

IDEAL: Intellectual Disability and Equal opportunities for Active and Long-term participation in sport

HOW IS SPORT FOR PEOPLE WITH INTELLECTUAL DISABILITIES ORGANISED ACROSS EUROPE?

**Output from WP2c - macro level:
*review sport organisations, programmes and structures***



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1 - EXECUTIVE SUMMARY / PREFACE

The present report is part of the inventory phase of the **IDEAL** project “Intellectual Disability and Equal opportunities for Active and Long-term participation in sport” Erasmus + European Union funded project. This part of the project “**review sport organisations, programmes and structures**” aims to provide information regarding how sport for people with intellectual disabilities (ID-sport) is organised across Europe, and how the current structures and programs can be optimised.

Ten countries participated in this study (i.e., Belgium, France, Germany, Great Britain, Iceland, Italy, Netherlands, Poland, Spain and Sweden). Major ID-sport organisations (i.e., sport organisations that are internationally connected to the International Paralympic Committee, Virtus and Special Olympics) were contacted. A comprehensive questionnaire was sent to the target organisation and a semi-structured interview was carried out for data collection. **Data from 29 organisations** was collected, analysed and comparisons were made between the different countries.

Apart from gathering information on the **national structure of ID-sport in each country (see Annex B: fact sheets per country)**, **seven main themes were found**. Results from each theme are further developed in the different chapters provided along the present report.

Nevertheless, a brief summary about the content that can be found on each chapter is provided:

1. **Collaboration between organisations involved in ID-sport.** In all the 10 assessed countries it was found a collaborative relationship between at least two organisations at national level.
 - A one-way collaboration was found in Belgium, France and Poland.
 - A two-way collaboration was found in Italy, the Netherlands and Spain.
 - A three-way collaboration was found in Germany, Iceland and Sweden.
 - A special collaborative network was found in Great Britain when accounting for the three different Great British nations.
2. **Type of ID-sport providers, general landscape across Europe (mainstream vs disability vs intellectual disabilities [ID]) and inclusion / integration in the mainstream sport.** When considering the general landscape of ID-sport management and offer across these 10 European countries, three main situations were found:
 - An ID-oriented landscape in France, Italy, Poland and Spain.
 - A multi-disability-oriented landscape in Belgium, Great Britain, Iceland and Sweden.
 - A mainstream-oriented landscape in the Netherlands.

Nevertheless, in all countries the mainstream sport federations are including / integrating disability-sport (including ID-sport), therefore they are also playing a role to a more or less extent in ID-sport. However, this inclusion / integration process is slower in some countries, where a few ID-sport disciplines have been integrated in the mainstream sport, compared to others where most disciplines have been already integrated.

3. **What is the range of ID-sport on offer across Europe?** All the 10 assessed countries have a sport offer for people with ID in different disciplines (both for individual and for team sports) and at different levels. However, it is difficult to track the full scope and make consistent comparisons of the available sport offer for people with ID across Europe; especially, when it is included / integrated

in mainstream sport federations and/or offered in multi-disability sport federations, because their sport offer is typically not specified by type of disability.

In most countries, athletes can find information on where to be active in their surroundings by using user-friendly online tools (e.g., interactive maps, drop-down list menus, etc.). The links of such tools are provided in Table 1.

4. **International sport representation of athletes with ID.** Individuals with ID are considerably less active compared to individuals without disabilities. However, an estimation considering the number of people with ID that are registered members of a national sport organisation is not possible in most countries, since not all the organisations and/or federations have these figures available, especially when ID-sport is embedded in a multi-disability or mainstream sport organisation. Nevertheless, it is possible to track the number of athletes with ID that compete at Special Olympics, Virtus and Paralympic events and to make comparisons between the 10 assessed countries.
5. **Long-term athlete development for potential elite athletes with ID.** In order to have an idea on how talented athletes with ID can develop from grassroots and recreational level to elite sport level, two individual sports were selected: swimming as a Paralympic sport and tennis as a non-Paralympic sport. Although a similar trajectory was found for both selected sports across Europe, it generally differs when reaching higher-performance levels, mainly because Paralympic sports (e.g., swimming) receive a greater economic investment, have a clearer structure and developmental pathway compared to non-Paralympic sports for athletes with ID.
6. **Funding and economic resources.** Major national ID-sport organisations across Europe get funded mainly from governmental and national public funds, sponsors, private donations, membership fees and lottery. However, it is not possible to know the amount of money that it is invested in ID-sport across Europe, because financing is not available per disability group in multi-disability and mainstream sport organisations.
7. **Countries' strengths and weaknesses in relation to ID-sport.**
 - The five main and most perceived countries' strengths and weaknesses of the management, organisation and provision of ID-sport (national level) are presented and explained.
 - The five main and most perceived facilitators and barriers for the organisations involved in ID-sport (organisational level) are presented and explained. At the end of this chapter, there are examples of the strategies that organisations are developing and/or implementing to overcome some of the previously mentioned barriers.

Information provided in the different chapters revealed that **every European country has its own particularities** (e.g., geographical features, type of government, political situation, economy, history, culture, etc.). These diverse characteristics can have a substantial impact on the organisation of disability sport, including ID-sport. Moreover, this diversity was also found when analysing the national general landscape of ID-sport across Europe. As a result of such geographical and structural heterogeneity, **it is impossible to find a country with an IDEAL structure, neither to provide a fixed IDEAL guideline that would successfully work for all countries across Europe.** However, there are **general recommendations** that organisations and stakeholders involved in ID-sport across Europe should consider in order to improve the current situation and development of ID-sport in their countries. These recommendations are presented in detail in nine different sections:

1. Networking.
2. National ID-sport structure.

3. Inclusion / integration in the mainstream sport.
4. Quality training and education in ID-sport
5. Funding
6. Organisation's records
7. Human resources at the organisations
8. Sports and physical activity participation
9. Visibility of ID-sport in the media and role models

2 - INTRODUCTION, CONTEXT AND PURPOSE

IDEAL “Intellectual Disability and Equal opportunities for Active and Long-term participation in sport” is a three-year Erasmus+ European Union funded project. It is steered by six research European institutions specialised in intellectual disabilities (ID) in collaboration with international sport organisations which focus on athletes with ID: Virtus: World Intellectual Impairment Sport, formerly known as INAS, and the International Paralympic Committee (IPC) (see IDEAL project Erasmus+, 2019).

The main objective of the IDEAL project is to address the inequalities that are still present in the field of sport for people with ID (ID-sport) (i.e., fewer opportunities for full and equal participation, as well as limited opportunities to specialise and excel in sport) through increasing the quality of sport interventions and structures, empowering young people with ID and improving their physical and mental health (IDEAL project Erasmus+, 2019).

In the inventory phase of the project (work package [WP] 2, see **Figure 1**), one of the aims was to assess how ID-sport is organised at national level across Europe (i.e., **WP2c macro: “review sport organisations, programmes and structures”**). WP2c focussed on the different national (and regional) approaches to the management, organisation and provision of ID-sport across different European countries, in order to identify whether or not the needs with respect to ID-sport at European level are currently met. Moreover, it also analysed if and how the collaboration between the main sport organisations involved in ID-sport can be optimised.

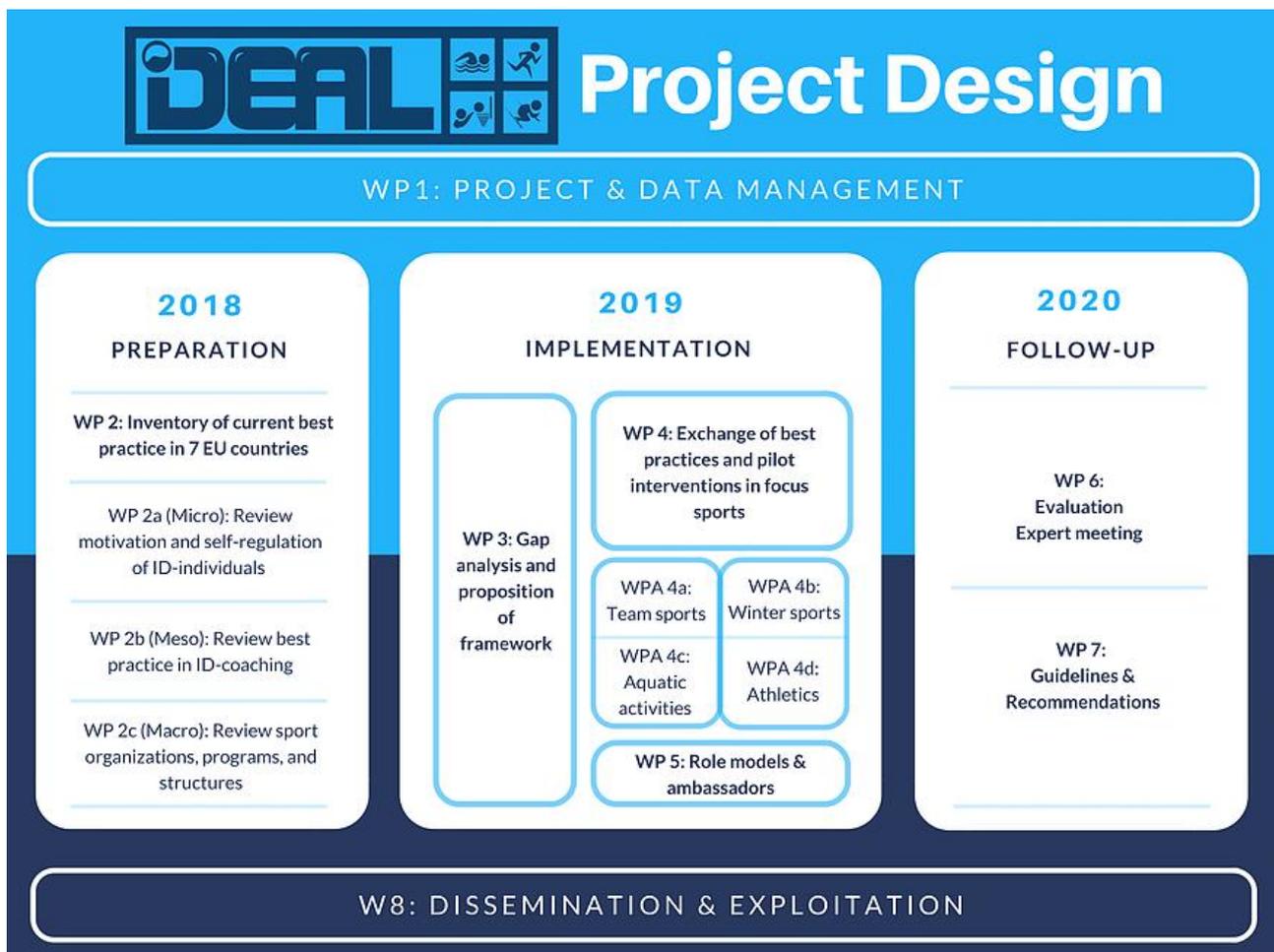


Figure 1. IDEAL project design and work packages.

Ten European countries involved in the WP2c (see **Figure 2**), including Belgium (BE), France (FR), Germany (DE), Great Britain (GB), Iceland (IS), Italy (IT), Netherlands (NL), Poland (PL), Spain (ES) and Sweden (SE). In each of these ten countries, the national representation of the IPC (i.e., the National Paralympic Committee [NPC]), Virtus and Special Olympics (SO) were identified and contacted. Other relevant organisations responsible for the organisation and/or management of ID-sport in that country were also included whenever applicable.

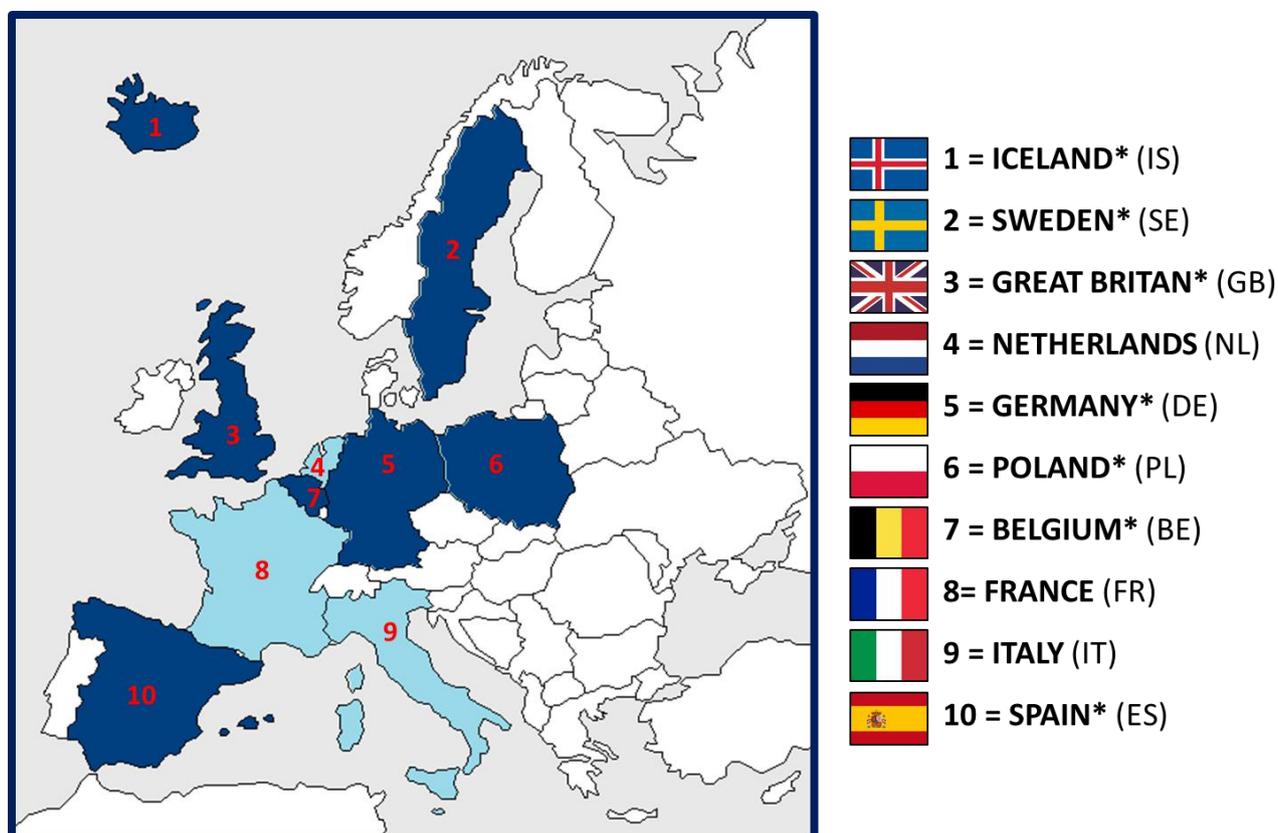


Figure 2. Countries that participated in the IDEAL project WP2c (macro).

Note. *IDEAL project partner countries are coloured in dark blue.

The content of this report is based on a comprehensive questionnaire, that was developed for the purpose of this study, to retrieve all the relevant information from the organisations concerning their structure and functions, funding, staff, trainers, sports offer, registered athletes, participation numbers, national and international networks, etc. The questionnaires were completed by means of a semi-structured interview with the contact person of each organisation. At the end, **data was collected from 29 sport organisations involved in ID-sport**. Data was assessed and compared within each country and between countries, in order to produce a common knowledge base on how ID-sport is organised across Europe and to identify where and how the programmes and structures can be improved. This information is presented in the following sections according to relevant themes that were found. Furthermore, at the end of this report fact sheets about how ID-sport is organised in each country are included (see **Annex B**).

3 - COLLABORATION BETWEEN ORGANISATIONS INVOLVED IN ID-SPORT

3.1. Which are the major ID-sport organisations?

There are **three major international sport organisations involved in ID-sport**: (1) SO International; (2) Virtus (formerly known as INAS); and (3) the IPC. These three organisations are represented at national level in each country (see **Figure 3**). However, in some countries where there is not a single specific national Virtus representation, other sport organisations would be responsible of the connection with Virtus at international level. Moreover, in some countries there are other relevant organisations, foundations or associations involved in ID-sport at national and/or regional level (for further information see Annex B - fact sheets per country).

At international level there is one multi-sport federation for athletes with Down syndrome, the Sport Union for athletes with Down Syndrome (SUDS). Although, people with Down syndrome have an intellectual impairment, SUDS and its representation at national level was not included for the present study, since it is a sport federation created for a specific group of athletes with ID.

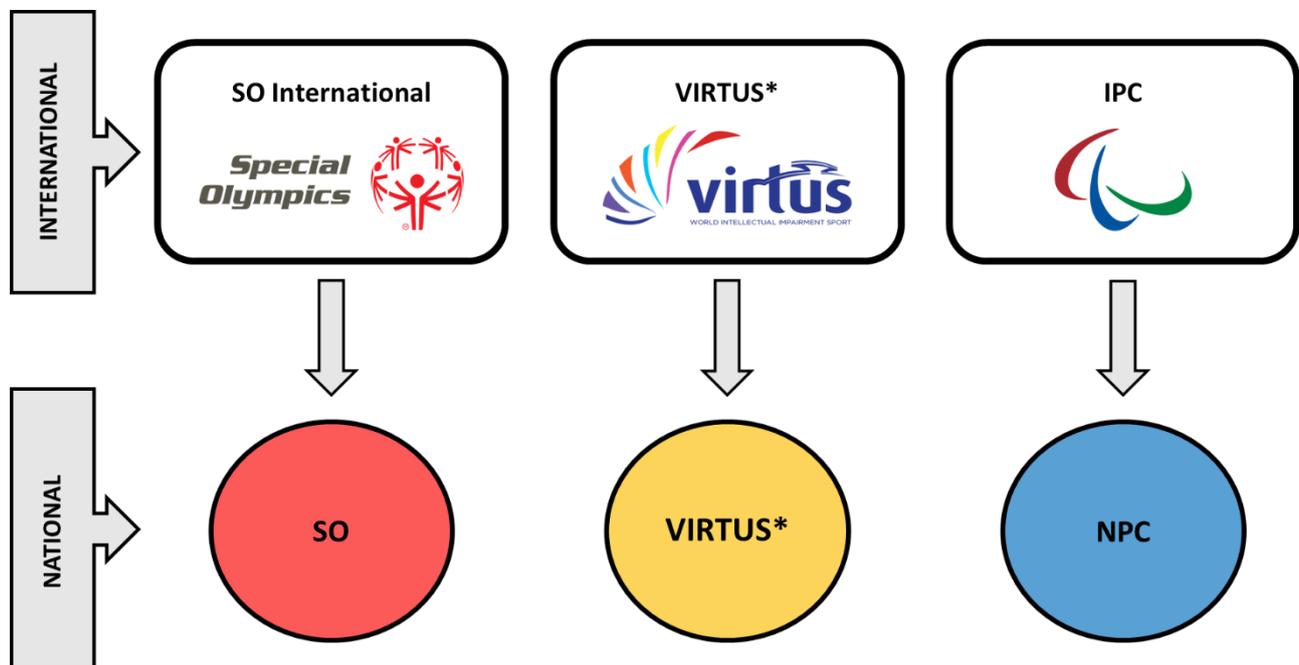


Figure 3. Major ID-sport organisations framework.

Note. *INAS changed its brand name to Virtus on the 19th October 2019.

3.2. How is the collaboration on national level between these three major ID-sport organisations across Europe?

In all the 10 assessed countries, there is a collaborative relationship (understanding collaboration as a formal bilateral connection and/or work in partnership between these organisations) between at least two of these organisations at national level.

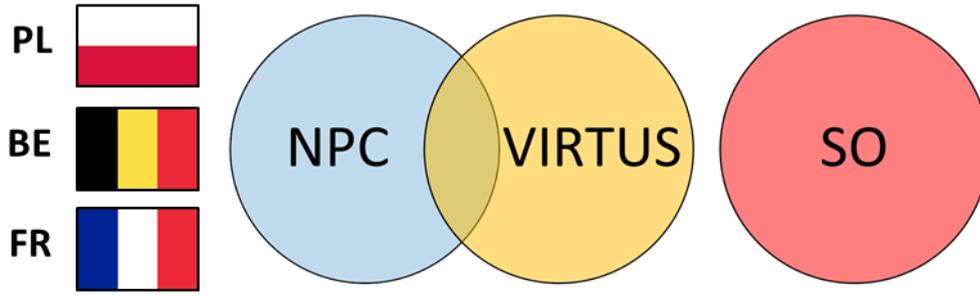


Figure 4. One-way collaboration.

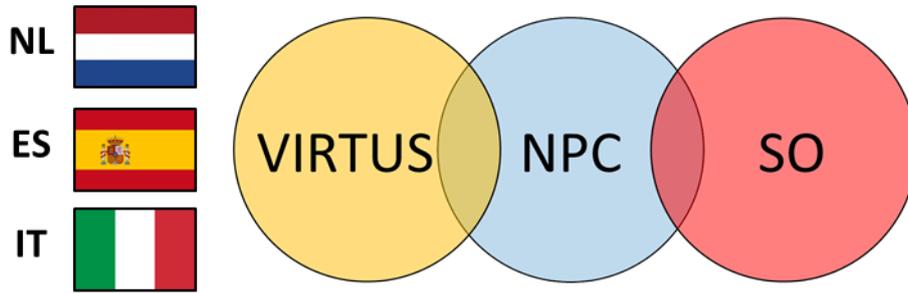


Figure 5. Two-way collaboration.

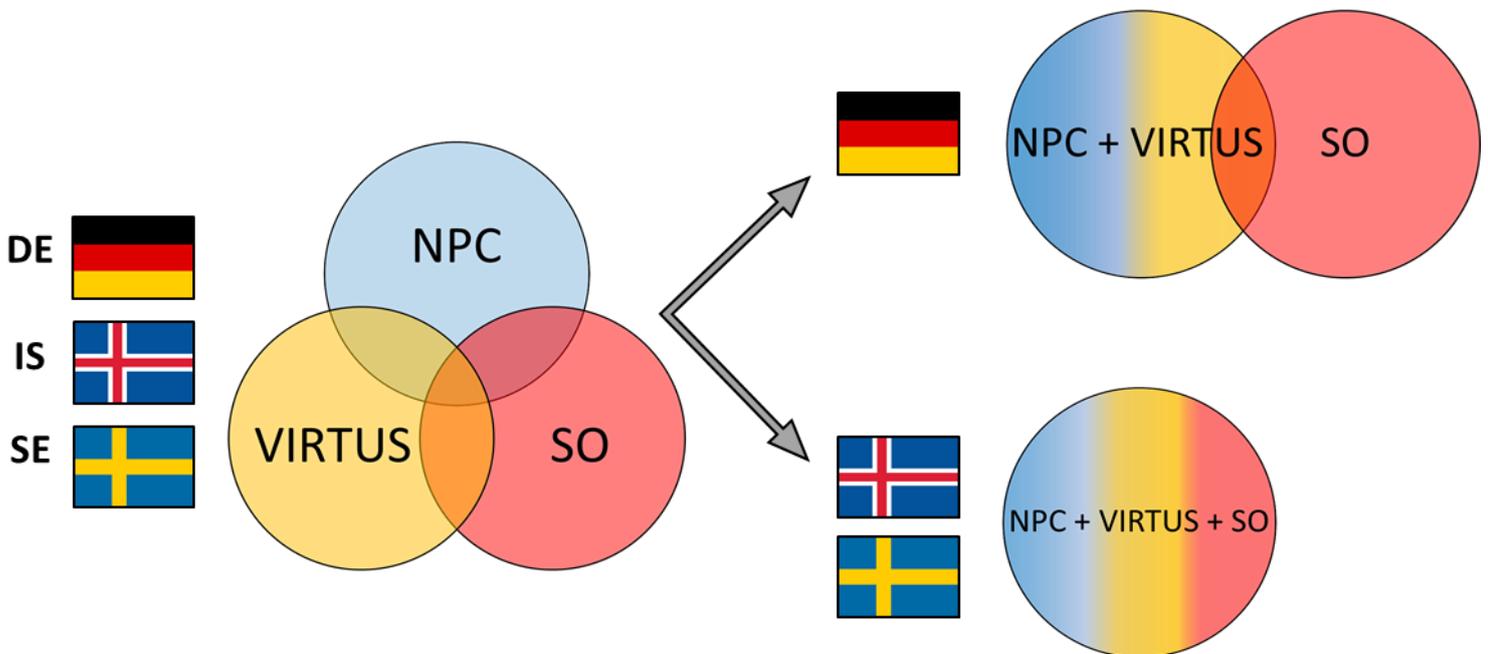


Figure 6. Three-way collaboration.

From the least to the fullest collaborative relationships, there are mainly three different situations across Europe:

1. **One-way collaboration** between the NPC and Virtus was found in **PL, BE and FR** (see **Figure 4**). In BE there is a special case since the same organisation represents the NPC and the national Virtus (NPC + Virtus).
2. **Two-way collaboration** between the NPC and Virtus; and between the NPC and SO was found in the **NL, ES and IT** (see **Figure 5**).
3. **Three-way collaboration**, full collaboration between all three major ID-sport organisations was found in **DE, IS and SE** (see **Figure 6**). However, even the organisations are all interconnected, there are specific different situations among these countries. For instance, both in IS and SE the three organisations are all merged in a unique sport organisation; while in DE the NPC and Virtus are included in one organisation being SO another organisation.

A special collaborative network is found in GB. Here the NPC and Virtus are connected, but these two are not directly connected to SO (i.e., one-way collaboration situation). However, in each nation of GB (i.e., England, Scotland and Wales) there is a disability sport federation connected to the national GB Virtus, which collaborate with SO Great Britain (see **Figure 7**).

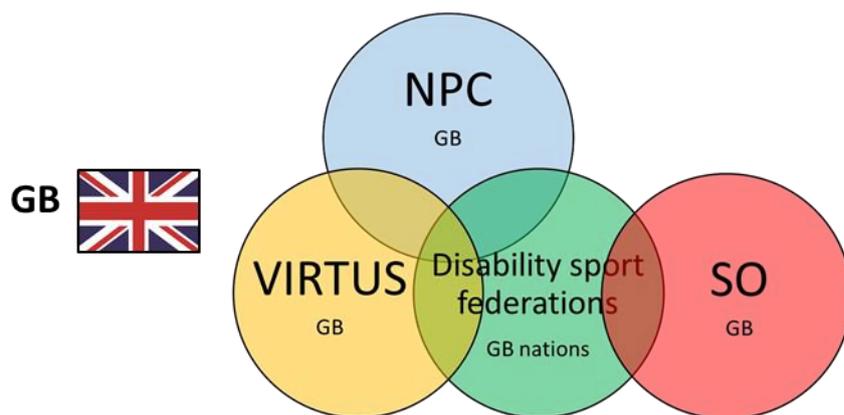


Figure 7. Special network situation in Great Britain.

