BOWLS READY CHECKLIST

Please remember this checklist represents the "gold standard" of what a para bowls ready program might look like. Programs are not expected to implement all the parameters below. Instead, use the information below to identify strategies you could use to begin to improve inclusion and accessibility for para bowlers.


**The first P is for Proactive, an overarching philosophy. Show a readiness to include all para bowlers.**

THE P	THE SUBCATEGORY	EXAMPLES
 <b>POLICY</b>	<b>Para Bowls Ready Inclusion Commitment Statement</b>	<ul style="list-style-type: none"> <li>Have a para bowls inclusion statement (i.e., a public record that expresses the club's dedication to para inclusion) on your website saying that you are committed to providing programming or connecting in some way.</li> <li>You must say 'how' you will do this.</li> <li>Can be short or long E.g., Joe's Lawn Bowling Club is committed to providing programming for all bowlers with a disability in our community (short version).</li> </ul>
 <b>PROMOTIONS</b>	<b>Website Accessibility</b>	<ul style="list-style-type: none"> <li>Check your website to make sure it meets accessibility requirements (i.e., all pictures have alt text).</li> </ul>
	<b>Key Content</b>	<ul style="list-style-type: none"> <li>Make sure it is clear on your website that you support bowlers with a disability.</li> <li>Be clear about which disability groups your club is capable of hosting.</li> <li>At minimum, provide information about: available equipment, cost of program, timing, coach qualifications, accessible facility features.</li> </ul>
	<b>Social Media and Emails</b>	<ul style="list-style-type: none"> <li>Ensure all social media posts are easy to understand for your target audience.</li> <li>Make sure you use images that promote inclusion by showing all the diverse bowlers involved in your program.</li> </ul>
	<b>Awareness</b>	<ul style="list-style-type: none"> <li>Implement strategies to attract new bowlers (e.g., try-it days, open houses, partnering with community groups).</li> </ul>
 <b>PROGRAMMING</b>	<b>Access to Equipment</b>	<ul style="list-style-type: none"> <li>Club has access to equipment for all bowlers.</li> <li>Club Administrators are knowledgeable of grants available to para bowlers and para bowls programs.</li> <li>Space available for equipment storage.</li> <li>Equipment is appropriately sized and up-to-date.</li> </ul>
	<b>Ratio (coach/bowler)</b>	<ul style="list-style-type: none"> <li>Ratio will vary depending on bowler make up.</li> <li>In general, persons with intellectual disabilities, such as autism, require more support (approx. 1:1 or 1:2).</li> <li>Bowlers who compete in wheelchairs might not need full support (approx. 1:5).</li> </ul>
	<b>Modifications</b>	<ul style="list-style-type: none"> <li>Opportunities for para bowlers to modify their practice to meet their unique needs.</li> </ul>



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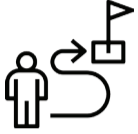

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 <b>PROGRAMMING</b>	<b>Level of Integration</b>	<ul style="list-style-type: none"> <li>• Club has different integration options.</li> <li>• Bowlers have the choice to be fully integrated with able-bodied peers, partially integrated, or segregated.</li> </ul>
	<b>Practice Co-Design</b>	<ul style="list-style-type: none"> <li>• Uses athlete-centred coaching to co-design practices with participants.</li> <li>• Carefully consult with each bowler to accommodate skill level.</li> <li>• Try and facilitate bowler decision making and engagement in the entire process.</li> </ul>
	<b>Tracking Improvement</b>	<ul style="list-style-type: none"> <li>• Develops appropriate benchmarks to record bowler progress.</li> <li>• Coach provides bowlers with continuous feedback on personal progress.</li> </ul>
 <b>PEOPLE</b>	<b>Coach Education</b>	<ul style="list-style-type: none"> <li>• Coach(es) have taken <a href="#">the NCCP's Coaching Athletes with a Disability e-learning course</a>.</li> <li>• Coach has opened up lines of communication with an experienced para coach.</li> </ul>
 <b>PARTICIPATION</b>	<b>Quality Participation</b>	<ul style="list-style-type: none"> <li>• Use the Canadians Disability Participation Project Quality of Participation Blueprint as a tool to identify and implement strategies to foster quality participation in your program. <ul style="list-style-type: none"> <li>» Foster meaning: encourage bowlers to offer peer support or mentorship.</li> <li>» Foster belonging: group bowlers together based on shared goals and keep them together over time.</li> <li>» Foster engagement: encourage family members to get involved by joining a committee (e.g., fundraising) or taking on a sport-related role (e.g., coaches, umpires, directors for visually impaired athletes).</li> </ul> </li> </ul>
 <b>PLACE</b>	<b>Facility Accessibility</b>	<ul style="list-style-type: none"> <li>• Smooth surfaces to easily access the green, the clubhouse and other facilities.</li> <li>• Building is equipped with ramps and/or elevators.</li> <li>• Consider making a video or taking pictures of your facilities to show accessible features (e.g., ramp, surfaces, equipment, washrooms, etc).</li> </ul>
	<b>Washrooms</b>	<ul style="list-style-type: none"> <li>• All washrooms and change rooms are accessible.</li> <li>• Wide entrances and access features.</li> </ul>
	<b>Public Transit</b>	<ul style="list-style-type: none"> <li>• Bus stops are located close to facility.</li> </ul>
	<b>Parking</b>	<ul style="list-style-type: none"> <li>• Accessible parking is available.</li> </ul>
	<b>Planning</b>	<ul style="list-style-type: none"> <li>• Every facility is different!</li> <li>• When traveling to a competition prepare yourself and bowlers for transportation barriers and accessibility of new venue.</li> </ul>



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 <b>PATHWAY</b>	<b>Unique Pathway</b>	<ul style="list-style-type: none"> <li>Ensure bowlers have support to pursue their individual pathway, whether it be development, competitive or a mix of both.</li> </ul>
	<b>Classification</b>	<ul style="list-style-type: none"> <li>Bowlers get to practice with other athletes of similar abilities (when applicable).</li> <li>Classification opportunities are available (when applicable).</li> </ul>
	<b>Board Member</b>	<ul style="list-style-type: none"> <li>Para bowlers have the opportunity to have a member as part of the board to ensure continued para inclusion in all facets of the club.</li> </ul>
 <b>PRICE</b>	<b>Cost</b>	<ul style="list-style-type: none"> <li>Program is low cost.</li> <li>Find ways to lower costs for participants, for example: If you need more coaches, ask the more experienced bowlers in your club to volunteer and work with bowlers who either need more support or who are learning introductory skills.</li> </ul>
 <b>PARTNERSHIPS</b>	<b>Disability Sport Organizations</b>	<ul style="list-style-type: none"> <li>Research and develop (in)formal partnerships with local and provincial disability sport organizations.</li> <li>These organizations can help you connect with resources needed to feel confident when working with people with disabilities.</li> </ul>
	<b>Other Clubs</b>	<ul style="list-style-type: none"> <li>Reach out to other clubs in your local area to find out if they are offering para programming and to find out how your club can help.</li> </ul>

\*This checklist has been partly adapted from the Canadian Disability Participation Project's 'Blueprint for Building Quality Participation in Sport for Children, Youth and Adults with a Disability' \*\*Additional elements have been created using the references found in the references section above and through online practical resources.