3.2.1. Summary:

- In all the 10 assessed countries the NPC collaborates with the national sport federation that is linked to Virtus.
- In six out of ten countries NPC and SO are connected.
- Virtus and SO are usually not connected; this connection mostly happens when the three organisations work under the same roof as a unique sport organisation.

4 - TYPE OF ID-SPORT PROVIDERS, GENERAL LANDSCAPE ACROSS EUROPE (MAINSTREAM Vs DISABILITY Vs ID-ORIENTED) AND INCLUSION / INTEGRATION IN THE MAINSTREAM SPORT

4.1. Definitions and terminology

Dictionaries define the term “**mainstream**” as the ideas, beliefs, attitudes, activities, etc. that are accepted by most people and considered as normal (Mainstream, n.d.). It is a socially constructed term which, depending on the way it is interpreted, it can discriminate minority groups that are considered “out of the norm” in a certain society, as it has been the case for individuals with disabilities along the history.

Nevertheless, in the present study the term **mainstream sport** is not meant to be used to discriminate; it is used to describe the sport that has been traditionally practised by people without a disability, and therefore to better understand the inclusion process that sport for people with disabilities is experiencing across Europe. In the same way, the term **disability sport**, frequently also referred to as parasport (International Paralympic Committee, 2015; Patatas, De Bosscher & Legg, 2018), is used to indicate the sport practised by people with any type of disabilities. Then, the term **ID-sport** is used to describe the sport practised exclusively by people with ID.

The terms **inclusion** and **integration** are often used interchangeably, mixed or interpreted similarly (Avramidis & Norwich, 2002; Kamberidou, Bonias & Patsantaras, 2019). Consequently, the differences on their meanings might not be clear and be confusing.

The distinction between integration and inclusion is typically addressed in the field of inclusive education. Moreover, the United Nations (UN) Committee on the Rights of Persons with Disabilities on the General Comment No. 4, emphasizes the importance of distinguishing the terms **exclusion, segregation, integration and inclusion** and provides a definition for each term (UN Committee on the Rights of Persons with Disabilities, 2016). These definitions can be transferred to the field of sport (e.g., Kiuppis, 2018) and specially for the present study they can be adjusted to the field of ID-sport as depicted in **Figure 8**.

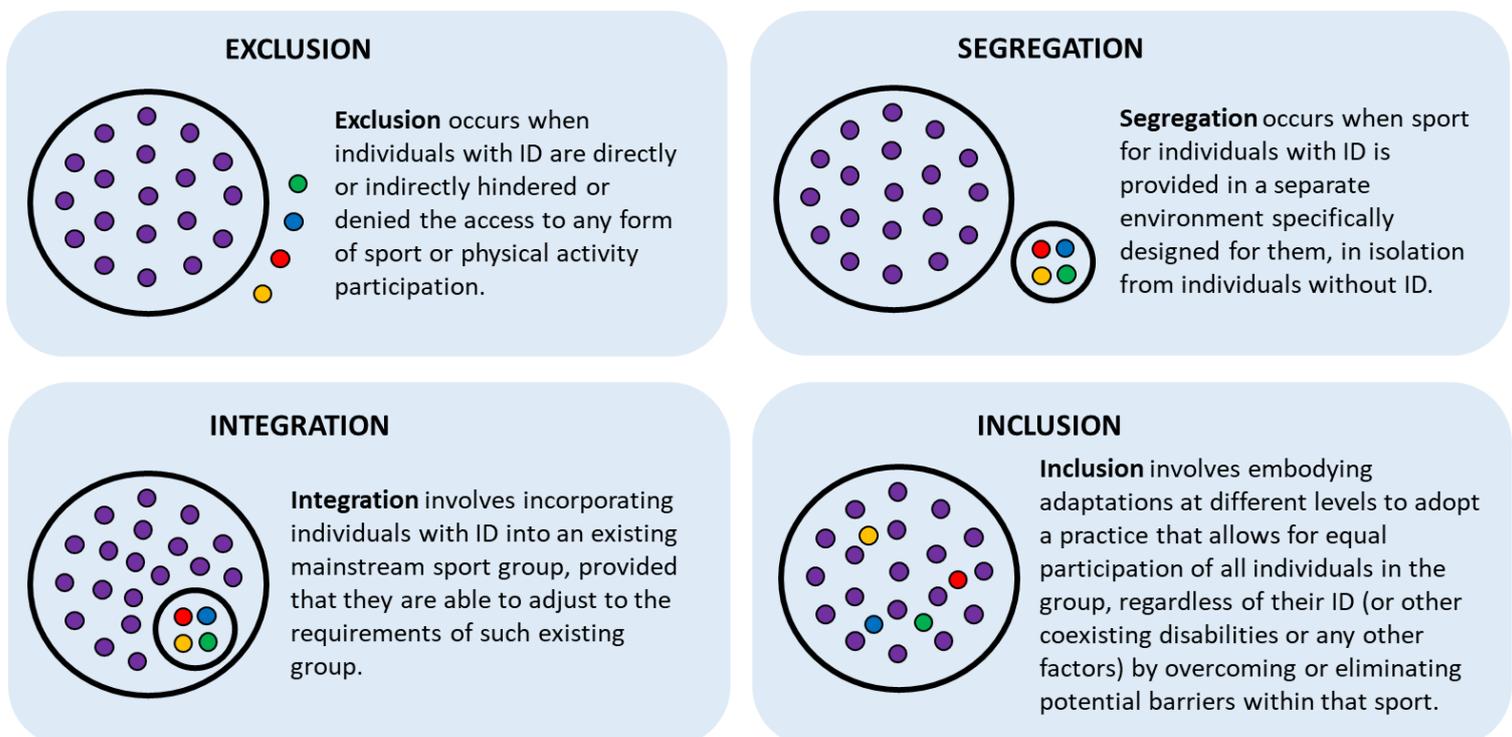


Figure 8. Differences between exclusion, segregation, integration and inclusion in the field of ID-sport.

Note. These adjusted definitions are based on the original definitions from the General Comment No.4 created by the UN Committee on the Rights of Persons with Disabilities (2016) for the context of inclusive education.

Apart from distinguish these four concepts, it is important to mind that “integration does not automatically guarantee the transition from segregation to inclusion” (UN Committee on the Rights of Persons with Disabilities, 2016, p.4); and “both integrated and segregated opportunities have their places and can provide positive experiences on the road to inclusion” (Burns & Johnston, 2020, p.11) for individuals with ID in the field of sport.

The difference between integration and inclusion would reside in the necessity or not for incorporating adaptations for equal participation. However, when individuals with ID are incorporated in the mainstream sport without specifying whether or not there is adaptation, it could be either a process of integration or a process of inclusion. Since the analysis of implementing adaptations for sport participation was out of the scope of the present study, the terms integration and inclusion will be frequently presented together (i.e., inclusion / integration).

4.2. Are the sport federations that manage and offer ID-sport mainly exclusive (i.e., for athletes with ID only), integrated in disability sport or fully integrated in the mainstream sport?

All the 10 assessed countries have their National SO, which is ID-specific; their NPC, which is multi-disability oriented (except for the NL in which it is integrated in the mainstream); and in all countries the mainstream sport federations are including / integrating disability-sport, therefore they are also playing a role to a more or less extent in ID-sport (for further information see next section 4.3. *To what extent is ID-sport included / integrated in the mainstream sport across Europe?*). However, **when considering the full landscape of ID-sport management and offer** across these 10 European countries, the following three situations are found (see also **Figure 9**):

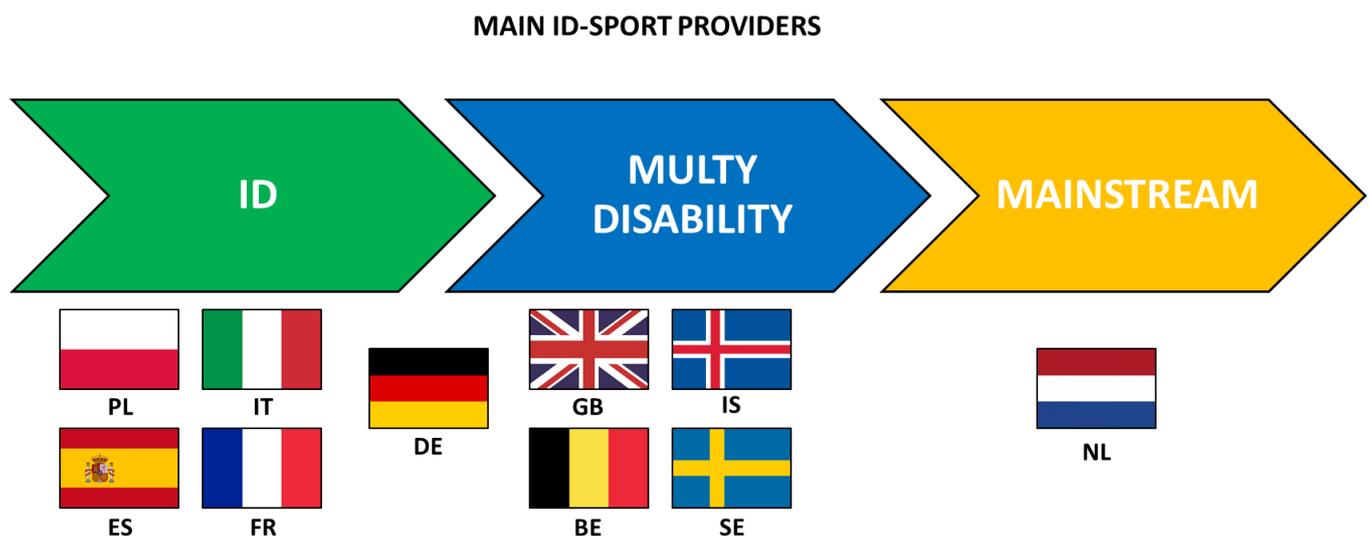


Figure 9. Main landscape of ID-sport providers across Europe.

Note. For GB, the three different nations’ landscapes (i.e., England, Scotland and Wales) were considered for the analysis.

- ID-oriented landscape:** In four out of ten countries (i.e., **FR, IT, PL and ES**) there is a sport federation that is exclusive for people with ID offering sport opportunities for all levels and is the main driver of high-performance ID-sport participation in their countries.
- Multi disability-oriented landscape:** In another four out of ten countries (i.e., **BE, GB, IS and SE**) ID-sport is mainly embedded in **disability-sport / parasport federations**, which are the responsible of its

management and offer for all levels. Furthermore, these countries can be split in two groups: countries with all sport under the same national disability-sport umbrella organisation (i.e., IS and SE) and countries with several similar organisations in a decentralised landscape (i.e., BE and GB). Nevertheless, GB is formed by 3 nations (England, Scotland and Wales) which manage ID-sport differently. If each GB nation is analysed separately it can be found that in England the bodies involved in ID-sport are both ID-exclusive and in mainstream sport (though it was reported that the structure of ID-sport is currently quite weak); while in Scotland and Wales (nations with a stronger and more organised structure compared to England) ID-sport is mainly managed by multi-disability sport organisations. When the three different landscapes of each nation are not considered, then GB would reveal mainly an ID-oriented landscape (for further information and better comprehension see the GB fact sheet in Annex B).

3. Mainstream landscape: Only one country, the **NL**, embedded disability sport (including ID-sport) in the mainstream sport. This situation has been almost fully accomplished since 2000.

Only DE revealed a non-specific landscape, since the three types of organisations (mainstream, disability and ID oriented) coexist and work together in partnership. However, the main offer of sport for people with ID would be located in between an ID-exclusive and a disability integrated landscape.

4.3. To what extent is ID-sport included / integrated in the mainstream sport?

LEVEL OF INCLUSION / INTEGRATION OF ID-SPORT IN THE MAINSTREAM SPORT



Figure 10. Inclusion and/or integration of ID-sport in the mainstream sport across Europe.

The process of inclusion / integration of disability sport (including ID-sport) in the mainstream sport has begun in all the 10 assessed European countries and the mainstream sport federations are playing a role, to a more or less extent, in ID-sport. This inclusion / integration movement became especially important with the implementation of the **UN Convention on the Rights of Persons with Disabilities (CRPD)** in 2008, since in its 30th Article it is recognised by the State Parties the participation of people with disabilities on an equal basis with others in recreational, leisure and sporting activities at all levels (UN General Assembly, 2007). All countries assessed in the present study signed the CRPD, and so each Nation has a responsibility to comply with it and to report progress towards full implementation on a regular basis. Furthermore, the CRPD implementation is monitored in each country. Since the CRPD is one of the nine core UN human rights treaties, the UN Human Rights Council carries out the **Universal Periodic Review** every five years to peer

review the situation of every UN Member State and check if they have fulfilled their human rights obligations, as well as to make recommendations for progress (UN Human Rights Council, 2002).

Most of the national major ID-sport organisations (i.e., NPC, Virtus and SO) include the national mainstream sport federations (or some of them) among their collaborative network. However, at the present time integration into mainstream sport is slower in some countries compared to others. **From a more to a less inclusive / integrated general landscape, three different trends or situations were found across Europe (see Figure 10):**

- **Situation 1 – “full” integration:** Disability sport, and consequently ID-sport, is integrated into the mainstream by law. This is the case of the **NL**, where both the National Olympic and Paralympic Committees are integrated in one organisation and the mainstream sport federations integrated disability sport into their respective disciplines. Currently, there are only 7 disability sport disciplines (from them only 1 related to ID-sport, i.e., bocce) that haven’t been integrated yet, but the aim of the NL is to officially achieve a full inclusive/integrative landscape.
- **Situation 2 – medium integration, several sport disciplines are included or delegated in the mainstream:** In these countries (**IS, BE, SE, GB and IT**), although each country has a specific and different situation, the disability and/or ID-sport organisations have a good and strong network with the mainstream sport federations. They work in partnership towards inclusion in their nations; they have collaboration agreements with the mainstream sport federations to delegate several sport disciplines (the few that have not yet been integrated continue to be delivered by the disability or ID-sport federations); and athletes with ID can choose to train in the mainstream sport clubs, especially for high-performance training. In some of these countries there is currently an active plan to increase the number of sport disciplines that are included / integrated in the mainstream (e.g., **SE** is working to achieve full integration into the mainstream).
- **Situation 3 – premature inclusion / integration process:** ID-sport inclusion / integration has started; disability and/or ID-sport organisations are connected and actively working with the mainstream sport federations towards inclusion; moreover, athletes with ID can also train in mainstream sport clubs. However, few sport disciplines and/or certain specific tasks in relation to ID-sport have been fully included / integrated into the mainstream sport. In these countries (**DE, FR, PL and ES**), although each country has a specific and different situation, it is mostly the ID-specific and/or the disability sport federations which are in charge of the management and provision of ID-sport. Nevertheless, in some of these countries there is currently an active plan to increase the number of sport disciplines included / integrated into the mainstream within a short period of time (e.g., SO **DE** is playing an important collaborative role with the mainstream sport federations to boost and achieve greater sport inclusion / integration of athletes with ID in the upcoming years in DE; especially DE aspires to enhance sport inclusion / integration before the 2023 SO World Games that will be held in Berlin). Furthermore, **PL** has legislation specifying that Olympic and Paralympic athletes must be considered equally in terms of recognition, sport grants and financial support.

5 - WHAT IS THE RANGE OF ID-SPORT ON OFFER ACROSS EUROPE?

5.1. Which sports are offered for people with ID?

All the 10 assessed countries have a sport offer for people with ID in different disciplines (both for individual and for team sports) and levels. However, **it is difficult to track the full scope and make consistent comparisons of the available sport offer for people with ID across Europe. Especially, when it is included / integrated in the mainstream sport federations** (which were not interviewed for this study) **and/or offered in multi-disability sport federations** (where the sport offer is not always specified by type of disability). Moreover, some major national sport organisations involved in ID-sport just organise a few annual events or competitions for people with ID, and their linked regional federations and/or their sport clubs organise and manage the more regular sport offer for athletes with ID.

Where the offer is mostly managed by ID-specific sport federations (i.e., ID-exclusive landscape in FR, IT, PL and ES) there is a cleared view on the national ID-sport opportunities. However, the sport offer varies widely across these countries. For instance, the French ID-sport federation has a very broad inventory of sports for people with ID (i.e., an offer of 86 sports and physical activities); while the Polish and Spanish ID-sport federations are both providing an offer of 11 different sports. Nevertheless, even if the sport offer is lower in these last two countries, athletes with ID can compete in most of these offered sports up to high-performance level such as at Virtus championships. Hence, whilst the French ID-Federation offers a broad range of sports, a subset of these have a high-performance pathway (e.g., Virtus and Paralympics).

The **SO** (ID-specific), is structured similarly in each country which facilitates the assessment of their organisation, their sport offer (at recreational level and grassroots) and their competitive opportunities. However, SO operates **slightly differently in each country**, influenced probably by historical developments and funding strategies. In some countries SO offers both training, through their sport clubs, and competitive opportunities, through their events (local, regional and national competitions); while in other countries, athletes train in non-SO sport clubs and are welcome to participate at the SO events organised throughout the year. Nevertheless, in all countries athletes with ID have the opportunity to participate in a broad variety of **SO sport disciplines** (M: 26,1; SD: 5,99) ranging from 11 (in IS) to 32 (in PL) and are also able to participate in **SO unified sports** with athletes without ID. Additionally, **SO offers other specific programs in all the countries including** among others:

- The Motor Activity Training Program (**MATP**), especially designed for people with severe disabilities (i.e., with profound ID and/or a combination of ID and other disabilities) whose skills and/or functional abilities are significantly constrained to participate in the other sport disciplines.
- The Young Athletes Program (**YAP**), which consists of psychomotor activities and skill development activities designed for kids between 2 and 7 years old.
- **SO Healthy Athletes Program.**
- **Athlete Leadership Program.**
- **Family Program.**
- Moreover, in all the assessed countries SO collaborates with **schools** for organising regular sport activities, specific activities for sport engagement and talent identification, talks and educational projects for teachers and students, and inclusive/unified activities among others. **School collaboration** and joint activities were found to be especially **strong and active in some countries (e.g., SE, GB, PL, DE and IT).**

5.2. How is ID-sport promoted?

All national organisations involved in ID-sport have a website where people can find the different sport associations under their scope and/or the different sport disciplines they offer. In this website there is also a calendar or a list with the upcoming sport events. Most of these national sport organisations are also active on social media to promote their activities.

Furthermore, in most countries at least one of the major national organisations involved in ID-sport provides a **user-friendly online tool where people can find information about the available sport opportunities in their surroundings** (see 5.4. *useful links* at the end of this chapter and **Table 1**). Some organisations have an **interactive map of the country** (i.e., IS, ES, the Dutch and French speaking areas of BE, DE, NL, Wales, and in Scotland only for Boccia) where the offer can be found by region, sport and in some countries also by type of disability. Other organisations provide this information by a **drop-down list menu** (i.e., SE, the Dutch-speaking area of BE, FR and in the United Kingdom including GB and Northern Ireland) where the offer is filtered also by region, sport and in some cases also by type of disability (moreover, the tool from UK allows to filter also by gender, age group, extent of inclusion, etc.). In PL and IT there were no online tools identified to find a sports club and/or an association to practice sport. However, as in the other countries, ID-sport organisations in PL and in IT include in their websites a calendar or a list with the information about their upcoming sport events.

It is difficult to map the extent of participation and engagement on the different offered sports for people with ID across Europe, due to the different types (i.e., mainstream, multi-disability and ID specific) of organisations involved in ID-sport. Only a few organisations in some countries were able to provide an approximation of the participation rates of athletes with ID in the different offered sport disciplines. For instance, a good example was found in **PL** (ID-oriented landscape), where most of its national organisations have detailed records, which include an inventory of the participation rates for each sport discipline practised by athletes with ID. ID-sport organisations in BE (multi disability-oriented landscape) were not able to provide their participation rates for each sport discipline; however, a study on disability sport (in Dutch) was recently carried out in the **Dutch-speaking area of BE** which includes an inventory of the most practised sports among people with ID in this Belgian region among other relevant information (G-Sport Vlaanderen vzw, 2018). Although it is a study about disability sport in general, it is a good practise example because it also provides detailed information per disability group.

5.3. How are the IDEAL project focus sports promoted across Europe?

In the implementation phase of the IDEAL project (see **Figure 1**) one of the aims was to develop a comprehensive understanding of how successful strategies have been developed, by drawing on the experiences of some of Europe's most successful ID-sport initiatives (i.e., **WP4: "exchange of best practices and pilot interventions in focus sports"**). **These focus four sports are: basketball (WP4a), Nordic skiing (WP4b), swimming (WP4c) and athletics (WP4d)**. The IDEAL project focussed on these four sports, as our partner research institutions specialised in these sports for athletes with ID. Moreover, these are also popular Virtus sports and two of them are also Paralympic sports. Therefore, these four focus sports were further analysed for sections included in the WP2c.

The four IDEAL project focus sports are offered in all the assessed countries at different performance levels. There are only a couple of exceptions when analysing the SO sport offer for Nordic skiing and basketball (i.e., Nordic skiing is not offer by SO in IS and GB; neither is basketball in IS, although it is in the process of inclusion in their offer as mini-basketball).



Figure 11. Engagement of athletes with ID in the four focus IDEAL project sports across Europe.

Generally, athletes with ID engage the most in athletics and swimming (athletics being rated usually slightly higher). Basketball is less frequently practised compared to the previous two sports, but still usually chosen as a team sport (especially practised at high-performance level in countries like ES and PL). However, Nordic skiing is less practised across Europe (see **Figure 11**). This information should be taken with caution since it only reflects the situation of some countries and other considerations (e.g., funding, size of the country, weather, etc.) should be accounted considered.

5.4. Useful links - Information on where to be active (online tools):

Table 1. Online tools for ID-sport and/or disability-sport promotion, information on where to be active.

COUNTRY	ORGANISATION	TYPE OF TOOL	LINK
BELGIUM:			
Dutch-speaking area	G-sport Vlaanderen	Interactive map	https://www.gsportvlaanderen.be/sportclubs
	Parantee – Psylos	Drop-down list menu	http://www.parantee.be/parantee/index.asp?M=102&lang=1
	S-Sport/Recreas	Drop-down list menu	https://www.s-sportrecreas.be/aanbod/sportclubs
French-speaking area	LHF	Interactive map	https://extranet.handisport.be/APP/PAGE/FindClub.aspx
FRANCE	FFSA	Drop-down list menu	http://www.ffsa.asso.fr/57-ou-pratiquer
GERMANY	“Inklusionslandkarte” link through SO	Interactive map	https://www.inklusionslandkarte.de/IKL/Startseite/Startseite_node.html
GREAT BRITAIN:	“Parasport” powered by Toyota	Drop-down list menu	https://parasport.org.uk/about-us
England	Activity Alliance	List	http://www.activityalliance.org.uk/get-active/inclusive-gyms?utf8=%E2%9C%93&regions_filter=#article_count

	MENCAP	List	https://www.mencap.org.uk/search/groups
Scotland	Scottish Disability Sport	List	https://www.scottishdisabilitysport.com/take-part/
	Scottish Disability Sport	Interactive map (only for Boccia and not disability-specific)	http://boccia.scottishdisabilitysport.com/play-boccia/
Wales	Disability Sport Wales	Interactive map	https://www.disabilitysportwales.com/
ICELAND	ÍF	Interactive map	http://www.grafiksense.net/sport/bodi/
NETHERLANDS	Uniek Sporten	Interactive map	https://www.uniekporten.nl/sport-zoeken-kaart/afstand:1000
SPAIN	Comité Paralímpico Español (NPC)	Interactive map	http://www.paralimpicos.es/guia-del-deporte-para-todos
SWEDEN	Parasport	Drop-down list menu	http://www.parasport.se/Parasport/Hitta_dinforening/

6 - INTERNATIONAL SPORT REPRESENTATION OF ATHLETES WITH ID

6.1. How many athletes with ID participate in sport or physical activity (PA) across Europe?

The World Health Organisation (WHO) defines **PA** as “any bodily movement produced by the skeletal muscles that requires energy expenditure”, and **exercise** as “a subcategory of PA that is planned, structured, repetitive and purposeful” aiming to improve or maintain physical fitness (WHO, 2018). **Sport** is referred as an activity involving physical exertion and skill which is governed by specific rules and can be undertaken individually or as a part of a team (Khan et al., 2012).

Therefore, for the present study **being active by participating in sport** is considered as engagement in structured sport activities both at recreational and competitive levels; while **being active by participating in PA** is considered as engagement in non-structured physical activities (e.g., fitness, exercise without structured sport-rules, walking, etc.).

The **WHO recommendations of PA** for adults aged 18-64 per week are at least 150 minutes of moderated to intense aerobic PA or at least 75 minutes of vigorous intensity aerobic PA, and muscle-strengthening activities involving major muscle groups on 2 or more days a week (WHO, 2018).

Physical inactivity is nowadays a global public health problem as it is one of the main factors for morbidity and mortality around the world. According to the results from the special Eurobarometer, public opinion survey on sport and PA in the European Union, almost half (46%) of Europeans never exercise or practise sports (European Commission, 2017). The European Union and its State Members signed the **UN CRPD**, where it is recognised the right of individuals with a disability to participate on an equal basis with other in physical activities and sports (UN General Assembly, 2007). However, Europeans reported having a disability or an illness as the third main reason for not practising regular sports (14%), being especially remarkable (26%) for adults above 55 years old (European Commission, 2017).

Individuals with ID are considerably less active compared to individuals without disabilities (Robertson, Emerson, Baines & Hatton, 2018). **Only 9% of adults with ID are meeting the minimum PA recommended levels** (Dairo, Collett, Dawes, & Oskrochi, 2016). However, there is not enough available data to estimate sport and PA participation of people with ID across Europe. Moreover, an **estimation** considering the number of people with ID that are registered members of a sport organisation or federation at **national level is not possible in most countries** (for further information see each IDEAL project fact sheets in **Annex B**) since not all the organisations and/or federations have these figures available, especially when ID-sport is embedded in a multi-disability or mainstream sport organisation.

6.2. How many athletes with ID have the opportunity to internationally compete at SO, Virtus and/or the Paralympic Games?

Data from the most recent championships at the Paralympic, Virtus and Special Olympics Games was retrieved from September 2018 to March 2019 (see **Table 2**). For Virtus international championships, the last 2018 INAS European Games were chosen instead of the 2015 INAS Global Games since they were more recent when data was collected and were based in the same continent as the present study.

Table 2. Participation of athletes with ID at international championships.

COUNTRY	EVENT					
	Paralympic Games Rio 2016		INAS* European Championships Games Paris 2018		Special Olympics World Games Abu Dhabi 2019	
	Athletes (% ^a)	Total sports	Athletes	Total sports	Athletes	Total sports
BELGIUM	3 (10.34%)	2	7	3	81 (65 + 16 unif)	14
FRANCE	5 (4.01%)	2	84	8	84 (75 + 9 unif)	10
GERMANY	1 (0.6%)	1	1	1	164 (133 + 31 unif)	19
GREAT BRITAIN	7 (2.79%)	2	13	4	127 (124 + 3 unif)	17
ICELAND	1 (20%)	1	0	0	38 (37 + 1 unif)	10
ITALY	2 (2%)	2	36	5	114 (90 + 24 unif)	14
NETHERLANDS	3 (2.50%)	1	11	2	67 (64 + 3 unif)	13
POLAND	9 (10%)	2	34	5	65	17
SPAIN	4 (3.60%)	3	34	3	107 (91 + 16 unif)	15
SWEDEN	2 (3.51%)	2	0	0	53 (48 + 5 unif)	8

Note. unif: unified athletes (i.e., athletes without ID).

^a: % representation of athletes with ID compared to the total Paralympic delegation.

*INAS changed its brand name to Virtus on the 19th October 2019

Information retrieved from the websites from the IPC, Virtus and SO

Participation in international competitions and economy

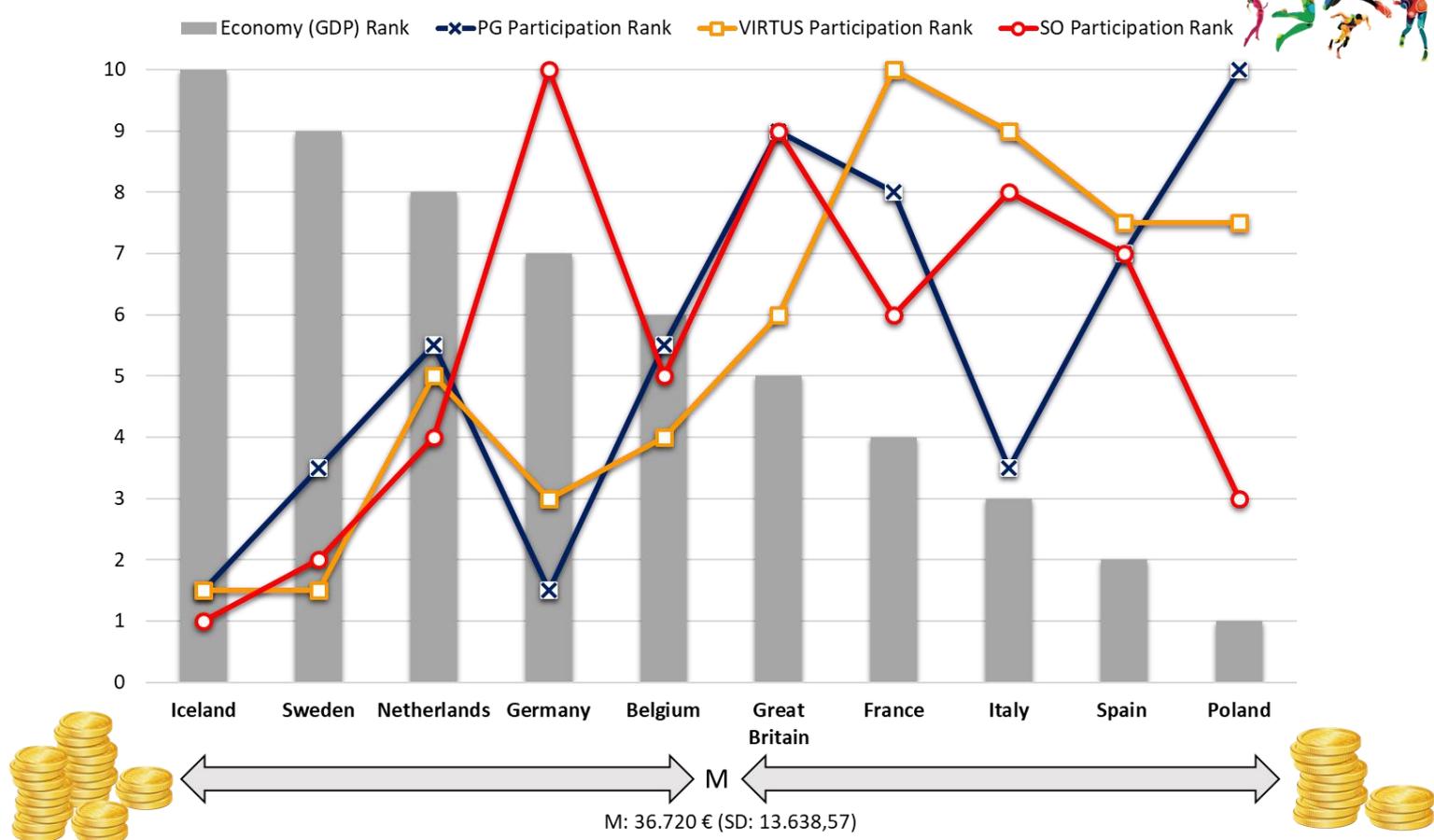


Figure 12. Rank order graph of participation at international competitions and countries' economy.

Note. GDP: Gross Domestic Product; PG: Paralympic Games; M: mean value of the countries' GDP; SD: standard deviation.

Data is presented using a rank order scale from 1 (the country with the lowest value) to 10 (the country with the highest value); which means that the three events for a same country cannot be compared since they do not represent the real number of athletes with ID that participated in such events (for such data check **Table 2**).

Horizontal axis: the 10 assessed countries.

Vertical axis: numeric rank scale to order the countries according to their (a) national economic situation, by the means of their GDP (represented by grey vertical columns), and (b) participation of athletes with ID in international competitions (represented by different coloured lines).

Grey vertical columns represent the GDP rank from 1 (the lowest GDP; i.e., PL) to 10 (the highest GDP; i.e., IS).

Lines with markers represent the delegation of athletes with ID at different international competitions showed in **Table 2** (i.e., dark blue for the PG, orange for the INAS European championships, and red for SO World Games) ranking from 1 (the smallest delegation) to 10 (the biggest delegation).

6.2.1. Highlights from the participation at international competitions:

- Generally, participation in international competitions declines as the performance level increases (i.e., **SO** ≥ **Virtus** ≥ **Paralympic Games**). Only the French delegation had the same number of participants at SO and Virtus championships.
- All the 10 assessed countries participated at SO and at the Paralympic Games, but **not all countries participated at the INAS European championships** (i.e., IS and SE).

- All the countries brought **unified athletes** (i.e., athletes without ID that train and compete together with athletes with ID in the same team at SO unified sports) to the **SO World Games, except for PL**.
- **The size of the delegation does not always depend on the size of the country** in terms of population (mean value almost 40 million people), especially when analysing the representation of athletes with ID **at high performance international competitions** such as the Paralympic Games and the INAS European championships. For instance, DE which is the most populated country had one of the smallest delegations of athletes with ID both at the Paralympic Games and at the INAS European championships. While PL, whose population is just below the mean, had the largest delegation at the Paralympic Games and one of the largest delegations at INAS. Moreover, data presented in Table 2 and Figure 12 should be considered carefully since they do not take account of the relative population size and so the proportion of the participation sample. For instance, whilst the actual participation number in IS is low compared to the other countries it might represent a larger proportion of the population (e.g., when analysing the % representation of athletes with ID compared to the total Paralympic delegation, it turned to be the country with the highest % representation at the Paralympic Games).
- **The largest delegations at the different games** were from: DE at SO, FR at INAS (hosting event country), and PL at the Paralympic Games.
- **The smallest delegations at the different games** were from: IS at SO, both IS and SE at INAS (no participation); and both DE and IS at the Paralympic Games.
- The **wealthiest IDEAL project countries** (according to their Gross Domestic Product [GDP] per capita from 2017) were typically the ones that had the **least representation of athletes at high-performance level at the Paralympic Games and at the INAS European championships**. While, the countries whose GDP per capita is below the average (M: 36.720 €; SD: 13.638,57 €) were the ones with the greatest representation at these events, save for IT at the Paralympic Games. However, this finding is not applicable for the last SO World Games, where there was not found a specific trend in terms of countries' economy and athletes with ID participation (see **Figure 12**). Nevertheless, it can be seen from the representation of athletes with ID at the Paralympic Games (see **Table 2**) that generally there is not a lot of investment in ID-sport at Paralympic level.
- From the **four IDEAL project focus sports** (i.e., athletics, basketball, Nordic skiing and swimming), athletes with ID mostly participate in athletics and swimming (both with similar participation rates). Basketball was more present at SO than at Virtus, where only two countries (FR and PL) participated at this sport. Nordic skiing was the sport discipline with the least representation of athletes with ID (at the 2019 INAS Skiing World Championships in FR, where five out of ten IDEAL project countries participated).

7 - LONG-TERM ATHLETE DEVELOPMENT FOR POTENTIAL ELITE ATHLETES WITH ID

7.1. How are the different European countries paving the pathway for talent development of potential elite athletes with ID?

In order to have an idea on how talented athletes with ID can develop from grassroots and recreational level to elite sport level across Europe, **two individual sports were selected: swimming** as a Paralympic sport and **tennis** as a non-Paralympic sport.

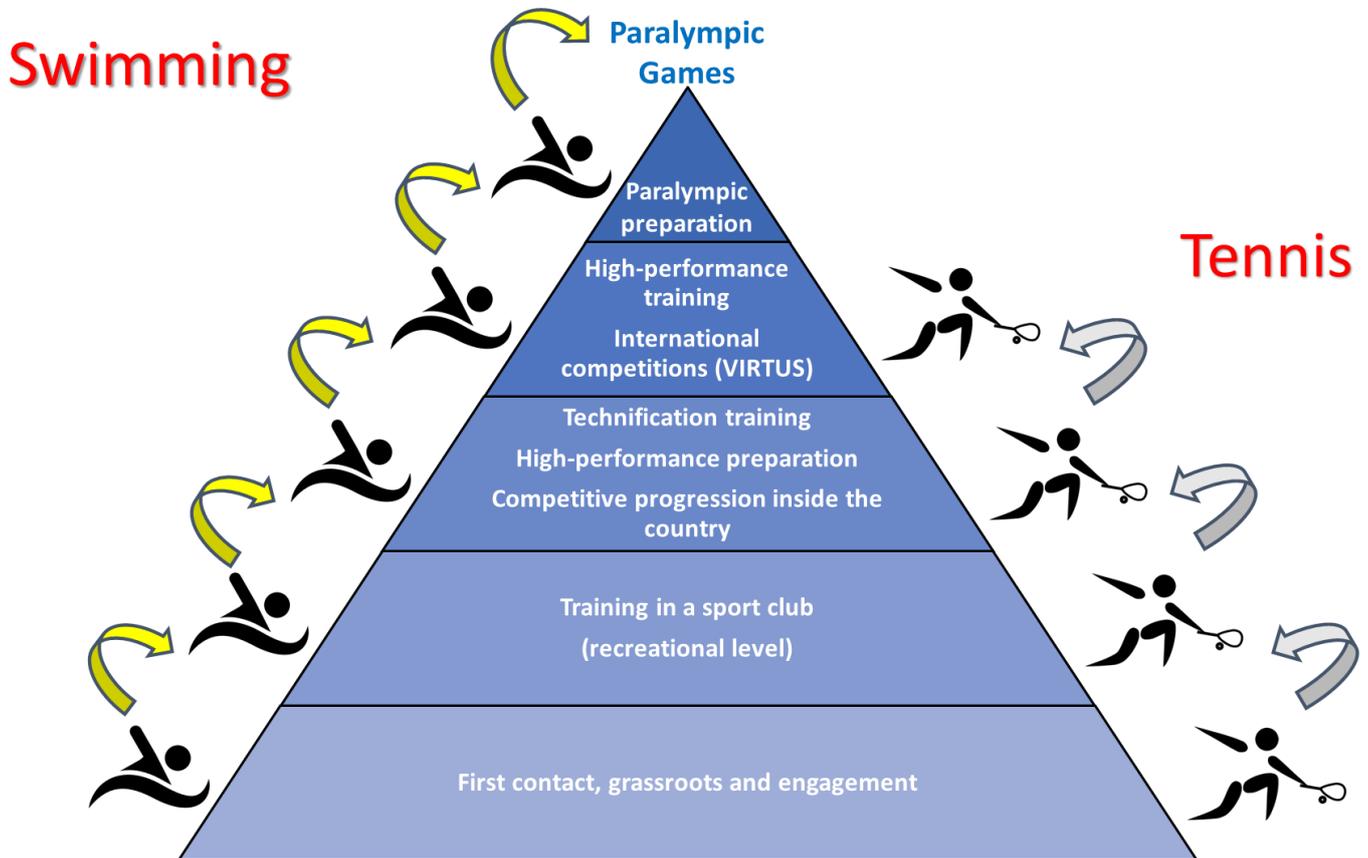


Figure 13. Long-term developmental trajectory for talented athletes with ID from grassroots to elite level; comparison between swimming and tennis.

Although the sport competitive pathway is the same in all countries for athletes with ID (i.e., **from participatory competition at SO to high-performance at Virtus, and to the highest level at the Paralympic Games** - this last stage applies only for athletics, table tennis and swimming), the athlete developmental pathway from grassroots to elite level generally **differs between both selected sports when reaching higher-performance levels**, mainly because tennis is not included in the Paralympics for athletes with ID.

In several countries, national **economic support goes only** to the three existing **Paralympic sports** for athletes with ID. Therefore, countries invest more (or exclusively) in these sports, which as a consequence of receiving more funding and interest, have a better organised and structured developmental pathway. Some sport federations are able to economically aid some athletes with ID for **non-Paralympic sport disciplines like tennis**; however, the reality is that these **athletes typically need to self-support their performance development and their competitive participation**. Therefore, even if these athletes reach high-performance standards, they need to deal with the constraints of the lack of sport governmental interest and funds, resources and elite competitive sport opportunities.

Moreover, at the present time, the **highest performance achievement for tennis athletes with ID is at the Virtus Global Games (formerly INAS Global Games)**, while for swimming Virtus championships would be a

step prior to achieving the Paralympic level. Furthermore, in some countries **tennis is not even offered** by the disability-sport federations (which are in charge of high-performance sport); while swimming, as it is a Paralympic sport discipline, is offered in all the countries.

Each country has some differences on the athlete developmental pathway (e.g., in some countries there is mainly one national sport organisation in charge of the athlete development, while in other countries there are different sport organisations in charge). However, **the trajectory for talented athletes with ID can be summarised as follows (see Figure 13):**

- **First contact/grassroots and engagement:** First contact of children with sports usually starts at school at physical education (PE) classes. The extent of this first contact depends on the educational laws of each country. For instance, swimming classes are obligatory as part of the PE classes in PL, while in other countries like ES it is not obligatory. After the first contact the pathway is very similar for both sports across Europe. Bodies typically involved at this stage are schools, SO, disability and/or ID-sport organisations (organising sport initiation days), etc. Then, people with ID who want to engage and keep on practising a particular sport would join and train in a local sport club.
- **Training in sport club (recreational level):** After engagement, athletes with ID can train regularly in a sport club (more frequently in ID-specific or multi-disability sport club, but also in some mainstream clubs with an inclusive approach). For both sports, generally **first talent identification would be made by the coach at the local sport club.** Moreover, athletes who want to train at recreational level can participate at SO, since their competitive opportunities (from local to regional, to national and to international competitions) are open for everybody no matter the performance level.
- **Technification training and participation at competitions:** Potential elite athletes with ID identified by their coaches, who showed higher performance levels at the local sport club would be given the option to step forward in their further **individualised sport development. These athletes would keep on training harder to experience further performance development** (in some countries like IS, SE, BE and GB, athletes can be given the opportunity to train at mainstream sport clubs) **and would participate in competitions inside the country** (competitive progression: local, regional and national). The most noticeable **difference between the two example sports** will typically be found at this stage. Generally, there would be more **swimming** competitive opportunities during the year. At these competitions there can be staff from the sport National Governing Body who are in charge of the identification and/or recruitment of the most successful and competent athletes to further improve their skills at high-performance level. In comparison for **tennis**, countries reported very vague information about the athlete developmental pathway at this stage or reported very limited elite pathways, which would be typically managed by the mainstream sport federation or in some countries (in FR, PL and IT) by the ID-sport federation which offers the sport at high-performance level.
- **High-performance training and participation in national and international competitions (last stage for tennis):** These talented athletes would keep on training and further enhancing their performance to be selected and recruited for the national team competitions. Sometimes athletes with ID can join mainstream sport competitions while keep on participating at competitions for people with disabilities and/or ID at national and international level (e.g., Virtus championships). The most talented athletes will ascend to the Paralympic trajectory (only for swimming) or will maintain competing at Virtus elite level (for tennis the highest stage would be reached at Virtus Global Games); while others, that will keep competing at Virtus (for both sports), at a certain point might drop to less training loads or go back to SO participatory competitions.

- **Elite-sport / Paralympic preparation training (last stage for swimming):** This involves selection and preparation of the athletes with the best results for the national squad at the Paralympic Games. In some countries the mainstream sport federations also play a role selecting the most talented athletes for the national team representation; although the NPC is in charge of the selection and participation of the Paralympic team. Since Paralympic Games are held every four years, athletes at this stage would also compete at World Swimming Championships sanctioned by the IPC to prepare for the Paralympic Games.

7.2. Highlights:

- Although each country has some specific features, the developmental pathway of talented athletes with ID from grassroots to high performance follows similar stages across Europe. The differences between the two example sports are evident at high-performance level.
- Paralympic sport disciplines for athletes with ID (e.g., swimming) receive more attention, more economic resources (in most countries these are the only national funded sports for athletes with ID), participatory and competitive opportunities, and are better structured in all the nations across Europe, compared to non-Paralympic sport disciplines for athletes with ID (e.g., tennis).
- Tennis players with ID typically need to economically self-support their sport careers.
- There is the possibility for athletes with ID from both sports to train in mainstream sport clubs (especially at high-performance) across Europe.
- There are few sport opportunities for athletes with ID at the highest level (only three sports at the Paralympic Games). However, non-Paralympic sports do reach elite level at Virtus Global Games; although for Paralympic disciplines, the performance level might be underestimated at these Games since they would represent prior step for athletes to go to the Paralympic Games.
- Even though SO have competitive opportunities for athletes with ID and there is also a trajectory for athletes to compete at these events (starting at local or regional competitions and ending at the World Games), SO was not further addressed in the present section since these participatory opportunities do not reach high-performance level in relation to international sports federations rules and standards.

8 - FUNDING AND ECONOMIC RESOURCES

8.1. How are organisations involved in ID-sport funded?

A general overall view on how major national organisations involved in ID-sport ($n = 29$) are mainly funded across Europe is explained below (see also **Figure 14**). However, **it is not possible to know the amount of funding that is currently invested in ID-sport** since some of these organisations are involved in sport for people with different types of disabilities (multi-disability sport organisations) or in sport for all people (i.e., all sport included / integrated in the mainstream sport), and their financing is **not** available per disability group.

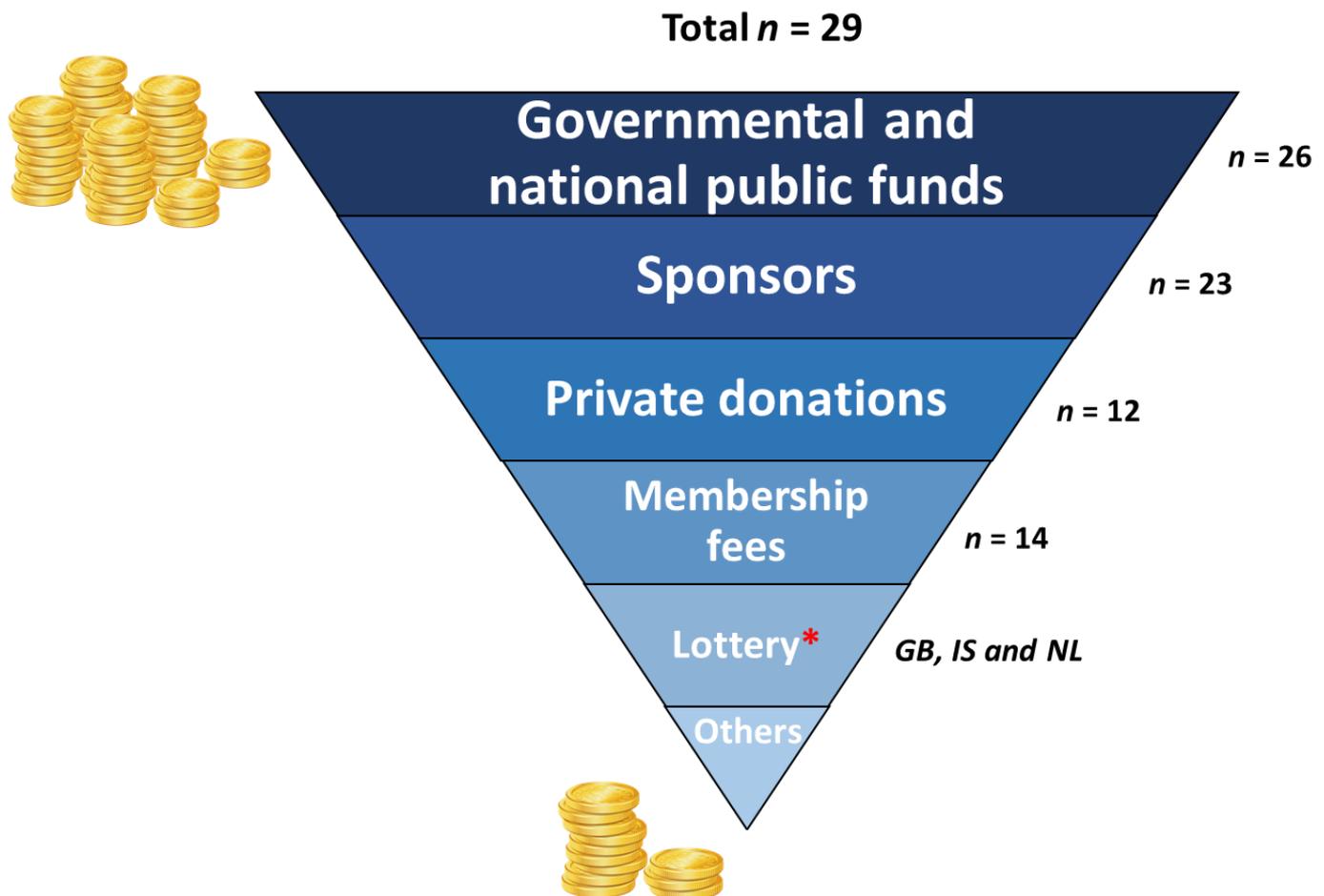


Figure 14. Financing sources for the major national ID-sport organisations across Europe.

Note. Sources are ordered by amount and relevance of economic contribution rather than number of organisations that benefit from them (except for the lottery which is a special case).

*Lottery mentioned as one of the main funding sources in specific countries (i.e., GB, IS and the NL).

Data revealed that most sport organisations involved in ID-sport across European countries get their main financial resources through **governmental and national public funds** ($n = 26$). Sometimes the organisations involved in ID-sport receive this income directly from the Ministries, while in other cases the ID-sport organisation receive these public funds through the national umbrella organisation to whom it belongs (i.e., the ID-sport organisation receives these public funds through the NPC and/or through the Confederation of all Sports in that country; for instance, most organisations involved in ID-sport in England receive public funds from Sport England). There were only three organisations (i.e., one in GB, one in IT and one in ES), out of the 29 total-assessed organisations, that reported no financing from the government and national public funds.

The second most important financing source is usually received from the main **sponsors** of the organisations (n = 23). Other **private and/or individual donations** (n = 12) were also frequently referred as a main source of income especially for the sport organisations (charities) in GB and for most SO across Europe.

Although it represents a smaller part of the organisations' income, almost half of them (n = 14; i.e., 48%) reported to a certain extent self-financing through their **membership fees** and from the **registration or participation fees** (typically mentioned by SO) at the organised sport events and/or competitions.

Lottery funds are not typically spread across Europe but play an important role on financing sport organisations in GB, IS and specially in the NL (since it is the first main financing, about 40% of the total income, for its National Olympic and Paralympic Committees).

Other different forms of funding (e.g., charitable activities, funds from health care mutualities, merchandising, etc.) were also mentioned; however, these sources are only applicable for specific organisations and/or represent a minor income. For instance, in the GB nations ID-sport is mostly provided and managed by multi-disability sport charitable organisations, therefore, a part of their funds is coming from charitable activities, donations and legacies.

In some countries **SO do not receive governmental and national public funds** (or it represents just a minor income) therefore they mainly rely on their sponsors, donations and participation fees. However, **most NPCs and sport federations linked to Virtus get public funds as main income**, (followed by resources from sponsors, membership fees and finally other minor incomes).

9 - COUNTRIES' STRENGTHS AND WEAKNESSES IN RELATION TO ID-SPORT

9.1. Definitions and remarks:

Highlights at country level provide information on the strengths and weaknesses as a general overview of the status and/or situation of ID-sport and its development in a given country. Therefore:

- **Countries' strengths** were considered as positive and powerful characteristics of the national status and/or situation of ID-sport and its development.
- **Countries' weaknesses** were considered as shortcomings and negative characteristics of the national status and/or situation of ID-sport and its development.

Whereas **highlights at organisation level** provide information on the facilitators and barriers from the internal reflection of a sport organisation involved in ID-sport, and on how these characteristics play a role in the development and organisation of the sport and activities for people with ID. Therefore:

- **Organisations' facilitators** were defined as actions, strengths and features that help, enable and make things easier for the organisation to develop and organise their activities for people with ID.
- **Organisations' barriers** were defined as actions, problems and/or weaknesses that make it difficult and/or block the organisation to develop and organise their activities for people with ID.

Highlights at country and organisational level were retrieved from the self-reflections of the main organisations involved ID-sport (first on the general status of ID-sport in their home countries and then at their own organisation). Consequently, the information at country level must be considered in the context of being the reflections of the individuals within that organisation and other stakeholders outside the organisation may hold other views. However, it provides an idea of the general situation of the country from the point of view of the main ID-sport drivers.

In order to collect this information, as well as for gathering additional data, the following questions (Q) were included in the comprehensive questionnaire developed for interviewing the ID-sport organisations:

- *Q. 25: Please indicate any challenges, barriers and facilitators that the Federation / Organisation / Association find to develop / organise its activities for individuals with ID*

If the interviewed person had issues to understand the terms facilitators and barriers the definitions mentioned above were given. Moreover, if needed the term "challenges" was explained as: actions and/or obstacles that disturb or make things more complicated (though a solution is typically found for them) for the organisation to develop and/or organise their activities for people with ID.

- *Q. 26: Please make a self-reflection of the Federation / Organisation / Association to indicate its strengths and weaknesses*
 - *Q. 26.1.: Strengths (e.g., positive/successful characteristics)*
 - *Q. 26.2.: Weaknesses (e.g., issues or characteristics to be improved); please also provide a brief description of what do you think it is needed to improve these weak points (what strategies would help to enhance your Federation / Organisation / Association)*
- *Q. 27: Please make a self-reflection of the general status of ID-sport in your country to indicate the strengths and weaknesses of your country*

- Q. 27.1.: Strengths
- Q. 27.2.: Weaknesses; please also provide a brief description of what do you think it is needed to improve these weak points (what strategies would help to enhance ID-sport development and participation in your country)

There are multiple instances when countries' strengths and organisations' facilitators as well as countries' weaknesses and organizations' barriers look very similar. Therefore, each characteristic is further developed to explain how it has a specific impact either to the organisation and its work or to the country and to its population with ID. Additionally, a general summary of these highlights is presented in **Figure 15** (for the country level) and in **Figure 16** (for the organisation level).

9.2. Main and most perceived countries' strengths and weaknesses of the management, organisation and provision of ID-sport (national level):

HIGHLIGHTS AT COUNTRY LEVEL

STRENGTHS

- Inclusion / integration of ID-sport into mainstream sport
- Supportive laws and policies related to inclusion, Paralympic and/or disability sport
- Improvement of societal perceptions towards people with ID
- Networking
- Pool of promising athletes with ID

WEAKNESSES

- Issues to achieve a successful inclusion / integration in the mainstream
- Persistence of certain negative perceptions in the society towards people with ID
- Limited economic investment in ID-sport
- Disparity in funding allocation
- Structural problems



Figure 15. Top 5 main and most commented upon countries' strengths and weaknesses in relation to ID-sport across Europe.

Note. Reminder: Information on the countries' strengths and weaknesses mentioned above was retrieved from the ID-sport organisations' self-reflection on the general status of ID-sport in their home countries.

STRENGTHS

Generally, these were the five main and most commented upon countries' strengths across Europe:

- **The ongoing process of inclusion / integration of ID-sport into mainstream sport federations** and encouraging athletes with ID access to mainstream clubs for training, has increased sport opportunities for athletes with ID.
- **Supportive policies and laws**, related to Paralympic, disability and/or inclusive sports, have facilitated sport participation for individuals with ID. Apart from the unanimously signed UN CRPD (UN General Assembly, 2007) by all the assessed countries, some countries have their own policies in relation to disability sport. For instance, in 2000 a law entered into force in the NL for all disability sport to be included / integrated in the mainstream sport; and in PL there is a policy on equal rights for Paralympic and Olympic athletes (e.g., in terms of funding, awards, etc.).
- **Positively shifting societal perceptions towards individuals with ID** has been reported across Europe (i.e., more awareness and better attitudes), although it is still not fully achieved because negative perceptions have not been completely eliminated yet (see countries' weaknesses below).
- **Networking** of sport organisations involved in ID-sport (also including the mainstream sport organisations) has promoted good relationships, cooperation and communication between them. This makes a stronger structure of ID-sport at national level. Furthermore, countries with a fragmented/decentralised landscape, which was negatively perceived, (i.e., BE and GB) also reported having a quite good network, though limited to a certain area of their country (the two main regions of Belgium work almost separately) and/or nation (Scotland and Wales were the two nations with the better structured and stronger network in GB, but each nation in GB manages ID-sport differently).
- **The pool of promising athletes with ID has grown** considerably in several countries. Moreover, some countries (e.g., FR, the NL and ES) reported that the participation numbers of athletes with ID and/or sport licences in their countries are higher than for other types of disabilities.

WEAKNESSES

Generally, these were the five main and most commented upon countries' weaknesses across Europe:

- **Issues to achieve a real and successful inclusion / integration** in mainstream sport; usually referred to as issues on how to deal, interact with, and train athletes with ID.
- Although societal perceptions towards people with disabilities, including people with ID, are positively changing, **there are still persistent negative perceptions towards individuals with ID** (such as limited knowledge on their abilities, prejudices and negative attitudes) which interfere with successful inclusion in society and in sport.
- **Limited economic investment in ID-sport.** As a result, ID-sport organisations in several countries across Europe receive limited funding to develop and organise their activities.
- **Disparity in funding allocation has been more favourable for:**
 1. **Certain sports** (i.e., the three Paralympic sport disciplines for athletes with ID).
 2. **Certain performance levels** (i.e., elite level typically receives more funds).
 3. **Certain disability groups** (i.e., funding allocation typically unfavourable for the group of athletes with ID [despite the size of the group] compared to other disability groups).

- Issues related to **structural problems** are interfering with the development, management and provision of ID-sport in certain countries. There were found **two different types of structural problems**:
 1. One is related to the **national general ID-sport organisations' landscape**. Some countries (i.e., BE and GB) have structural problems due to a **decentralised national landscape with multiplicity of organisations** (which can lead to confusion of individuals that are seeking for information to practise a sport, to a competition for funding between the different organisations, etc.).
 2. The other one is related to a **poor and weak networking between the different ID-sport organisations** in the country. Some countries, reported that there is a **limited or a lack of support, communication and cooperation between some national sport organisations** involved in ID-sport (e.g., IT, PL and ES), which weakens the country's general ID-sport structure.

9.3. Main and most perceived facilitators and barriers for the organisations involved in ID-sport (organisational level):

HIGHLIGHTS AT ORGANISATION LEVEL

FACILITATORS

- Networking
- Economic support
- Wide range of sport opportunities for people with ID
- Qualified and experienced staff and sport professionals specialised in ID and disability sport
- Individualised contact, guidance and work with the athletes with ID

BARRIERS

- Limited budget
- Psychological barriers in the society (negative perceptions interfering in sport participation of people with ID)
- Limited knowledge of ID-sport in the society
- Difficulties to find qualified and expert sport-related professionals
- Low visibility of ID-sport and athletes with ID in the media



others

Figure 16. Top 5 main and most commented upon facilitators and barriers for the sport organisations involved in ID-sport across Europe.

FACILITATORS

Generally, these were the five main and most commented upon facilitators for sport organisations involved in ID-sport across Europe:

- **Networking** of sport organisations involved in ID-sport (also including the mainstream sport organisations). The major sport organisations involved in ID-sport raised the importance of strong supportive networks and good relationships between the different ID-sport organisations and stakeholders as an important feature not only for the general country's structure, but also for their internal structure at organisational level (e.g., good communication between organisations allows a clearer differentiation between the roles and aims of each organisation, which may cause less conflict for funding; allows athletes with ID to have more freedom to move from one organisation to another for instance on their performance development to elite level; etc.). Moreover, the ultimate networking landscape where all major ID-sport organisations (i.e., NPC, Virtus national representation and the national SO) are strongly connected and work under the same roof as a one main organisation was perceived as robust positive feature in IS and SE.
- **Economic support from the sponsors, partners and foundations.** ID-sport organisations generally perceive that there is limited investment in ID-sport compared to other disability groups and the mainstream. However, ID-sport organisations positively recognise the economic support and the commitment they receive from their sponsors, which usually represents the second most important funding source of their budgets (see section 8 – *funding and economic resources*) and allows them to have additional economic resources when the funds from the other sources (e.g., public funds, self-financing, etc.) are limited.
- Several ID-sport organisations reported as a strength their **wide sport offer** and activities programme, which provides a wide range of sport opportunities for athletes with ID and facilitates attracting more individuals with ID to practise sports.
- Having **qualified and experienced staff and sport professionals specialised in ID and in disability sport** working at the ID-sport organisations. This ensures the quality of the sport offer and training of the athletes.
- Several ID-sport organisations across Europe provide **individualised contact, coaching and work to their athletes with ID** (i.e., focus on the athlete).

Other different facilitators were also mentioned, though they were less commonly referred across Europe.

Despite being less frequently referred to by the assessed ID-sport organisations (thus, not included in the “top 5 list” above), the **support and commitment from the volunteers**, when mentioned, was very positively valued throughout Europe (moreover, it will be further discussed in section 10 - *Ideal structure of ID-sport at macro level – conclusions and recommendations*).

BARRIERS

Generally, these were the five main and most commented upon barriers for sport organisations involved in ID-sport across Europe:

- Organisations involved in ID-sport rely on a **low and limited budget** to work with (usually having an impact on their human resources and high dependency on volunteers) due to the limited economic resources and low funding invested in disability sport and in ID-sport.

- **Persistent presence of psychological barriers in the society, such as negative attitudes and prejudices against people with ID**, hinders and/or interferes with having equal opportunities to participate in society and in sport. These can also lead to underestimating the abilities and capabilities of individuals with ID to engage and to excel in sport, resulting turn in reduced opportunities.
- **Limited knowledge of ID-sport in society**. Limited knowledge about the differences between sport levels, the differences between competitive high-performance (e.g., Virtus) and participatory competition (e.g., SO), the benefits and importance of sport for people with ID, etc.
- **Difficulties to find qualified and expert sport-related professionals specialised in ID-sport**. There are few people involved in ID-sport, such as staff from the sport organisations, coaches, volunteers and physical education teachers, with good quality and specialised education or training in ID-sport. This can be a problem when organisations are trying to recruit more staff. In several countries, some organisations are trying to overcome this problem by providing a general training on disability sport, though not always ID-specific, to their staff and coaches.
- **Low visibility of people with ID and ID-sport in the media, in the field of sport and/or in the society**, which contributes to a circularity with the second and third mentioned barriers.

Other different barriers were also mentioned, though they were less commonly referred to across Europe.

Major ID-sport organisations across Europe are aware of the present mentioned barriers. Moreover, some organisations are already **developing and/or implementing actions and strategies to try to overcome some of these barriers** in the present and in the near future. For instance, some of these strategies focus on:

- Working towards a **successful inclusion / integration of disability sport (including ID-sport)** into mainstream sport. For instance, in SE there is an ongoing process to transfer all disability sport to their specific main stream federation; when data was collected, there were still 15 sports delivered by the Swedish disability-sport federation, but from these 15, football and skiing were in the process to be included / integrated in the mainstream sport. Moreover, there is also an ongoing process to increase the amount of sport disciplines for individuals with ID that are included / integrated in the mainstream sport in DE. SO plays an important role in sport inclusion in DE and this inclusion / integration process it thought to be boosted by the upcoming organisation of the 2023 SO World Games in Berlin.
- **Attracting more individuals with ID to participate in sport or PA by promoting and/or strengthen initiatives**. For instance, in GB Sport England has provided funds (mostly from the national lottery) to the ID-specific organisation MENCAP to promote the new initiative of “Round the World Challenge” to encourage all those with ID to engage in PA. Furthermore, some organisations in DE and IT referred the importance of reaching also individuals who live in small and/or rural areas.
- Increasing and improving the knowledge of staff from the organisations of sport professionals (especially in the mainstream), by **providing quality training on disability sport (including ID-sport) and sport inclusion**. For instance, the NPC in ES has started the implementation of a disability training programme (by the moment in a few regions - autonomous communities), in order to instruct and update PE teachers on how to include children with disabilities (including ID) in their classes at mainstream schools. Moreover, in all the 10 assessed countries, many of the sport organisations in each country (i.e., 17 out of the 29 interviewed organisations) organises or provides training related to disability sport. SO international has an established set of coach training packages available to all SO member nations, consequently most national SO are included among these 17 organisations that organise or provide training.

- **Strengthening partnerships and connections between the different organisations involved in ID-sport (and/or disability sport)** in each country. Furthermore, these collaborative networks can be spread between neighbour countries, for instance IS has good relationships and cooperates with the other Nordic countries (“five nations, one team”) at international events.

10 - IDEAL STRUCTURE OF ID-SPORT AT MACRO LEVEL – CONCLUSIONS AND RECOMMENDATIONS

Every European country has its own particularities, such as geographical features, type of government, political situation, economy, history and culture among others. These **diverse characteristics** can have a substantial impact on the organisation of disability sport, including ID-sport.

This diversity was also found when analysing the national **general structure of ID-sport across Europe**. Some countries (i.e., FR, IT, PL and ES) have a more **ID-specific landscape**; however, this situation should not be negatively interpreted, since these countries usually have a high representation of athletes with ID at international events. Moreover, some countries like FR have a great number of registered athletes with ID and a strong structure at their organisation. Other countries, such as BE, GB, IS and SE, have a more **multi-disability-oriented landscape**. Only one assessed country (i.e., the NL) revealed a **mainstream oriented landscape**; however, their participation rates at international events are relatively low for athletes with ID.

As a result of such geographical and structural heterogeneity, it is impossible to find a country with an *IDEAL structure*, neither to provide a fixed *IDEAL guideline* that would successfully work for all countries across Europe.

Nevertheless, based on the data analysis from the information retrieved from the present study and the encountered challenges, there are **general recommendations** that organisations and stakeholders involved in ID-sport across Europe should consider in order to improve the current situation and development of ID-sport in their countries.

10.1. Networking

It is vital that **all major organisations involved in ID-sport (and/or disability sport) develop powerful connections working in partnership and/or membership and effectively communicate between them (networking)**. Even if the goals of each organisation are different, powerful connections between organisations might enhance the effectiveness of targeting athletes and providing them the best opportunities according to their aims and performance levels. Having all organisations working under the same roof was positively mentioned by the countries where this situation applies (i.e., IS and SE). However, these countries are the least populated ones, which might have facilitated this situation. Nevertheless, such good example of networking between organisations with different target goals and performance levels can be transferred to the rest of the countries (similar to what it is encountered in DE, where all organisations involved in ID-sport are working in partnership). This situation might serve to inspire the rest of the countries to strengthen their partnerships and/or develop new collaborative networks with the other organisations, especially with SO which usually remains apart at national level (e.g., PL, BE, FR) and can play an important role on the athlete development at grassroots level.

10.2. National ID-sport structure

In order **to have a more solid national ID-sport structure** it would be *IDEAL* if the NPC, the national representation of Virtus, SO and the mainstream sport federations that are including / integrating ID-sport **work in partnership**, i.e., networking, (at least at national level, and/or if possible at regional level) **and develop a strategic plan from grassroots to high-performances for athletes with ID**. From this *IDEAL* strategic plan, each organisation would take part depending on the level of performance that the athletes would aim to achieve (organisations to be less protective on their membership or an “open pathway”

between organisations for athletes to easier move from one organisation to another according to their necessities and/or preferences).

10.3. Inclusion / integration in the mainstream sport

Encouraging and promoting the option for individuals with ID to be included / integrated in mainstream sport, as stated in the UN CRPD (UN General Assembly, 2007), **can enhance their sport opportunities to practise the sport of their choice at any level**. All countries have started to work towards inclusion / integration of disability sport (including ID-sport) in the mainstream sport. However, countries should ensure a successful and high-quality inclusion / integration process. Moreover, inclusion should not create and/or increase disadvantages between groups (typically unfavourable for people with ID and/or people with severe disabilities). Therefore, **the process of inclusion / integration is more likely to succeed when it is implemented with an in-depth preparation phase, followed by progressive implementation**. Additionally, due to all the different features and scenarios found in each country, progressive inclusion / integration into the mainstream sport might work in the long-term for certain countries (e.g., in countries like BE, where there are collaborative agreements with mainstream sport federations to deliver the ID-sport offer, though the multi-disability sport federations are still in charge of the management of ID-sport); however, without such gently preparation the inclusion / integration process could fail to meet the demands and necessities of the population with ID. Moreover, **supportive policies and laws which enhance the recognition of disability sport (including ID-sport)** can contribute to ensuring equal rights, opportunities for participation and athlete development at all levels (UN General Assembly, 2007). Furthermore, national stakeholders and all bodies involved in the management, organisation and/or provision of ID-sport should use the CRPD required national reporting procedures to give evidence and make recommendations about how well the CRPD Article 30 (UN General Assembly, 2007) is being achieved.

In addition, it is an important reminder that real and successful inclusion does not only involve incorporating people with ID in the mainstream by adapting its structure, but also ensuring that individuals with ID feel included at psycho-social level (e.g., feelings of belonging to the group, feelings of competence, etc.). For such successful achievement it is vital to address all these different areas of an individual. Frameworks like the biopsychosocial model (Engel, 1977) or the International Classification of Functioning, Disability and Health (ICF) model (WHO, 2001) can be applied for such approach.

10.4. Quality training and education in ID-sport

It is crucial to increase the knowledge of sport-related professionals (e.g., staff from the organisations, coaches, PE teachers, personal trainers, volunteers, students from sport-related sciences, health-related professionals involved in PA and sport for health, etc.) **by providing them quality training on ID-sport (and disability sport) and sport inclusion**, especially in mainstream sport to prepare them prior to including / integrating a sport discipline. ID-sport education is frequently presented within disability sport training courses; therefore, another aim of the IDEAL is to provide **an inventory of the best practise in ID-coaching (i.e., WP2b)** by reviewing the existing resources and creating a Good Practise Guide (Burns & Johnston, 2020) to help coach people with intellectual disabilities.

Furthermore, organisations specialised in ID-sport (and/or disability sport) can play an important role to successfully achieve the process of inclusion / integration. These organisations can be in charge of educating professionals, managing and consulting about ID-sport, ascertaining that there is a broad offer and participation opportunities for individuals with ID, etc. Moreover ID-specific sport organisation and/or multi-disability sport organisations can still play a useful role as the sport providers of the sport disciplines that as yet are not integrated in mainstream sport. Additionally, higher education degrees related to PA, PE and

sport should ensure that all students will have (at least) a basic knowledge on disability sport (per disability group, including specific knowledge on ID-sport) and adapted PA during their Bachelor studies. Therefore, ID-sport should be included as part of the core curricula.

10.5. Funding

Securing adequate funding and economic resources for organisations involved in ID-sport (at all levels) is important for them:

- to have a strong internal structure;
- to develop, manage and organise a broad and good quality ID-sport offer, as well as to organise competitive events along the year;
- to have enough human and material resources; to support their athletes with ID; etc.

It was **not possible to estimate the amount of money that is invested in ID-sport across Europe**. This information is accessible when the sport federation is exclusive for athletes with ID. However, when ID-sport is managed and provided by multi-disability or mainstream sport federations it is typically not possible to know the extent of funds that are allocated for ID-sport, because the information about their funding is not sorted by type of disability. Furthermore, ID-sport federations mentioned that **funding allocation is typically unfavourable for the group of athletes with ID compared to other disability groups and compared to athletes without a disability**. Therefore, **whilst inclusion is important, it can also cloak disadvantage between groups**, especially for those less able to represent themselves (i.e., people with ID). Moreover, funding allocation should be proportional to the size of the disability group.

10.6. Organisations' records

Furthermore, **organisations should have a clearer and further detailed record of their internal information**. For instance, information from funding allocation per disability group and/or information from their registered members, among others. Most of the organisations, especially when the sport organisation is not ID-specific, reported to have a lack of data in certain asked domains, such as the number of registered athletes per type of disability, athletes with a combination of different types of disabilities, practised sports, gender, participation rates, funding allocation per type of disability, etc. Therefore, **even under the umbrella of sport inclusion**, multi-disability and mainstream sport organisations should **record data by disability group to ensure equality of distribution in accordance with the needs**.

10.7. Human resources at the organisations

Due to limited economic resources a lot of organisations function with **limited human resources (salaried staff)** and need to rely on **volunteer work** to being able to organise and provide their activities. A broad and network of volunteers is important and necessary, especially for organising events and competitions. Therefore, organisations should strengthen their volunteer networks and provide enough support to their volunteers (e.g., training, assistance, etc.). Nevertheless, to meet the daily and main demands, the organisation would benefit from having secured resources to **employ staff under a salaried contract** (i.e., stable human resources).

Moreover, organisations should have **qualified and experienced staff and coaches**. Most of the assessed organisations have an inventory or record of their coaches and usually organisations set a minimum

qualification and/or experience requirement for them, in order to ensure a quality sport delivery. However, these minimum requirements sometimes depend on the type of sport and the level of performance. Organisations reported that it is difficult to find professionals specialised in ID-sport; therefore, organisations should be able to **provide** (by themselves or by other organisations) a **high-quality training course on disability-sport and/or ID-sport** for their staff, coaches / sport instructors and/or volunteers. There were 17 out of 29 sport organisations (i.e., 58,6%) that were currently providing specific training and/or courses related to disability sport and/or ID-sport. These training modules or courses are usually not ID-specific, but multi-disability. For providing an **ID-specific training** to coaches and sport-related professionals, courses can be tailored by using the **IDEAL project Good Practise Guide** (Burns & Johnston, 2020).

10.8. Sports and PA participation

Sedentarism is one of the most important risk factors for health and people with ID are typically less active than the population without ID. According to Dairo et al., 2016, only 9% of adults with ID are meeting the minimum recommended levels of PA. Therefore, it is important to develop effective strategies for attracting more individuals with ID to regularly engage in sport or other forms of PA at any level (grassroots, PA and sport at school and University base, recreational and high-performance). Moreover, national campaigns focusing on getting society active should also aim to target specific populations that are typically less active, such as individuals with ID (e.g., “Round the World Challenge” in England, GB).

In order to facilitate **the information on the sport offer online**, several organisations in most of the assessed countries created a **user-friendly tool / data base for individuals to easily find information** on the offer in the regions, sorted by type of sport and type of disability. Even though it is a very interesting tool, that all countries should develop, it was found these tools are not always up-to-date. Sport organisations **should let their population know about the existence of such tools; but more importantly they should** keep an appropriate maintenance and **ensure that they are regularly updated** to provide their offer information as accurate as possible. Moreover, it is vital that the collaboration between organisations involved in ID-sport (and disability sport) for these tools to be efficient. For instance, in the Dutch-speaking area of BE there are three different tools for the same purpose, which is not serving the needs of the population and might even confuse them when searching for the service; instead, all information should be gathered in one unique tool. Such multiplicity of online tools was also found in GB. Although GB it is formed by three different nations (which have an online tool or a list per nation), there is one tool that includes all GB nations which provides more detailed information. This tool is powered by an international brand; however, its implementation was only found in GB (and Northern Ireland).

10.9. Visibility of ID-sport in the media and role models

Increasing the visibility of people with ID, ID-sport and role model athletes with ID in the media might help to **inspire youngsters with ID to engage in sport**. It might also help to increase the general knowledge about ID and ID-sport in the society. Sport organisations involved in ID-sport at different performance levels reported that there is a limited knowledge of ID-sport in society. Although each International organisation (SO International, Virtus and the IPC) have a differentiated roles and goals (e.g., International Paralympic Committee, n.d.; Lantz & Marcellini, 2018), people usually do not know the **differences between sport performance** levels (and the performance standards of each organisation), the different purposes of each organisations and the different types of events where athletes with ID can compete.

Furthermore, increasing the visibility of ID and ID-sport in the media can help to:

- **enhance attitudes towards people with ID**, at least in the short-term (Ferrara, Burns & Mills, 2015);

- enhance the general knowledge of the different **abilities and capabilities** of people with ID;
- and **provide insight into the physical, psychological and social benefits that sport has** for them.

11 - FUTURE PERSPECTIVES AND ACKNOWLEDGMENTS

This report aims to collect a large source of information regarding ID-sport across Europe and to compile it in a unique document, which aims to describe the current situation of ID-sport and to help understand how is ID-sport organised across the 10 assessed European countries. Moreover, this report depicts the strengths and weaknesses in relation to ID-sport, how ID-sport is evolving across Europe and the inclusion / integration process it is experiencing.

It is hoped that the information provided and discussed in this report will help all the stakeholders and bodies involved in the management, organisation and/or provision of ID-sport to better understand the situation of ID-sport in their home countries and across Europe; as well as to keep on evolving in a positive direction to ensure that people with ID have equal rights and access to sport of their choice at any level, as for people without a disability.

Finally, we would like to acknowledge the kind and valuable contribution of all the sport organisations involved in ID-sport across the 10 assessed countries which collaborated with the IDEAL project in the WP2c to share their information (see **Table 3**).

Table 3. List of the ID-sport organisations that participated in the present study.

COUNTRIES (n = 10)	ORGANISATIONS (n = 29)	National representation (NPC, Virtus, SO or others)
BELGIUM	Parantee - Psylos	NPC – Virtus
	LHF	NPC – Virtus
	Recreas	others
	FéMA	others
	SO Belgium	SO
FRANCE	FFSA	Virtus
GERMANY	DBS - NPC	NPC – Virtus
	SO Deutschland	SO
GREAT BRITAIN	UKSA	Virtus
	SO Great Britain	SO
• England	MENCAP	others*
	Activity Alliance	others
• Scotland	Scottish Disability Sport	others*
• Wales	Disability Sport Wales	others*
ICELAND	ÍF (NPC + SO)	NPC – Virtus – SO
	SO Iceland	SO

ITALY	FISDIR	Virtus
	Progetto Filippide	others
	SO Italia	SO
NETHERLANDS	NOC-NSF	NPC
	Gehandicaptensport Nederland	others
POLAND	PKP	NPC
	Sprawni Razem	Virtus
	Olimpiady Specjalne Polska	SO
SPAIN	CPE	NPC
	FEDDI	Virtus
	SO España	SO
	Club Deportivo A LA PAR	others
SWEDEN	Svenska Parasportförbundet	NPC – Virtus – SO

Note. LHF : Ligue Handisport Francophone ; FéMA : Fédération Multisports Adaptés ; FFSA : Fédération Française du Sport Adapté ; DBS : Deutscher Behindertensportverband ; UKSA : United Kingdom Sports Association ; ÍF : Íþróttasamband fatlaðra ; FISDIR : Federazione Italiana Sport Paralimpici Degli Intellettivo Relazionali ; NOC-NSF : National Olympisch Comité-Nederlandse Sport Federatie National Olympic Committee ; PKP : Polski Komitet Paraolimpijski ; CPE : Comité Paralímpico Español ; FEDDI : Federacion Española de Deportes para Personas con Discapacidad Intelectual.

*nation organisation member of an umbrella organisation at GB level which is linked to Virtus (i.e., UKSA)

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ANNEX A: LIST OF ABBREVIATIONS USED ALONG THE REPORT

BE: Belgium

CRPD: Convention on the Rights of Persons with Disabilities

DE: Germany

ES: Spain

FR: France

FTE: Full time equivalent

GB: Great Britain

GDP: Gross Domestic Product

ID: Intellectual disabilities

IDEAL: "Intellectual Disabilities and Equal opportunities for Active and Long-term participation in sport"

ID-sport: sport for people with intellectual disabilities

INAS: International Sports Federation for Persons with Intellectual Disability

IPC: International Paralympic Committee

IS: Iceland

IT: Italy

M: mean value

MATP: Motor Activity Training Program

NL: Netherlands

NPC: National Paralympic Committee

PA: Physical activity

PE: Physical Education

PL: Poland

Q : Questions

SD: standard deviation

SE: Sweden

SO: Special Olympics

UN: United Nations

VIRTUS: World Intellectual Impairment Sport

WHO: World Health Organisation

WP: Work package

YAP: Young Athletes Program

ANNEX B: FACT SHEETS PER COUNTRY

Fact sheets on how is ID-sport organised in the different assessed countries are displayed in the following pages. They are presented in alphabetical order: **(1) Belgium; (2) France; (3) Germany; (4) Great Britain; (5) Iceland; (6) Italy; (7) Netherlands; (8) Poland; (9) Spain; and (10) Sweden.**

Each country fact sheet has two pages. The first page contains: (a) information about the amount of population with ID; (b) an estimation of active population with ID by considering the amount of people that are registered in the major sport organisation involved in ID-sport; (c) strengths and weaknesses of the general status and/or situation of ID-sport in that country; and (d) a brief description of the different sport organisations, federations and/or associations involved in ID-sport at national level. The second page provides a diagram of the national general structure of ID-sport in that country together with a diagram legend and note for a better comprehension.

These fact sheets are compiled in the present report as an annex. Therefore, **they can be cited as content from this report.** Nevertheless, they are intended to be used also separately as supplemental material. For such purpose, **each fact sheet can be cited** (including the retrieval date) **as follows:**

- (1)** Marin-Urquiza, A., Kerremans, J., Van Biesen, D. (2019). How is sport for people with intellectual disabilities (ID-sport) organised in Belgium - België? [Fact sheet]. Retrieved from <https://www.idealproject.org/>
- (2)** Marin-Urquiza, A., & Van Biesen, D. (2019). How is sport for people with intellectual disabilities (ID-sport) organised in France - République Française? [Fact sheet]. Retrieved from <https://www.idealproject.org/>
- (3)** Marin-Urquiza, A., & Van Biesen, D. (2019). How is sport for people with intellectual disabilities (ID-sport) organised in Germany- Deutschland? [Fact sheet]. Retrieved from <https://www.idealproject.org/>
- (4)** Marin-Urquiza, A., & Van Biesen, D. (2019). How is sport for people with intellectual disabilities (ID-sport) organised in Great Britain (GB)? [Fact sheet]. Retrieved from <https://www.idealproject.org/>
- (5)** Marin-Urquiza, A., Einarsson, I. T., & Van Biesen, D. (2019). How is sport for people with intellectual disabilities (ID-sport) organised in Iceland- Ísland? [Fact sheet]. Retrieved from <https://www.idealproject.org/>
- (6)** Marin-Urquiza, A., Facin, A., & Van Biesen, D. (2019). How is sport for people with intellectual disabilities (ID-sport) organised in Italy- Italia? [Fact sheet]. Retrieved from <https://www.idealproject.org/>
- (7)** Marin-Urquiza, A., Kerremans, J., Van Biesen, D. (2019). How is sport for people with intellectual disabilities (ID-sport) organised in Netherlands (NL) – Nederland? [Fact sheet]. Retrieved from <https://www.idealproject.org/>
- (8)** Marin-Urquiza, A., Morgulec-Adamowicz, N., & Van Biesen, D. (2019). How is sport for people with intellectual disabilities (ID-sport) organised in Poland - Rzeczpospolita Polska? [Fact sheet]. Retrieved from <https://www.idealproject.org/>
- (9)** Marin-Urquiza, A., & Van Biesen, D. (2019). How is sport for people with intellectual disabilities (ID-sport) organised in Spain – España? [Fact sheet]. Retrieved from <https://www.idealproject.org/>
- (10)** Marin-Urquiza, A., & Van Biesen, D. (2019). How is sport for people with intellectual disabilities (ID-sport) organised in Sweden- Sverige? [Fact sheet]. Retrieved from <https://www.idealproject.org/>

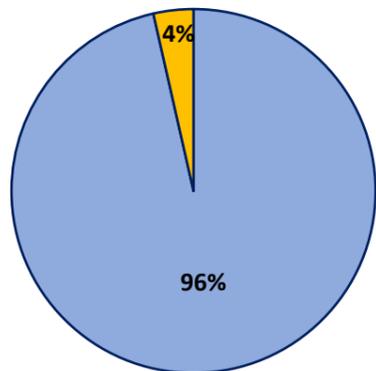
HOW IS SPORT FOR PEOPLE WITH INTELLECTUAL DISABILITIES (ID-SPORT) ORGANISED IN BELGIUM - BELGIË ?

Adriana Marin-Urquiza, Janne Kerremans and Debbie Van Biesen (2019)

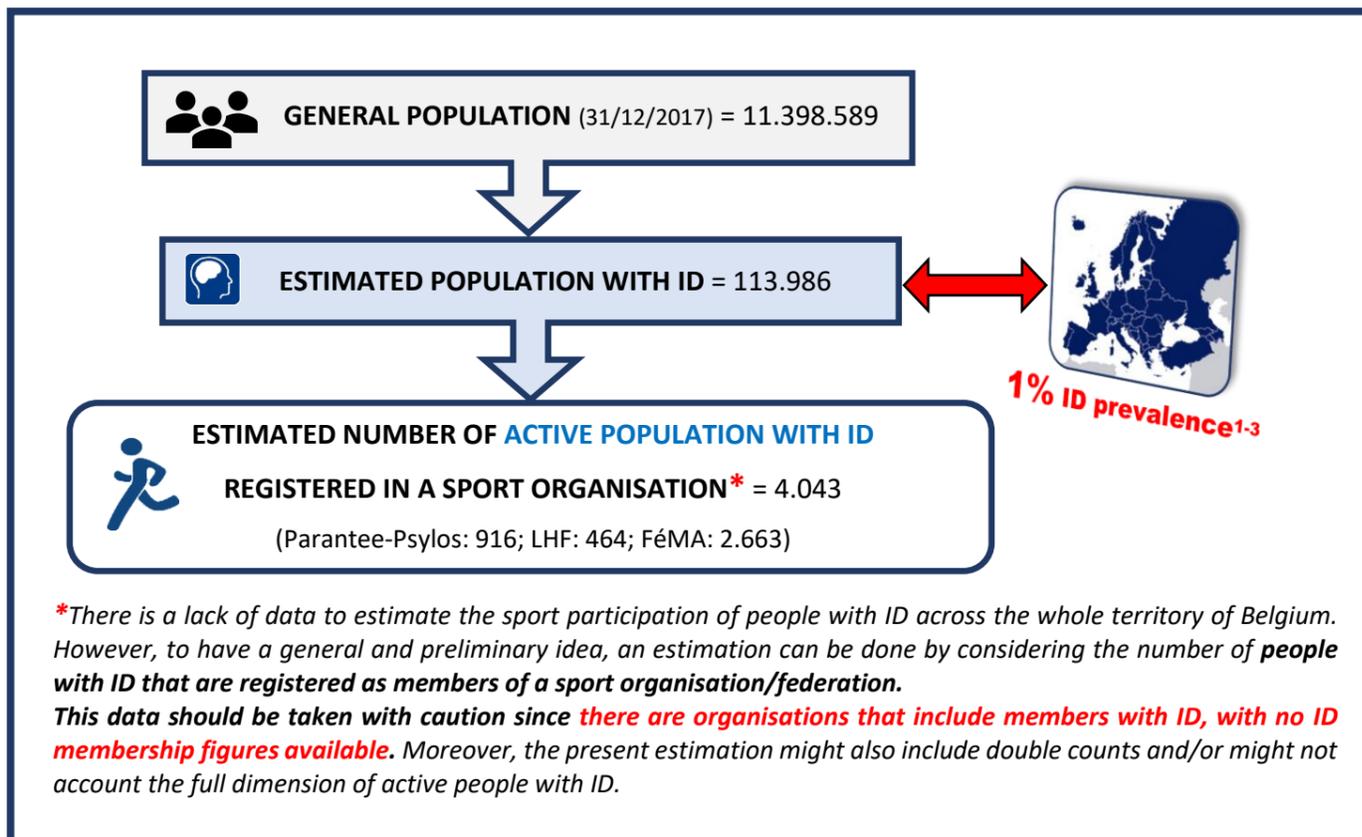
BELGIUM



ESTIMATED POPULATION WITH INTELLECTUAL DISABILITIES (ID) REGISTERED IN A SPORT ORGANISATION*



■ Non-sport members / non-registered
■ Registered members



MAIN ID-SPORT HIGHLIGHTS IN BELGIUM



Strengths

- **Networking** and connections between organisations (between some organisations)
- ID-sport **inclusion / integration in the mainstream sport**
- Wide **sport offer and opportunities** for ID-athletes

Weaknesses

- Structural problems: **fragmented landscape and multiplicity of structures + connection and communication problems** between organisations
- **Limited economic resources** and funding
- **Focus in elite sport level**

There are 5 main organisations involved in ID-sport in Belgium + the role of the mainstream sport federations

1. Parantee-Psylos; 2. LHF; 3. Special Olympics (SO) Belgium; 4. S-Sport//Recreas; 5. FéMA

- **Parantee-Psylos vzw** (in the Dutch-speaking area) and **LHF** (which stands for **Ligue Handisport Francophone asbl**) (in the French-speaking area) together they form the Belgian Paralympic Committee (**NPC in Belgium**). The NPC is in charge of the participation of Belgian athletes with ID in the Paralympic Games.
 - **Parantee-Psylos** and **LHF** are the federations for disability sport for all sport levels in Belgium. They are internationally connected with the International Paralympic Committee (IPC) and INAS.
- **The mainstream sport federations** are also playing a role in ID-sport since they have collaboration agreements with **Parantee-Psylos** and **LHF** for including / integrating different sport disciplines for people with ID.
- **SO Belgium** works in the whole territory of Belgium. The yearly SO national competitions are alternatively arranged in the Dutch and French speaking areas where participation is open for sports clubs from different sport organisations in Belgium.
- **S-Sport // Recreas** it's a disability sport organisation based in the Dutch-speaking area of Belgium which provides sport activities at recreational level. It resulted from the unification between Recreas (organisation in charge of recreational sport for people with disabilities) and S-Sport (organisation in charge of sport for the health care system mostly for elderly people). For its development and activity provision, it has to follow the structure and guidelines of the health care system in Flanders (Dutch-speaking area).
- **FéMA** (which stands for **Fédération Multisports Adaptés**) it's a disability sport organisation based in the French-speaking area of Belgium which provides sport activities at recreational level. It also has relationships with some mainstream sport federations to organise events and to stimulate sport inclusion, as well as with some rehabilitation centres and disability associations to organise sport activities.
- **G-Sport Vlaanderen**, is an organisation that promotes disability sport, connects the organisations, provides funding, facilitates research, etc. in the Dutch-speaking area of Belgium, but it does not provide any sport offer.

A visual representation is provided on the next page with a diagram on the national general structure of ID-sport in Belgium.

NATIONAL GENERAL STRUCTURE OF ID-SPORT IN BELGIUM

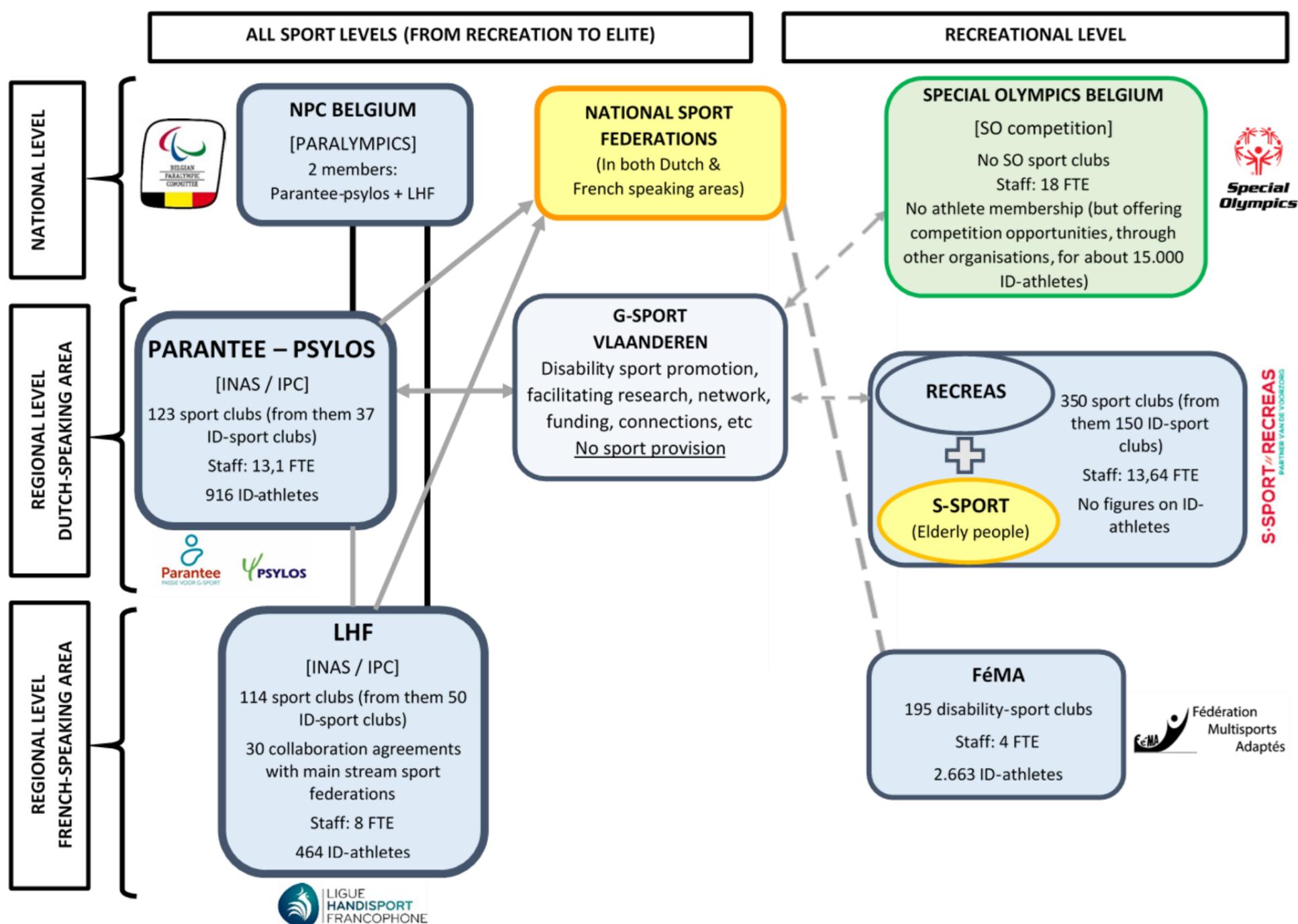


DIAGRAM LEGEND:

- Mainstream sport organisations** (that are also involved to certain extent in disability and ID-sport and/or are covering ID-sport organisations)
- Disability sport organisations** (involved in disability sport in general and also involved in ID-sport)
- ID-Sport specific organisations** (only focussed on sport for people with ID)
- Member relationship** between organisations (solid black line)
- Main/official connections** between organisations (solid grey line)
- Collaborations to certain extent and/or informal collaborations** between organisations (dashed grey line)

Note. NPC: National Paralympic Committee; LHF: Ligue Handisport Francophone; SO: Special Olympics; FTE: full time equivalent; ID: intellectual disability; INAS: International Federation for Athletes with Intellectual Impairments; IPC: International Paralympic Committee; FéMA: Fédération Multisports Adaptés.

Organizations involved in ID-sport appear in boxes whose border thicknesses vary depending on how strongly they are involved in ID-sport.

Data provided in the boxes reveal: Name of the organisation – general and/or international role – umbrella coverage (regional offices, associations, sport clubs, etc.) – staff – members with ID if available.

Staff refers to the organisation’s salaried staff.

The current situation might have changed since the last data retrieval (February 2019) because it is a continuously evolving process.

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- Walsh, P. N., Kerr, M., & Van Schroyen Lantman-de Valk, H. M. J. (2003). Health indicators for people with intellectual disabilities. *European Journal of Public Health, 13*, 47-50. DOI: 10.1093/eurpub/13.suppl_3.47
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Data collected from surveys answered by the organisations that represent NPC, INAS and SO in Belgium and retrieved from September 2018 to February 2019

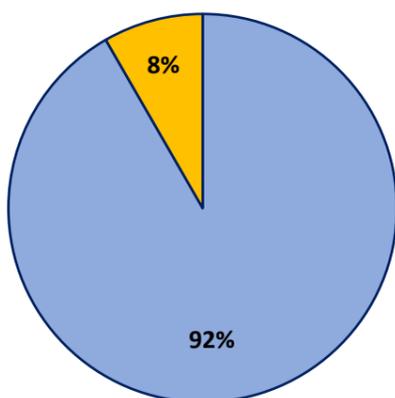
HOW IS SPORT FOR PEOPLE WITH INTELLECTUAL DISABILITIES (ID-SPORT) ORGANISED IN FRANCE - RÉPUBLIQUE FRANÇAISE ?

Adriana Marin-Urquiza and Debbie Van Biesen (2019)

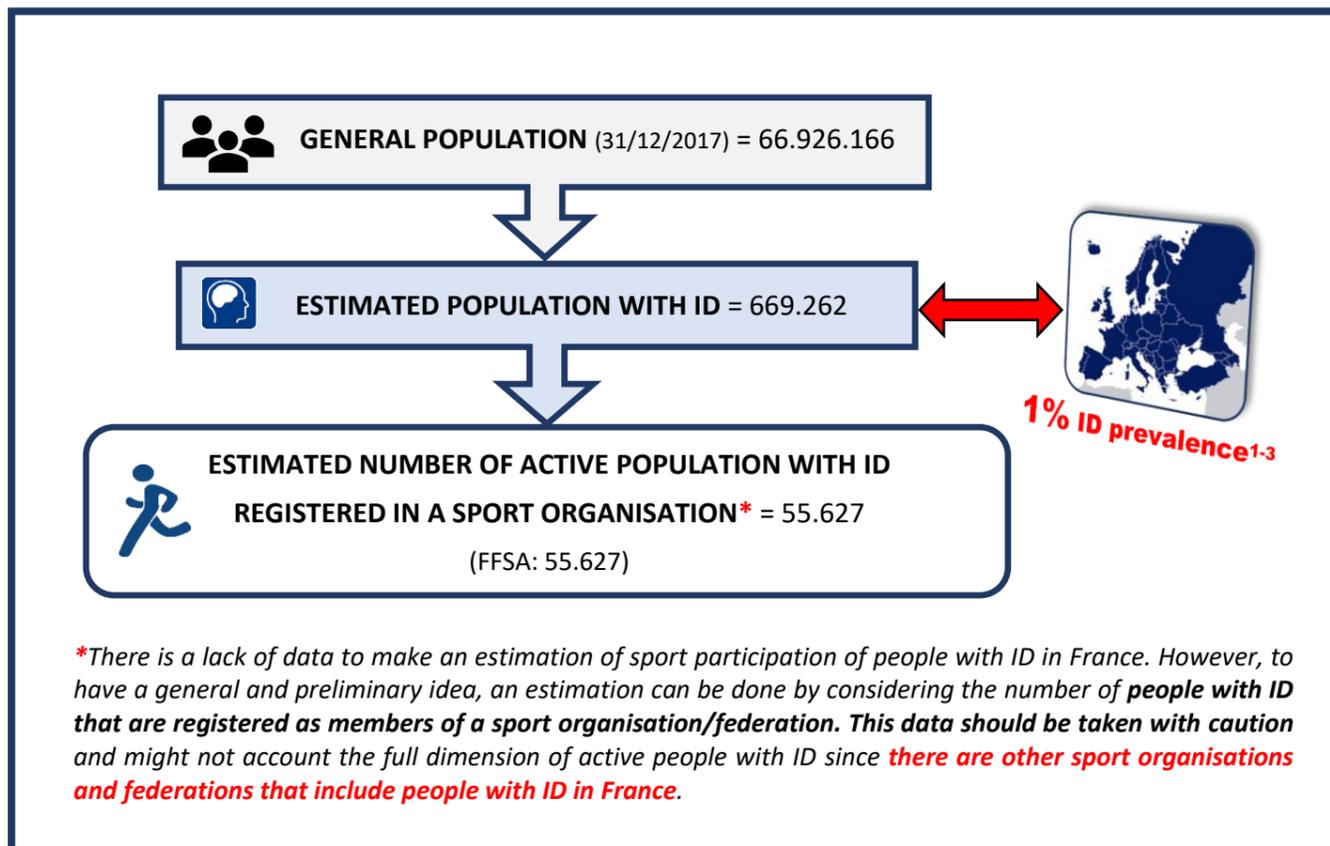
FRANCE



ESTIMATED POPULATION WITH INTELLECTUAL DISABILITIES (ID) REGISTERED IN A SPORT ORGANISATION*



■ Non-sport members / non-registered
■ Registered members



MAIN ID-SPORT HIGHLIGHTS IN FRANCE



Strengths

- Positive impact of **politics / laws** regarding Paralympic sport, disability sport and/or inclusive sport
- ID-sport **inclusion / integration in the mainstream sport**

Weaknesses

- **Lack of knowledge** from the mainstream sport federations on how to **deal with ID-athletes**
- **Difficulties to include / integrate parasport in the mainstream** sport federations (especially people with severe disabilities)

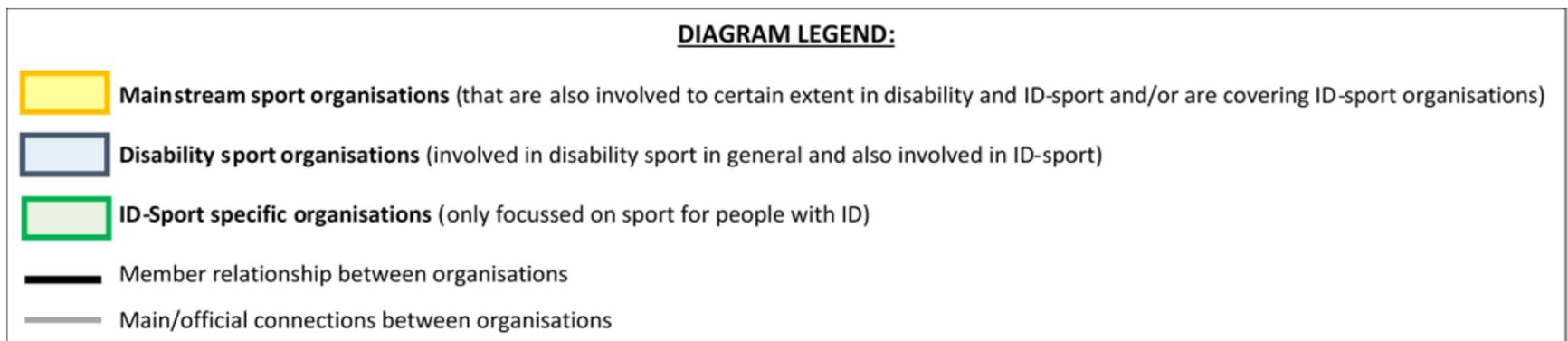
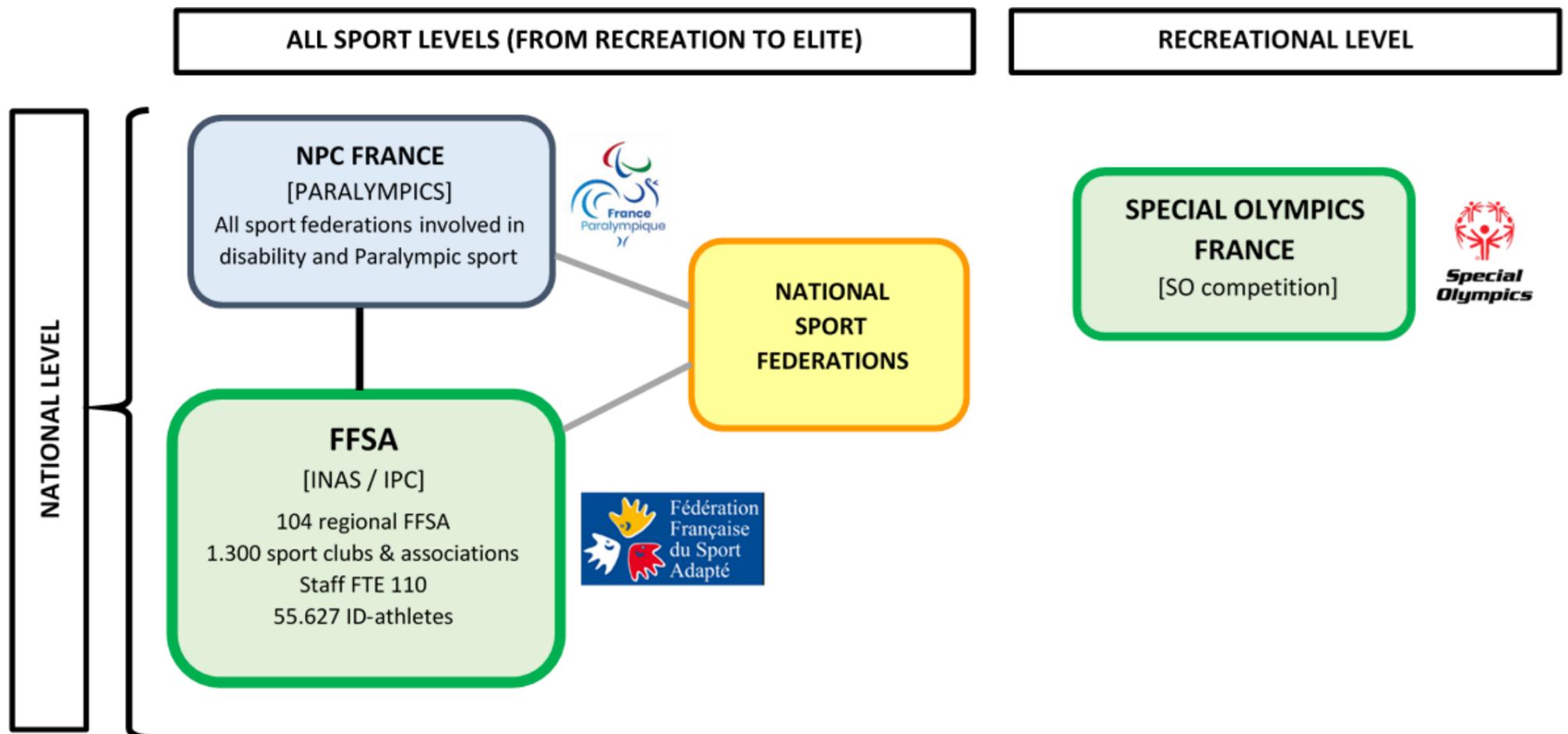
There are 3 main organisations for ID-sport in France + the role of the mainstream sport federations

1. National Paralympic Committee (NPC); 2. FFSA; 3. Special Olympics (SO) France

- **Comité Paralympique Et Sportif Français (CPSF)** is the **NPC in France**, it is internationally connected to the International Paralympic Committee (IPC) and it is in charge of the participation of French athletes with ID in the Paralympic Games. It encourages the development of high-performance sport and sport for all in connection with its affiliated federations. It is formed by two disability sport federations Fédération Française Handisport (FFH) for people with physical and/or sensorial disabilities, and **FFSA** (which stands for **Fédération Française du Sport Adapté**) for people with ID and psychological disorders, and the Paralympic and non-Paralympic **mainstream sport federations**.
 - **FFSA**, member of the **NPC France**, is the sport federation recognised by the French Sport Ministry to develop, organise, coordinate and control sport from leisure to high-performance competition for people with ID. It is internationally connected to INAS and the IPC. FFSA works in partnership with other sport federations (FFH and mainstream sport federations) to develop more resources and enhance sport inclusion.
 - **The mainstream sport federations** are also playing a role in ID-sport in France, since some of them work in partnership with **FFSA** for sport inclusion / integration.
- **SO France** offers sports at recreational level and participatory competitive opportunities for people with ID.

A visual representation is provided on the next page with a diagram on the national general structure of ID-sport in France.

NATIONAL GENERAL STRUCTURE OF ID-SPORT IN FRANCE



Note. NPC: National Paralympic Committee; SO: Special Olympics; FFSA: Fédération Française du Sport Adapté; INAS: International Federation for Athletes with Intellectual Impairments; IPC: International Paralympic Committee; FTE: full time equivalent; ID: intellectual disabilities.

Organizations involved in ID-sport appear in boxes whose border thicknesses vary depending on how strongly they are involved in ID-sport.

Data provided in the boxes reveal: Name of the organisation – general and/or international role – umbrella coverage (regional offices, associations, sport clubs, etc.) – staff – members with ID if available.

Staff refers to the organisation’s salaried staff.

The current situation might have changed since the last data retrieval (February 2019) because it is a continuously evolving process.

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- Beange, H. (2002). Epidemiological issues. In V. P. Prasher & M. P. Janicki (Eds.), *Physical health of adults with intellectual disabilities* (pp. 1-20). Oxford: Blackwell.
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Data collected from surveys answered by the organisation that represents INAS in France (data from the NPC and SO were not available) and retrieved from September 2018 to February 2019

HOW IS SPORT FOR PEOPLE WITH INTELLECTUAL DISABILITIES (ID-SPORT) ORGANISED IN GERMANY- DEUTSCHLAND ?

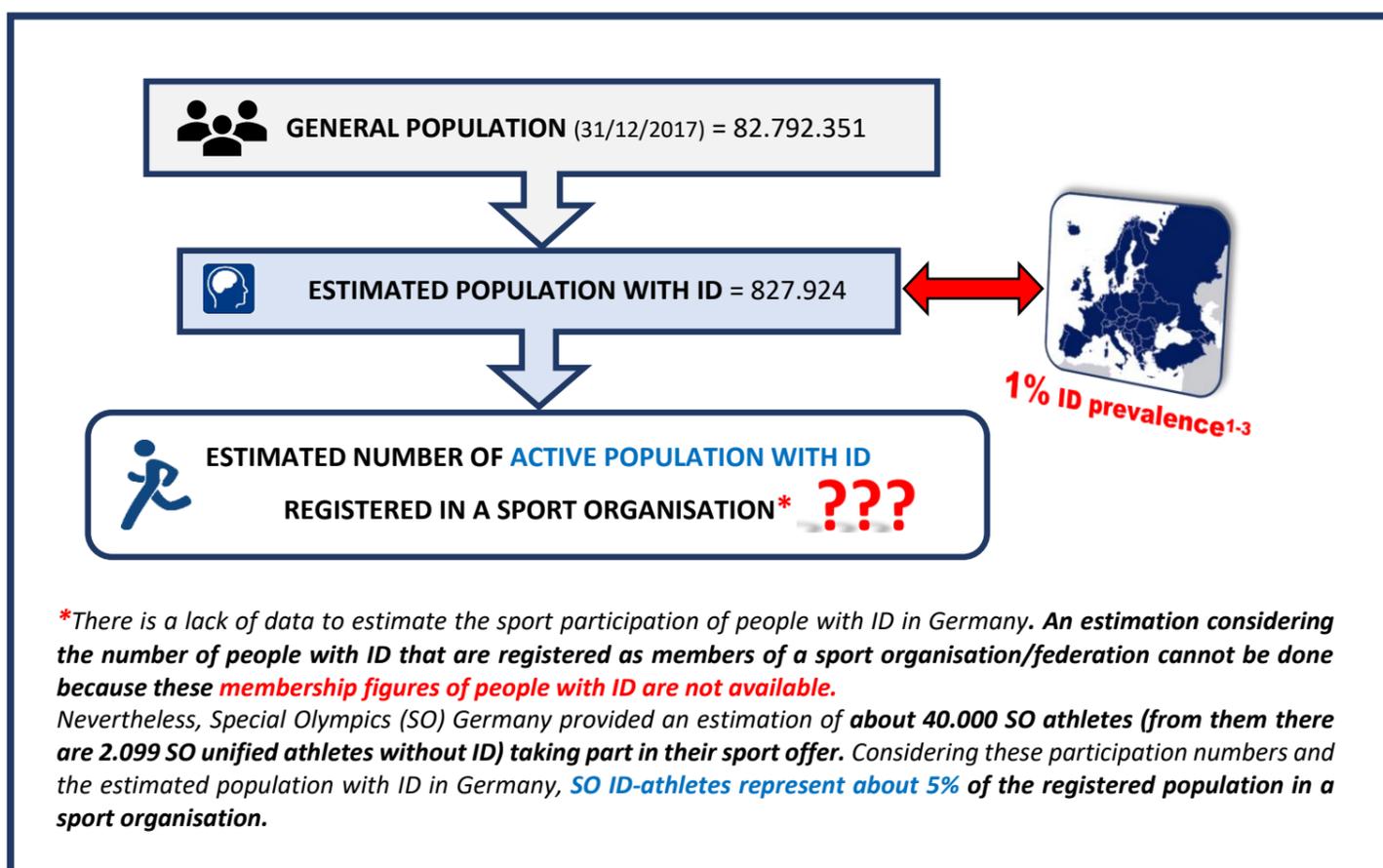
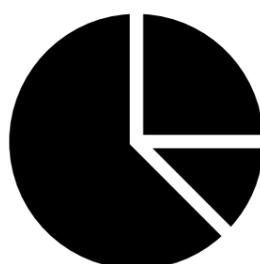
GERMANY



Adriana Marin-Urquiza and Debbie Van Biesen (2019)



NO POSSIBLE STATISTICS TO ESTIMATE THE POPULATION WITH INTELLECTUAL DISABILITIES (ID) REGISTERED IN A SPORT ORGANISATION *



MAIN ID-SPORT HIGHLIGHTS IN GERMANY



Strengths

- Organisations with a **good structure and offer for different sport levels**
- Networking** and connections between organisations
- Signed **UN convention on the rights of persons with disabilities** and its implementation by the ministries and non-governmental sport organisations

Weaknesses

- Accessibility barriers** to reach the venues and to practise sport (especially in rural areas)
- Not many people with ID participating in sport**
- Although funding goes to all levels, some organisations complain about **funding** going to certain sport levels
- Societal and political perceptions towards inclusion** still need to improve

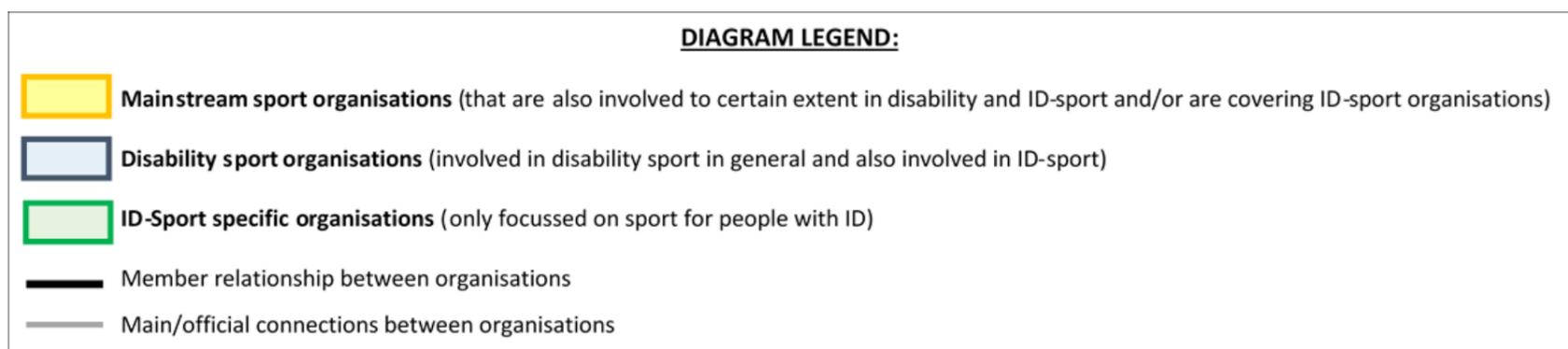
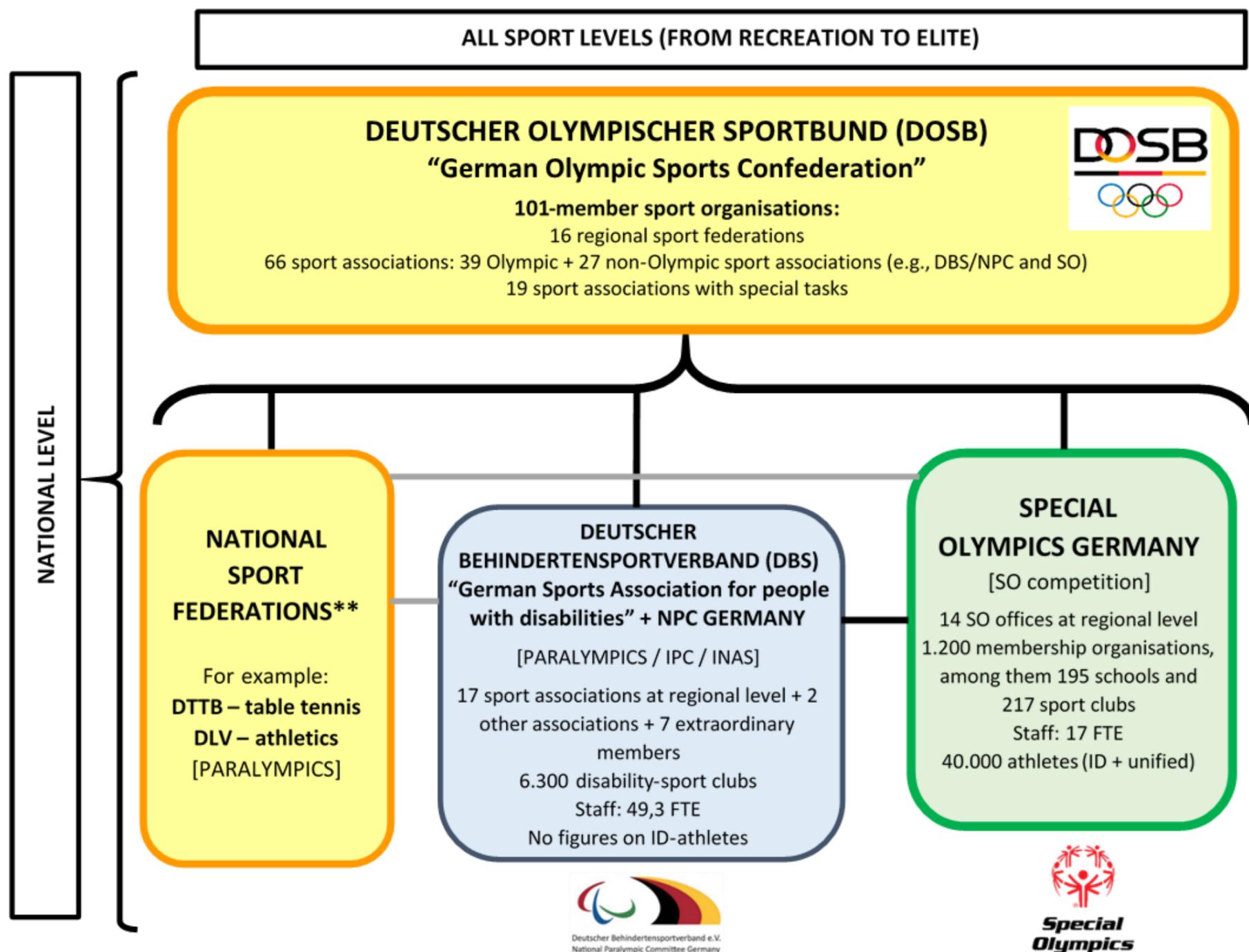
Under the scope of DOSB, there are 2 main sport organisations involved in ID-sport + the role of mainstream sport federations

Main national sport organisations that include ID-sport in Germany:

- **DOSB** (which stands for **Deutscher Olympischer Sportbund**), the German Olympic Sports Confederation, is the non-governmental umbrella organisation for all sports, all ages and all sport levels (from recreation to high-performance) in Germany. Under the roof of DOSB there are 101-member organisations, among these 101 there are 66 Olympic and non-Olympic sport associations, where **DBS** (which stands for **Deutscher Behindertensportverband e.V.**) and **SO Germany** are included as non-Olympic sport associations among others.
 - **DBS** is the German Sport Association for people with disabilities and also the **German Paralympic Committee (NPC in Germany)**, that it is internationally connected to the International Paralympic Committee (IPC). It is in charge of high-performance disability sport and responsible for the participation of German athletes with ID in the Paralympic Games and in INAS championships. DBS also promotes recreation, rehabilitation and public health for people with any types of disabilities through sport participation.
 - **SO Germany**. Provides sport at recreational level and participatory competitive opportunities for people with ID.
 - There are other foundations and associations members of SO Germany (e.g., *Bundesvereinigung Lebenshilfe e.V.*), that represent and support people with ID.
 - The **mainstream sport federations** (included as Olympic and non-Olympic sport associations in DOSB) are also playing a role in ID-sport since there is an ongoing process to include / integrate ID-sport (and disability sport) in the mainstream sport. This trend will get enhanced in the following years, since SO World Games will be held in Berlin in 2023 and more mainstream sport federations will work together with SO.

A visual representation is provided on the next page with a diagram on the national general structure of ID-sport in Germany.

NATIONAL GENERAL STRUCTURE OF ID-SPORT IN GERMANY



Note. DTTB: Deutsche Tischtennis-Bund; DLV: Deutsche Leichtathletik-Verband; NPC: National Paralympic Committee; IPC: International Paralympic Committee; INAS: International Federation for Athletes with Intellectual Impairments; FTE: full time equivalent; ID: intellectual disability; SO: Special Olympics. **Organizations involved in ID-sport appear in boxes whose border thicknesses vary depending on how strongly they are involved in ID-sport.**

Data provided in the boxes reveal: Name of the organisation – general and/or international role – umbrella coverage (regional offices, associations, sport clubs, etc.) – staff – members with ID if available.

The figures on SO members should be taken with caution since they are an estimation and include athletes with ID and unified athletes (i.e., athletes without disabilities).

Staff refers to the (national) organisation’s salaried staff.

The current situation might have changed since the last data retrieval (February 2019) because it is a continuously evolving process.

** Two examples of mainstream sport federations that include / integrate ID-sport are provided in the diagram. More mainstream sport federations will include ID-sport in the following years since there is an ongoing process in the country to include / integrate ID-sport (and disability sport) in the mainstream sport.

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1. Walsh, P. N., Kerr, M., & Van Schroyen Lantman-de Valk, H. M. J. (2003). Health indicators for people with intellectual disabilities. *European Journal of Public Health, 13*, 47-50. DOI: 10.1093/eurpub/13.suppl_3.47
2. Beange, H. (2002). Epidemiological issues. In V. P. Prasher & M. P. Janicki (Eds.), *Physical health of adults with intellectual disabilities* (pp. 1-20). Oxford: Blackwell.
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Data collected from surveys answered by the organisations that represent NPC, INAS and SO in Germany and retrieved from September 2018 to February 2019

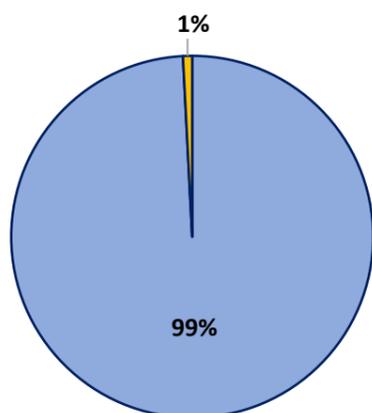
HOW IS SPORT FOR PEOPLE WITH INTELLECTUAL DISABILITIES (ID-SPORT) ORGANISED IN GREAT BRITAIN (GB) ?

Adriana Marin-Urquiza and Debbie Van Biesen (2019)

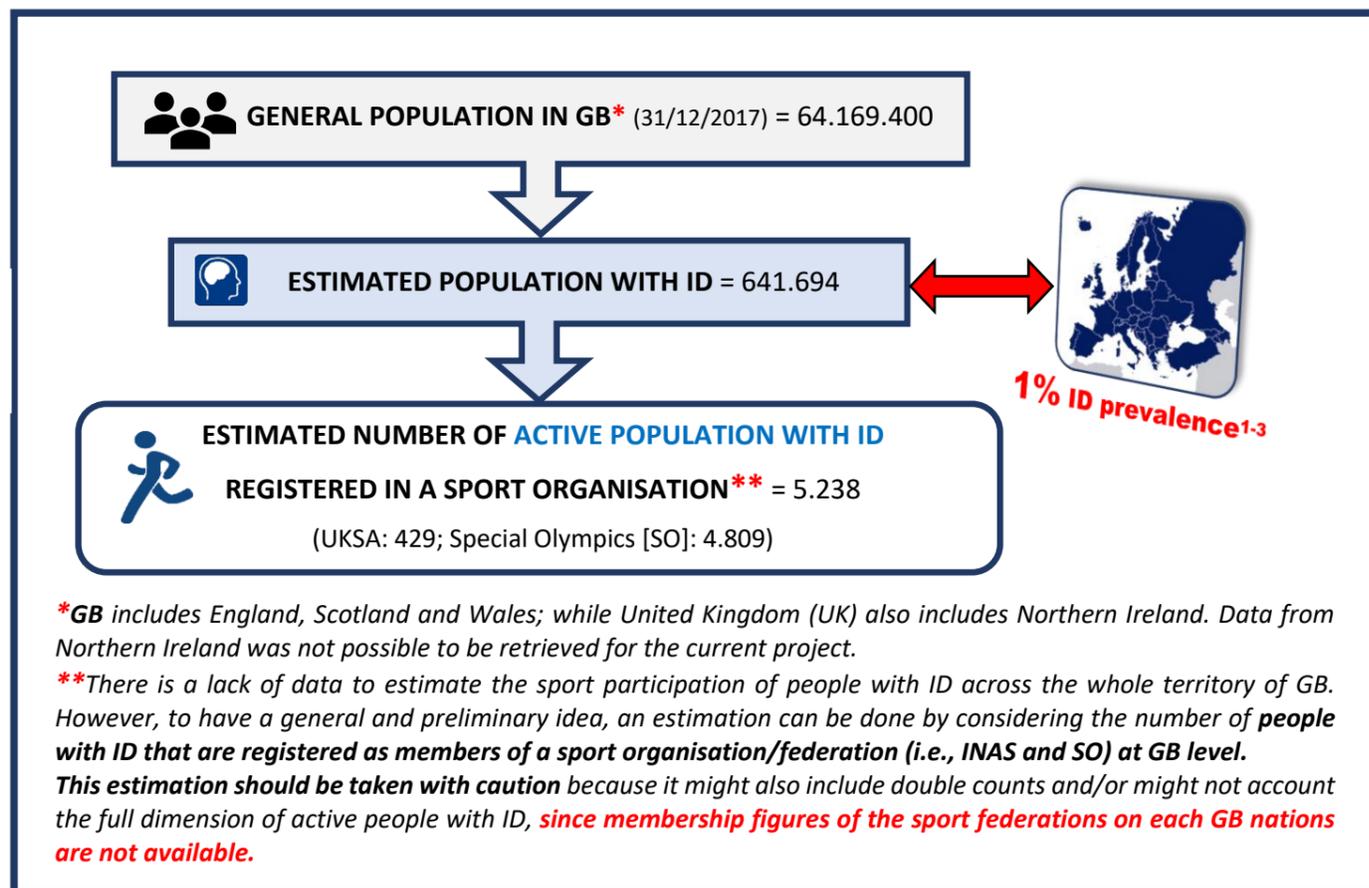
GREAT BRITAIN



ESTIMATED POPULATION WITH INTELLECTUAL DISABILITIES (ID) REGISTERED IN A SPORT ORGANISATION**



■ Non-sport members / non-registered
■ Registered members



MAIN ID-SPORT HIGHLIGHTS IN GREAT BRITAIN



Strengths

- **Networking** and connections between organisations
- ID-sport **inclusion / integration in the mainstream sport**
- Good **attitudes** and increased awareness in the society (especially after London Games)
- Wide **sport offer and opportunities** for ID-athletes

Weaknesses

- **Limited economic resources** and funding
- Structural problems: **fragmented landscape + connection and communication problems between organisations**, necessity to strength partnership relations.
- **Funding goes to certain sports** and levels (elite level)
- **Limited of knowledge** on ID-sport and ID-athletes

There are 3 main organisations involved in ID-sport in GB as a whole + the role of the GB mainstream sport federations

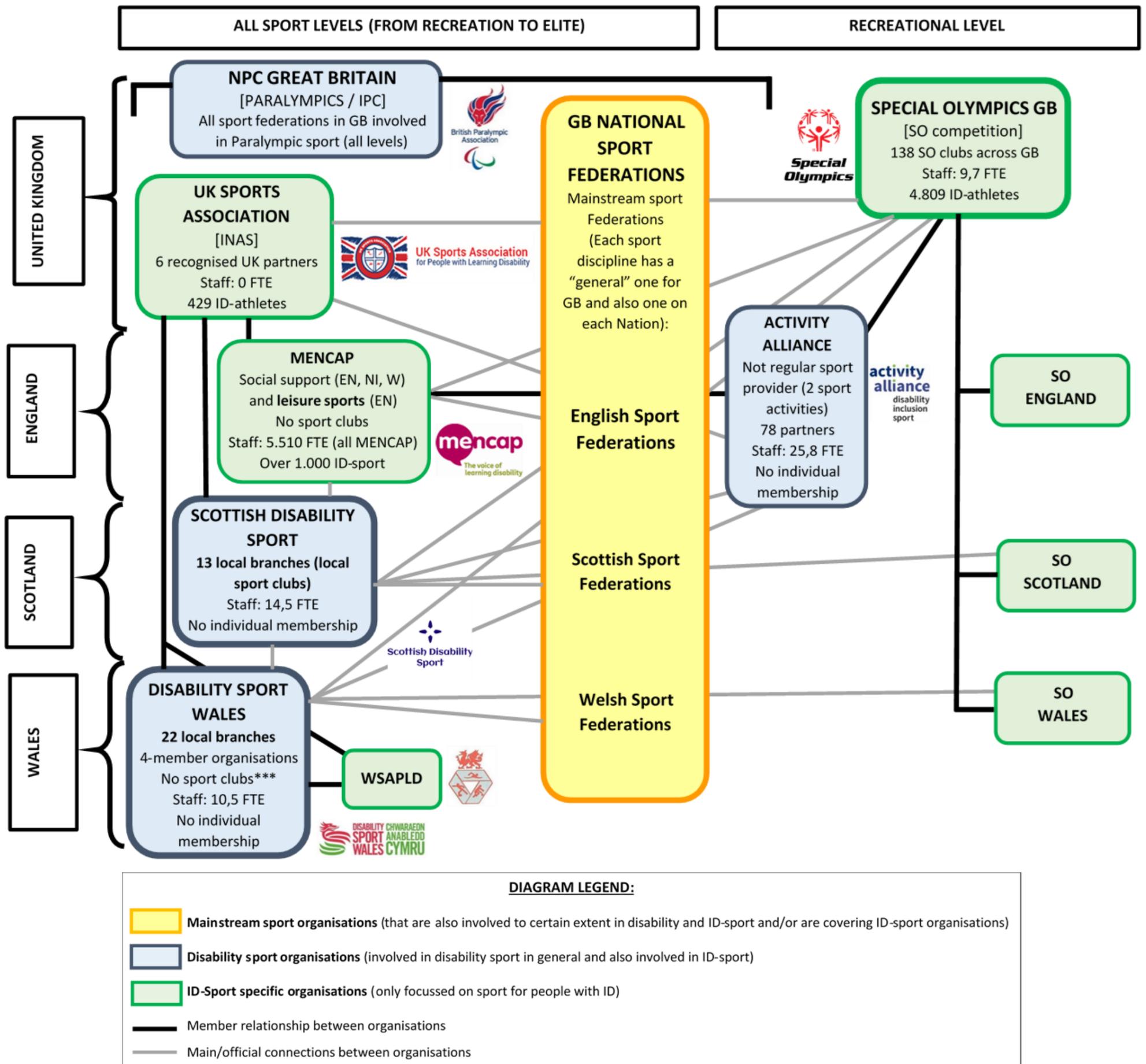
1. National Paralympic Committee (NPC); 2. UKSA & its member federations in each GB nation; 3. SO GB

- **British Paralympic Association** is the **NPC in GB**, it is internationally connected to the International Paralympic Committee (IPC) and it is the responsible for the participation of British athletes with ID in the Paralympic Games.
- **UKSA** (which stands for **UK Sports Association**) is the umbrella organisation of the UK federations that are involved in ID-sport. It is a member of the NPC in GB, it is internationally connected to INAS and it focusses on the high-performance competitive pathway of ID-athletes and its management in the UK nations:
 - **MENCAP** is an organisation that represents and supports people with ID (in England, Northern Ireland and Wales) and it is also involved in the provision of ID-sport at recreational level in **England**. Although it is a member of the **UKSA**, their main focus its on grassroots and recreational level.
 - **Scottish Disability Sport**, member of the **UKSA**, is the federation for disability sport for all ages and all sport levels in **Scotland**. It works together with the Scottish mainstream sport federations towards sport inclusion and together they identify the most successful Scottish athletes for the GB team.
 - **Welsh Sports Association for People with Learning Disabilities (WSAPDL)**, member of the **UKSA**, provides sport opportunities at any level for people with ID in **Wales**. It is a member of **Disability Sport Wales (DSW)**, which is the federation for disability sport for all ages and all sport levels in Wales and also a member of **UKSA**. Since WSAPDL is a small association, it relies on the support and lead from DSW, whose main purpose is achieving a real sport inclusion. DSW also identifies together with the Welsh mainstream sport federations the most successful Welsh athletes for the GB team.
- **SO GB** provides sport at recreational level and participatory competitive opportunities for people with ID across GB nations.
- **The mainstream sport federations** also play a role in ID-sport since some of them are including / integrating different sport disciplines for people with ID (e.g., The Lawn Tennis Association and the England and Wales Cricket Board [ECB] among others). In England they are in charge of the high-performance development of ID-athletes and on the athlete identification for the GB team. Moreover, every sport has its own sport federation across the different nations and also at GB level.
- **Activity Alliance** supports and provides sports (at grassroots and leisure levels) for people with disabilities to be active for life in **England**. It is an umbrella organisation which works in membership and partnership with a wide range of organisations across GB to support them on their sport activities.

A visual representation is provided on the next page with a diagram on the national general structure of ID-sport in GB.

Data collected from surveys answered by the organisations that represent INAS and SO in GB (data from the NPC were not available) and retrieved from September 2018 to February 2019

NATIONAL GENERAL STRUCTURE OF ID-SPORT IN GB



Note. NPC: National Paralympic Committee; IPC: International Paralympic Committee; GB: Great Britain; SO: Special Olympics; FTE: full time equivalent; ID: intellectual disability; UK: United Kingdom; INAS: International Federation for Athletes with Intellectual Impairments; EN: England; NI: Northern Ireland; W: Wales; WSAPLD: Welsh Sport Association for People with Learning Disabilities.

Organizations involved in ID-sport appear in boxes whose border thicknesses vary depending on how strongly they are involved in ID-sport.

Data provided in the boxes reveal: Name of the organisation – general and/or international role – umbrella coverage (regional offices, associations, sport clubs, etc.) – staff – members with ID if available.

Staff refers to the organisation’s salaried staff.

The current situation might have changed since the last data retrieval (February 2019) because it is a continuously evolving process.

***A general idea can be provided on Welsh sport clubs: 142 ID-specific sport clubs (2.085 athletes); 13 sport clubs for profound ID and multiple disabilities (267 athletes); 724 pan-disability (with different disability profiles) sport clubs that very likely include people with ID within them.

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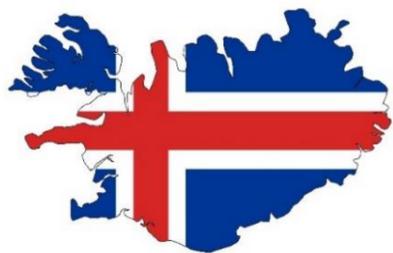
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- Beange, H. (2002). Epidemiological issues. In V. P. Prasher & M. P. Janicki (Eds.), *Physical health of adults with intellectual disabilities* (pp. 1-20). Oxford: Blackwell.
- Maulik, P. K., Mascarenhas, M. N., Mathers, C. D., Dua, T., & Saxena, S. (2011). Prevalence of intellectual disability: A meta-analysis of population-based studies. *Research in Developmental Disabilities, 32*, 419-436. DOI: 10.1016/j.ridd.2010.12.018

Data collected from surveys answered by the organisations that represent INAS and SO in GB (data from the NPC were not available) and retrieved from September 2018 to February 2019

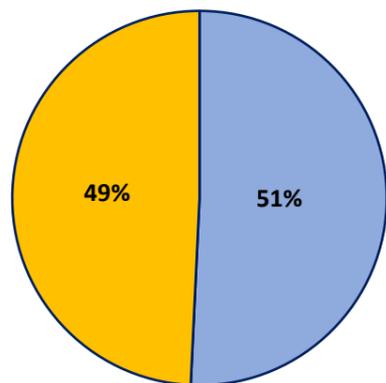
HOW IS SPORT FOR PEOPLE WITH INTELLECTUAL DISABILITIES (ID-SPORT) ORGANISED IN ICELAND- ÍSLAND ?

Adriana Marin-Urquiza, Ingi Thor Einarsson and Debbie Van Biesen (2019)

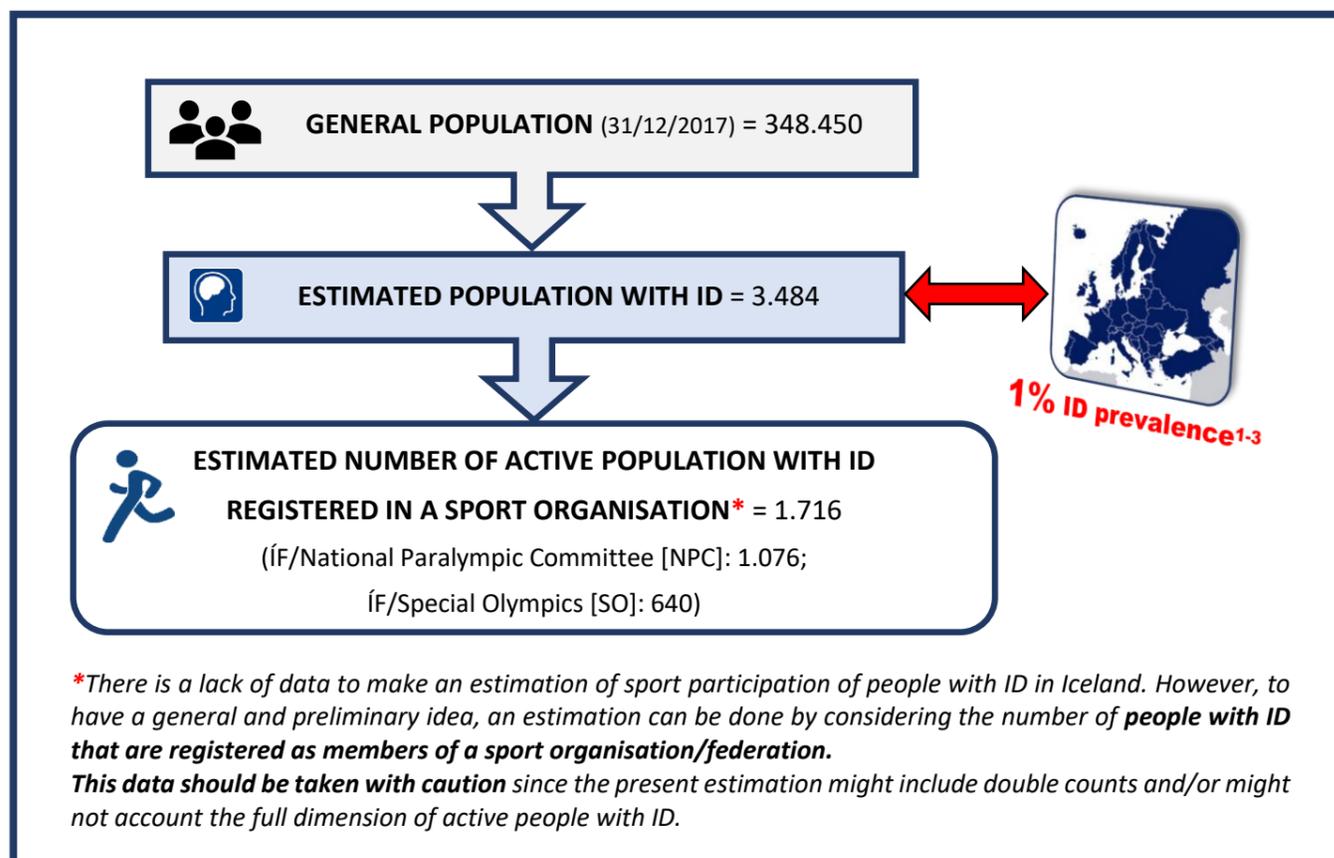
ICELAND



ESTIMATED POPULATION WITH INTELLECTUAL DISABILITIES (ID) REGISTERED IN A SPORT ORGANISATION*



■ Non-sport members / non-registered
■ Registered members



MAIN ID-SPORT HIGHLIGHTS IN ICELAND



Strengths

- Organisations working under one same roof / **one main organisation** → Good **communication and networking**
- Good **media coverage** ID-sport
- ID-sport **inclusion / integration in the mainstream sport** (especially for high-performance sport level)

Weaknesses

- Small country → **few athletes**, difficult to develop and offer team sports
- Challenges of working together** to make **certain agreements** due to goal differences

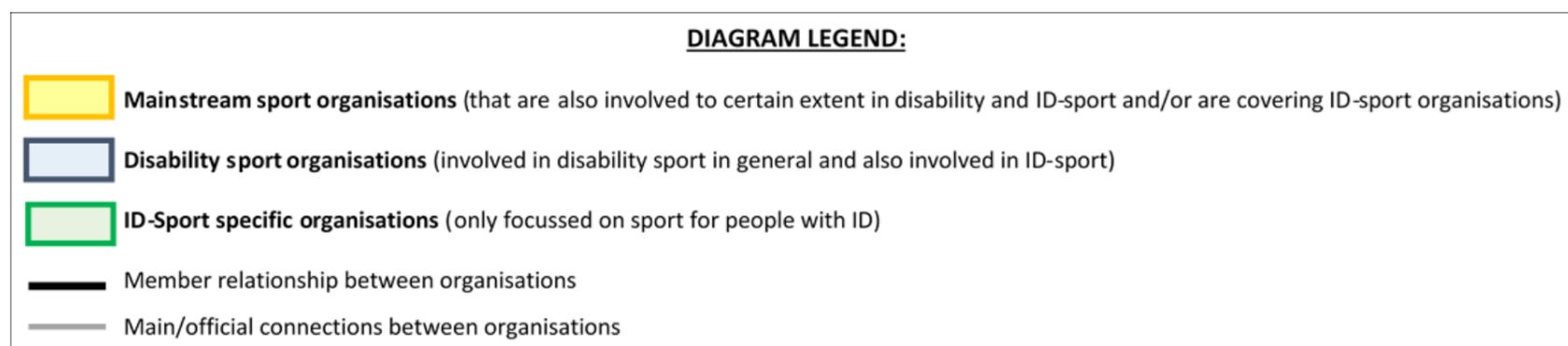
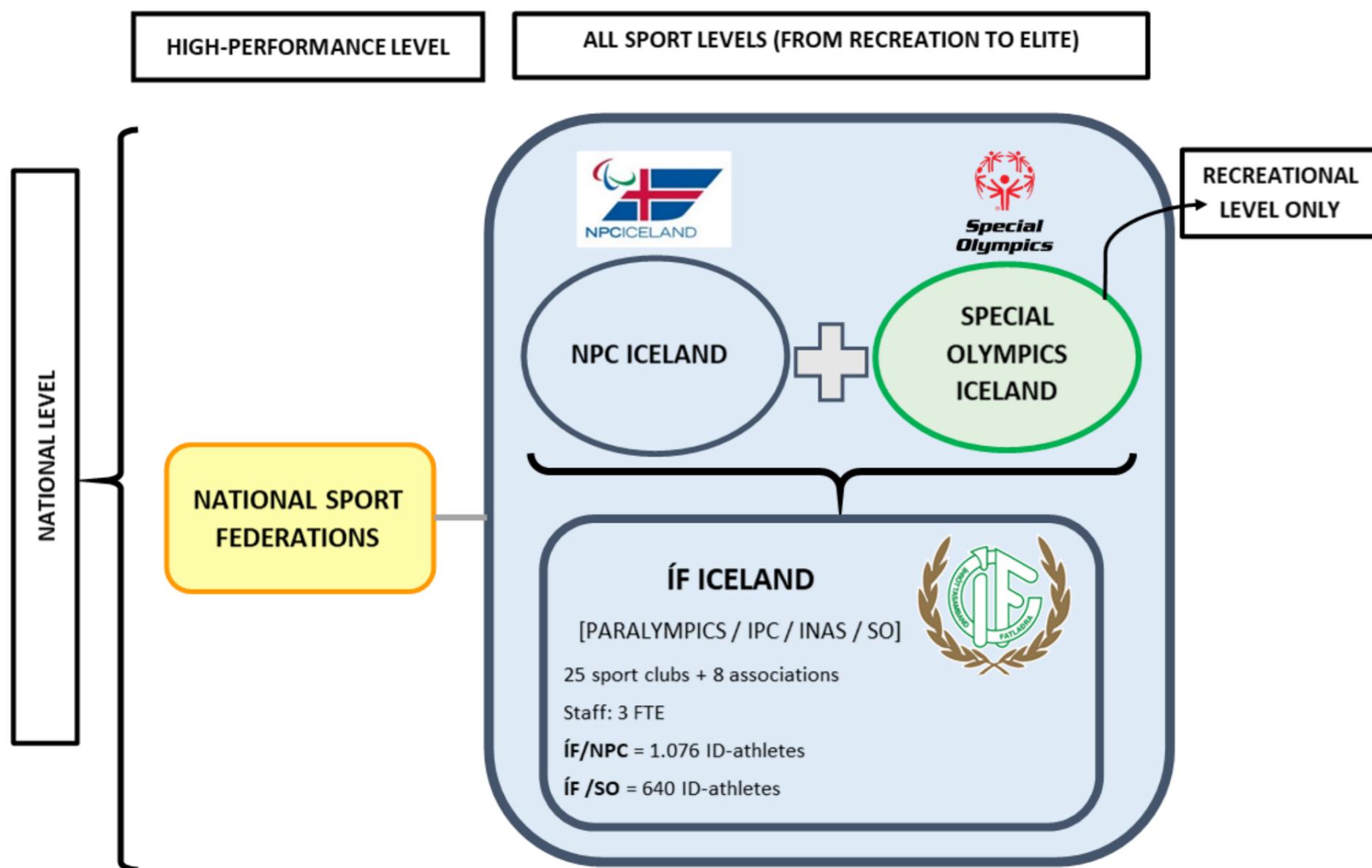
There is 1 main organisation for ID-sport in Iceland + the role of the mainstream sport federations

Íþróttasamband fatlaðra (ÍF) = NPC + SO

- **ÍF** is the Icelandic sports association for people with disabilities and it is formed by the **NPC in Iceland** and **SO Iceland**. At international level it is connected with the International Paralympic Committee (IPC), INAS, SO and with the other Nordic countries by the "5 nations – 1 team" cooperation. Through ÍF, athletes (with any type of disability) start in special sport clubs; then, depending on their skills and sport pathway they focus more into going for SO, INAS or the Paralympic movement. When ID-athletes are following the Paralympic pathway or when they reach a certain performance level, they usually train in mainstream sport clubs. Nevertheless, some disability sport clubs, members of ÍF, are also taking part in preparing ID-athletes for high-performance events and the Paralympics.
 - **NPC** in Iceland is the responsible for the participation of the Icelandic athletes with disabilities, including athletes with ID, in the Paralympic Games.
 - **SO Iceland** counts with the support from ÍF to offer sports at recreational level and participatory competitive opportunities for people with ID.
- **The mainstream sport federations** are also playing a role in high-performance ID-sport in Iceland, since they collaborate with **ÍF** for including / integrating sport for people with ID, especially in the sport categories for swimming, athletics and gymnastics. Moreover, there is a very good cooperation between mainstream and disability sport clubs (e.g., high-performance ID-athletes usually train in mainstream sport clubs and then compete for a disability club).

A visual representation is provided on the next page with a diagram on the national general structure of ID-sport in Iceland.

NATIONAL GENERAL STRUCTURE OF ID-SPORT IN ICELAND



Note. NPC: National Paralympic Committee; ÍF: Íþróttasamband fatlaðra; IPC: International Paralympic Committee; INAS: International Federation for Athletes with Intellectual Impairments; SO: Special Olympics; FTE: full time equivalent; ID: intellectual disability.

Organizations involved in ID-sport appear in boxes whose border thicknesses vary depending on how strongly they are involved in ID-sport.

Data provided in the ÍF box reveal: Name of the organisation – general and/or international role – umbrella coverage (regional offices, associations, sport clubs, etc.) – staff – members with ID.

The figures on SO members should be taken with caution since they are an estimation and include athletes with ID and unified athletes (i.e., athletes without disabilities).

Staff refers to the (national) organisation’s salaried staff.

The current situation might have changed since the last data retrieval (February 2019) because it is a continuously evolving process.

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3. Maulik, P. K., Mascarenhas, M. N., Mathers, C. D., Dua, T., & Saxena, S. (2011). Prevalence of intellectual disability: A meta-analysis of population-based studies. *Research in Developmental Disabilities, 32*, 419-436. DOI: 10.1016/j.ridd.2010.12.018

Data collected from surveys answered by the organisations that represent NPC, INAS and SO in Iceland and retrieved from September 2018 to February 2019

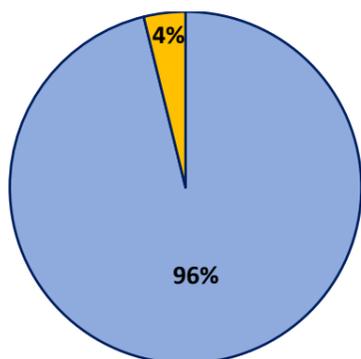
HOW IS SPORT FOR PEOPLE WITH INTELLECTUAL DISABILITIES (ID-SPORT) ORGANISED IN ITALY- ITALIA ?

Adriana Marin-Urquiza, Asia Facin and Debbie Van Biesen (2019)

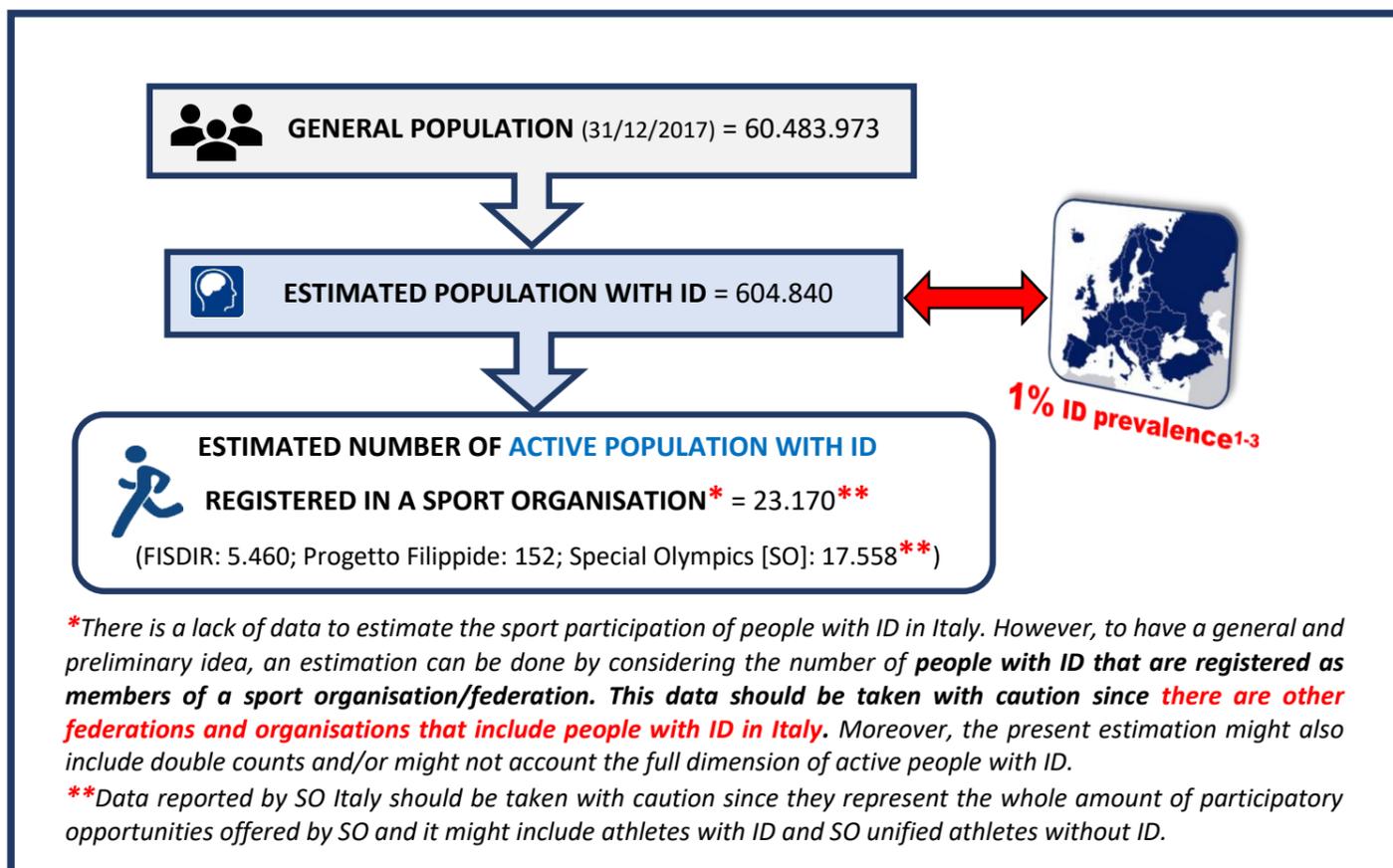
ITALY



ESTIMATED POPULATION WITH INTELLECTUAL DISABILITIES (ID) REGISTERED IN A SPORT ORGANISATION*



■ Non-sport members / non-registered
■ Registered members



MAIN ID-SPORT HIGHLIGHTS IN ITALY



Strengths

- Positive impact of **politics / laws** regarding Paralympic sport
- **Media and broadcasting** of Paralympic sport
- Evolution of "disability language" in the public knowledge **improved societal perceptions**

Weaknesses

- **Propagation and widespread of the information** on the different ID-sport possibilities and opportunities
- **Standardization of the organisation procedures** for national and international events

There are 3 main organisations involved in ID-sport in Italy + the role of other associations and sport (mainstream & Paralympic) federations

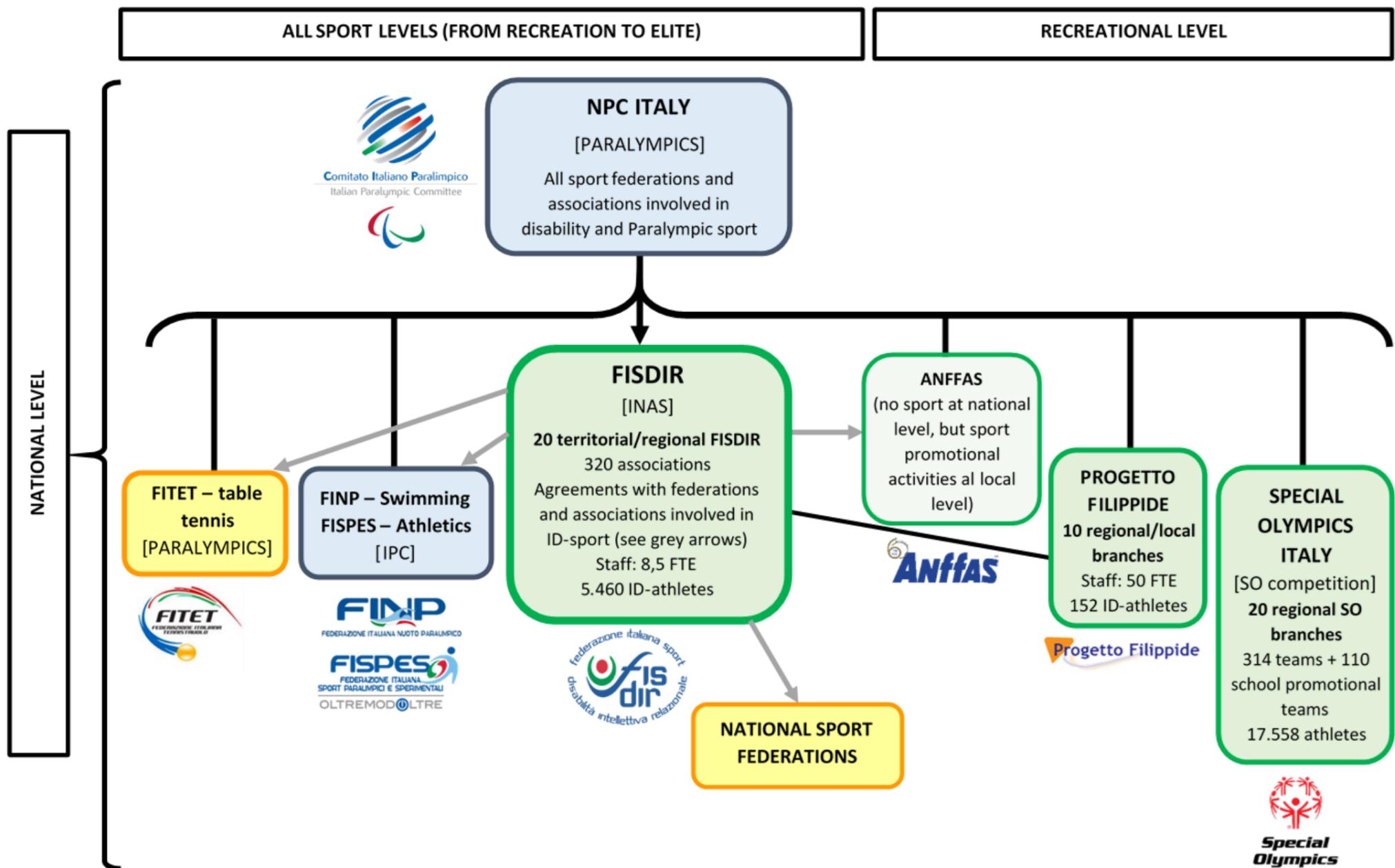
1. National Paralympic Committee (NPC); 2. FISDIR; 3. SO Italy

- **Comitato Italiano Paralimpico (CIP)** is the **NPC in Italy**, it is internationally connected to the International Paralympic Committee (IPC) and it is in charge of the participation of Italian athletes with ID in the Paralympic Games. Moreover, the CIP is the umbrella organisation for all disability sport in Italy and its organisational structure is divided into:
 - 9 Paralympic Sport Federations "Federazioni Sportive Paralimpiche" which are parasport federations and disability-specific multi-sport federations. From this group, in relation to ID-sport provision there is **FISDIR "Federazione Italiana Sport Paralimpici Degli Intellettivo Relazionali"** and the sport-specific federations for the disciplines of para-swimming (FINP) and para-athletics (FISPES).
 - **FISDIR** is the Italian sport federation for people with ID. It has collaboration agreements with other sport federations (**mainstream sport federations, sport promotion associations, etc.**) across Italy for them provide and/or promote sport for people with ID. It is internationally connected with INAS.
 - 19 National Paralympic Sport Federations "Federazioni Sportive Nazionali Paralimpiche" which are **the mainstream sport federations** that include / integrate Paralympic sport disciplines. For instance, in relation to ID-sport the Italian Table Tennis Federation (FITET) belongs to this group.
 - 8 Paralympic Associate Sports Disciplines "Discipline Sportive Associate Paralimpiche" which are **the mainstream sport federations** that include / integrate people with disabilities (including ID).
 - 13 Paralympic Sports Promotion Organizations "Enti di Promozione Sportiva Paralimpica". From this group, in relation to ID-sport **ANFFAS (Associazione Nazionale Famiglie con Disabilità Intellettiva e/o Relazionale)**, which is an association that represents and supports people with ID in Italy, is involved in sport promotion activities for active lifestyles through agreements with **FISDIR**.
 - 7 Meritorious Associations "Associazioni Benemerite". From this group in relation to ID-sport there are:
 - **SO Italy** offers sports at recreational level and also participatory competitive opportunities for people with ID.
 - **Progetto Filippide**, affiliated to **FISDIR**, is an association that provides recreational and training sport activities across Italy for people with ID and specifically for people with autism and/or rare diseases for their physical and psychological well-being as well as for socialization.

A visual representation is provided on the next page with a diagram on the national general structure of ID-sport in Italy.

Data collected from surveys answered by the organisations that represent INAS and SO in Italy (data from the NPC were not available) and retrieved from September 2018 to February 2019

NATIONAL GENERAL STRUCTURE OF ID-SPORT IN ITALY



Note. NPC: National Paralympic Committee; FITET: Federazione Italiana Tennistavolo; FINP: Federazione Italiana Nuoto Paralimpico; FISPES: Federazione Italiana Sport Paralimpici e Sperimentali; IPC: International Paralympic Committee; FISDIR: Federazione Italiana Sport Paralimpici Degli Intellettivo Relazionali; INAS: International Federation for Athletes with Intellectual Impairments; ID: intellectual disability; FTE: full time equivalent; ANFFAS: Associazione Nazionale Famiglie di Persone con Disabilità Intellettiva e/o Relazionale; SO: Special Olympics.

Organizations involved in ID-sport appear in boxes whose border thicknesses vary depending on how strongly they are involved in ID-sport.

Data provided in the boxes reveal: Name of the organisation – general and/or international role – umbrella coverage (regional offices, associations, sport clubs, etc.) – staff – members with ID if available.

Staff refers to the organisation’s salaried staff.

Relationships between organisations depicted with arrows show the direction of the connections. That is, the NPC in Italy gave the management, organisation and development of ID-sport to FISDIR; and then FISDIR made collaboration agreements with other sport federations for them to provide and/or promote sport for people with ID and/or to also include / integrate it in the mainstream sport federations.

The current situation might have changed since the last data retrieval (February 2019) because it is a continuously evolving process.

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Data collected from surveys answered by the organisations that represent INAS and SO in Italy (data from the NPC were not available) and retrieved from September 2018 to February 2019

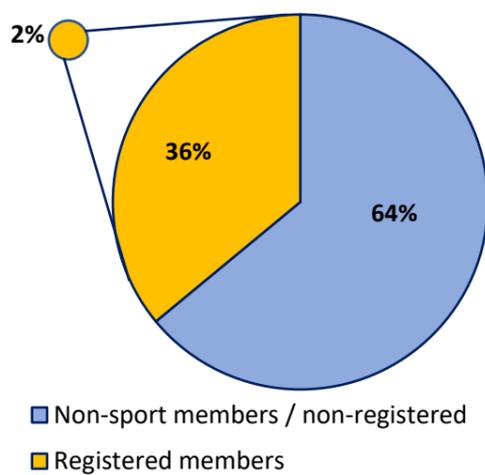
HOW IS SPORT FOR PEOPLE WITH INTELLECTUAL DISABILITIES (ID-SPORT) ORGANISED IN NETHERLANDS (NL) – NEDERLAND ?

Adriana Marin-Urquiza, Janne Kerremans and Debbie Van Biesen (2019)

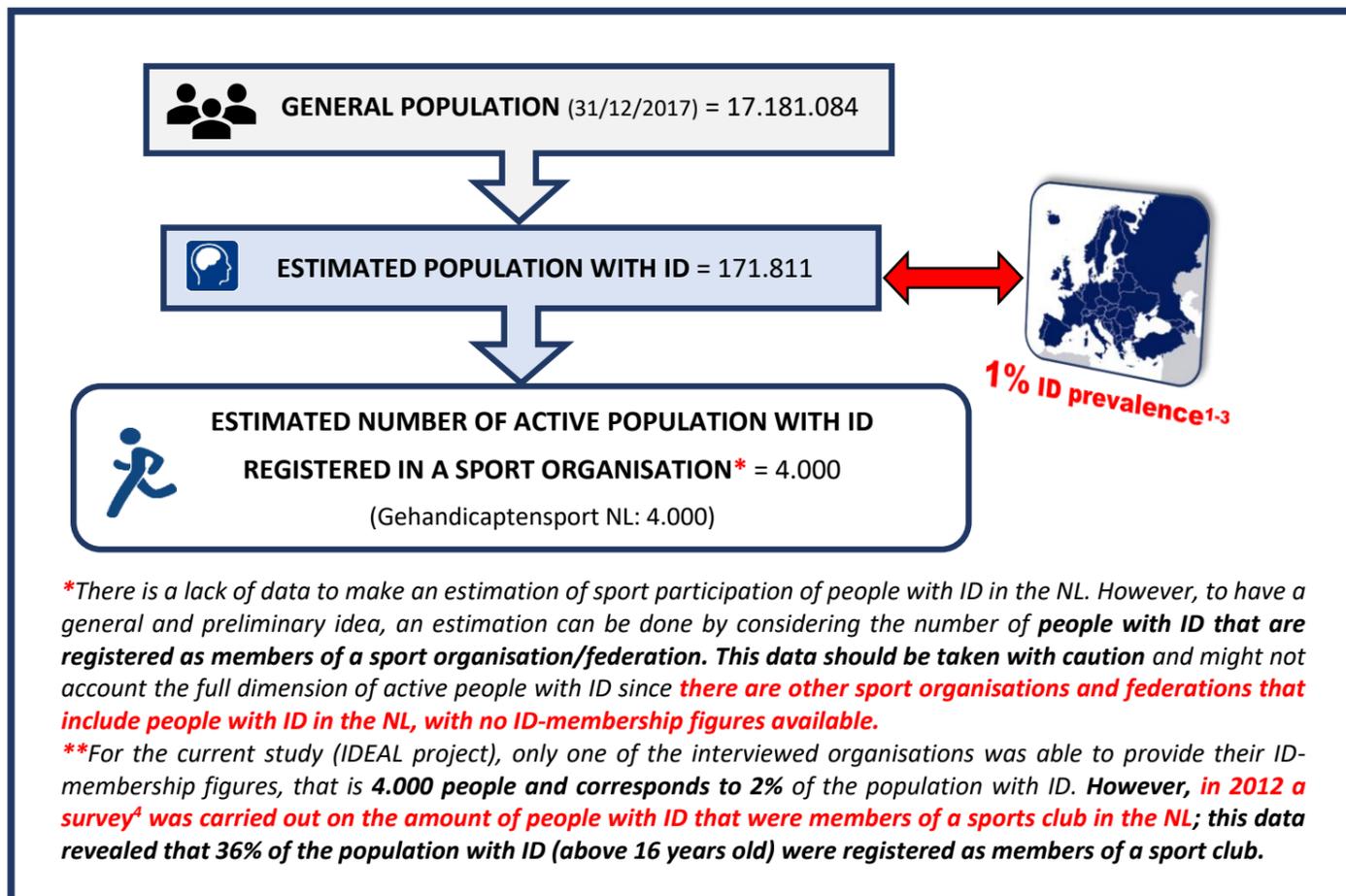
NETHERLANDS



ESTIMATED POPULATION WITH INTELLECTUAL DISABILITIES (ID) REGISTERED IN A SPORT ORGANISATION**



NETHERLANDS (NL) – NEDERLAND ?



MAIN ID-SPORT HIGHLIGHTS IN THE NETHERLANDS



Strengths

- **Positive attention and visibility** of ID-sport (e.g., through the work of Special Olympics [SO])
- **Large number of participants** in ID-sport (people with ID is the disability group with the highest rates of sport participation)

Weaknesses

- **Integration** of disability sport was decided by the Government and the **mainstream sport federations did not have the required background / knowledge** to deal with the new structure and “new” athletes
- Some organisations consider there is **multiplicity of certain structures**
- **Limited economic resources** and funding

There are 3 main organisations involved in ID-sport in the Netherlands + the role of foundations ID-sport

1. NOC*NSF; 2. National mainstream sport federations (+ Gehandicaptensport NL); 3. SO NL

- **National Olympisch Comité * Nederlandse Sport Federatie (NOC*NSF)** represents the integration of the **National Olympic Committee and the National Paralympic Committee (NPC)** as a unique sport umbrella organisation for people with and without disabilities in the NL. Under its roof, there are 74 national sport federations (i.e., the **mainstream sport federations and Gehandicaptensport NL**). Apart from the connections and management of the Olympic sport, it is internationally connected to the International Paralympic Committee (IPC) and it is in charge of the participation of Dutch athletes with ID in the Paralympic Games. It is also internationally connected to INAS, but the **mainstream sport federations** are the ones in charge of the high-performance trajectory of the Dutch athletes with ID and on their participation at INAS championships. NOC*NSF also works in partnership with other multiple organisations and foundations across the NL.
 - **The mainstream sport federations** play a key role in ID-sport in the NL, since disability sport was integrated since 2000 in the mainstream sport.
 - **Gehandicaptensport NL** is a disability sport federation that is in charge of the 7 sports that have not been included / integrated in the mainstream sport yet (i.e., boccia, goalball, sledge hockey, wheelchair rugby, showdown, blind football, and bocce -for ID-).
 - **Regional APA partners** were developed by the Ministry, together with NOC*NSF, for sport promotion and for delivering information on the different sport possibilities for people with disabilities (including ID) across all the different regions in the NL through its 48 partners (e.g., *Uniek Sporten*).
- **SO NL** offers participatory competitive opportunities for people with ID where participation is open for sports clubs from different sport organisations in the NL. It also collaborates with Gehandicaptensport NL for delivering the motor activity training programme (MATP).
- Several **foundations** (e.g., *Johan Cryuff, Dirk Kuyt, Esther Vergeer, Fonds Gehandicaptensport, etc.*) are involved in recreational ID-sport at regional level.
- **Special Heroes** are involved in recreational disability sport, including ID, by promoting active life styles for children and youngsters to engage in sport, serving as a link for young people with ID with the sport clubs of the mainstream sport federations.

A visual representation is provided on the next page with a diagram on the national general structure of ID-sport in the NL.

Data collected from surveys answered by the organisations that represents NPC, INAS to certain extent, and disability sport in the NL (data from SO was not available), and retrieved from February 2019 to June 2019

NATIONAL GENERAL STRUCTURE OF ID-SPORT IN THE NL

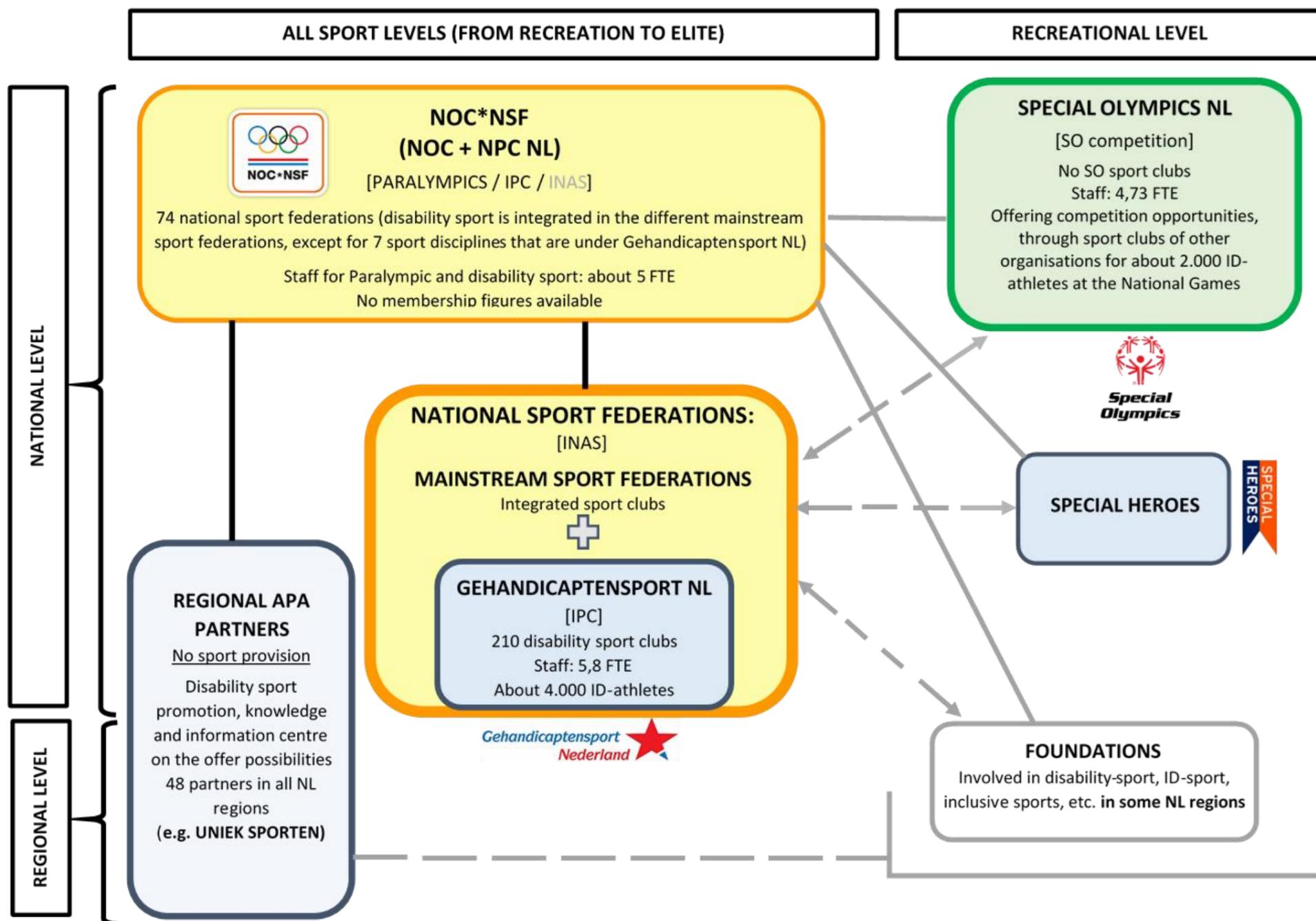


DIAGRAM LEGEND:

- Mainstream sport organisations (that are also involved to certain extent in disability and ID-sport and/or are covering ID-sport organisations)
- Disability sport organisations (involved in disability sport in general and also involved in ID-sport)
- ID-Sport specific organisations (only focussed on sport for people with ID)
- Foundations (that are involved in ID-sport)
- Member relationship between organisations
- Main/official connections between organisations
- Collaborations to certain extent and/or informal collaborations between organisations

Note. NOC*NSF: National Olympisch Comité*Nederlandse Sport Federatie National Olympic Committee; NOC: National Olympic Committee; NPC: National Paralympic Committee; NL: Netherlands; IPC: International Paralympic Committee; INAS: International Federation for Athletes with Intellectual Impairments; FTE: full time equivalent; SO: Special Olympics; ID: intellectual disabilities; APA: Adapted Physical activity.

Organizations involved in ID-sport appear in boxes whose border thicknesses vary depending on how strongly they are involved in ID-sport.

Data provided in the boxes reveal: Name of the organisation – general and/or international role – umbrella coverage (regional offices, associations, sport clubs, etc.) – staff – members with ID if available.

Staff refers to the organisation's salaried staff.

The current situation might have changed since the last data retrieval (June 2019) because it is a continuously evolving process.

NOC*NSF is internationally connected to INAS but the mainstream sport federations and its clubs are the responsible for ID-athletes to progress into high-performance and compete at INAS championships.

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Data collected from surveys answered by the organisations that represents NPC, INAS to certain extent, and disability sport in the NL (data from SO was not available), and retrieved from February 2019 to June 2019

HOW IS SPORT FOR PEOPLE WITH INTELLECTUAL DISABILITIES (ID-SPORT) ORGANISED IN

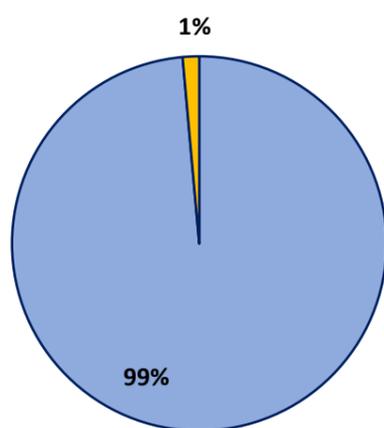
POLAND - RZECZPOSPOLITA POLSKA ?

Adriana Marin-Urquiza, Natalia Morgulec-Adamowicz and Debbie Van Biesen (2019)

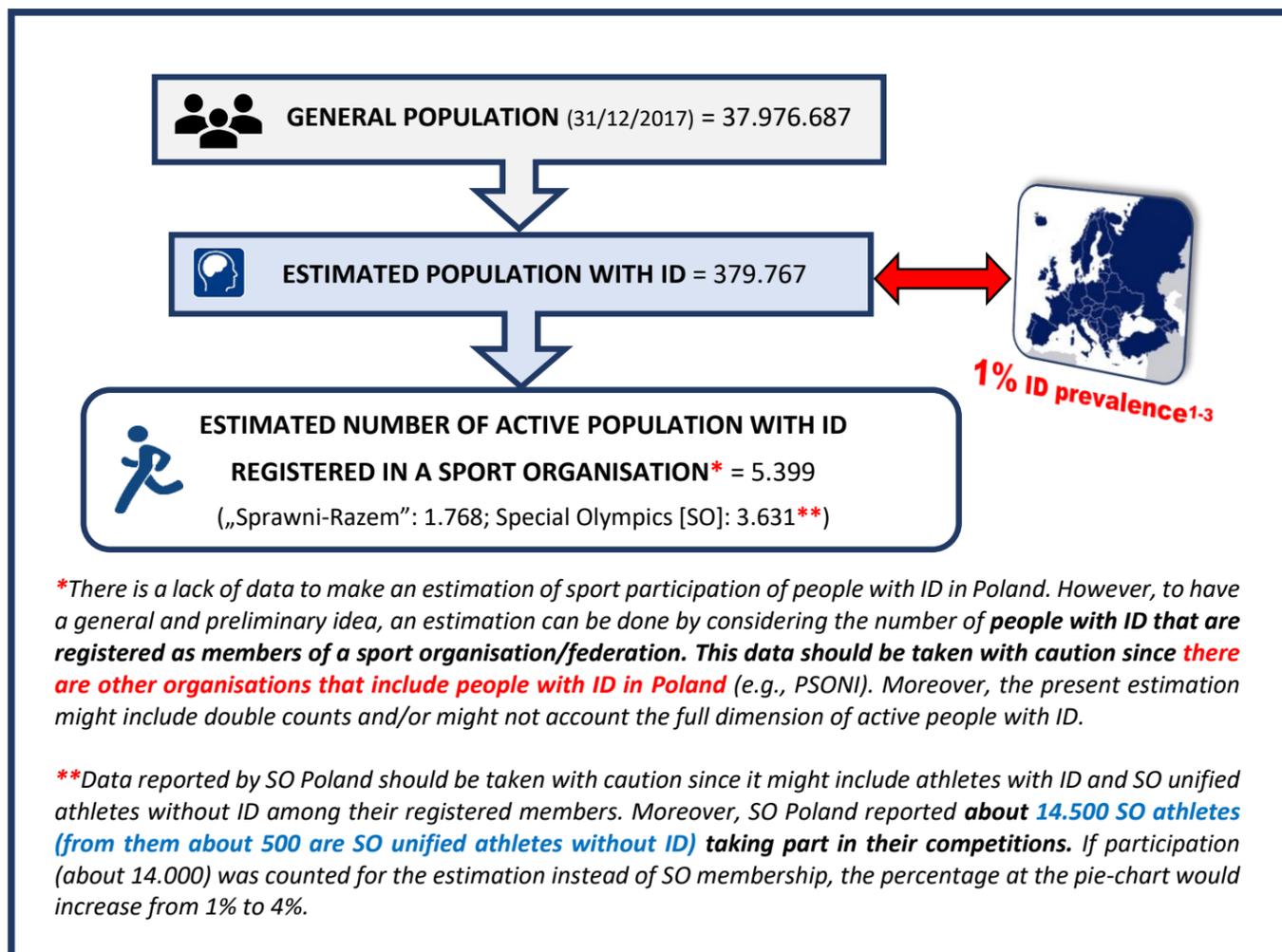
POLAND



ESTIMATED POPULATION WITH INTELLECTUAL DISABILITIES (ID) REGISTERED IN A SPORT ORGANISATION*



■ Non-sport members / non-registered
■ Registered members



MAIN ID-SPORT HIGHLIGHTS IN POLAND



Strengths

- Positive impact of **politics / laws** regarding Paralympic sport and/or disability sport (**equal rights as Olympic athletes**)
- Great **amount of people with ID with potential** for participating in sports

Weaknesses

- **Limited economic resources and sponsors**
- **Limited media coverage and limited promotion** of disability sport but specially for ID-sport
- **Underdeveloped inclusive grassroots sport system**

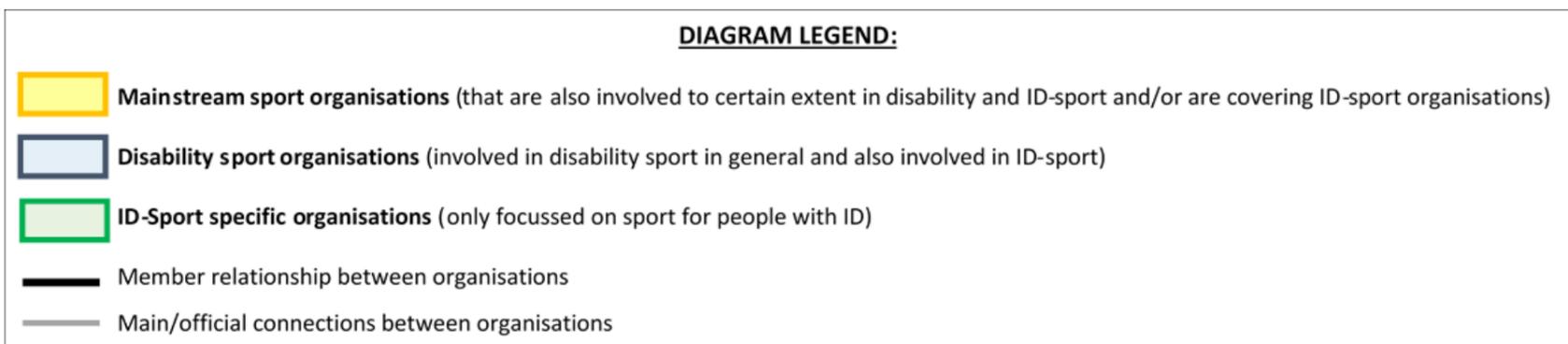
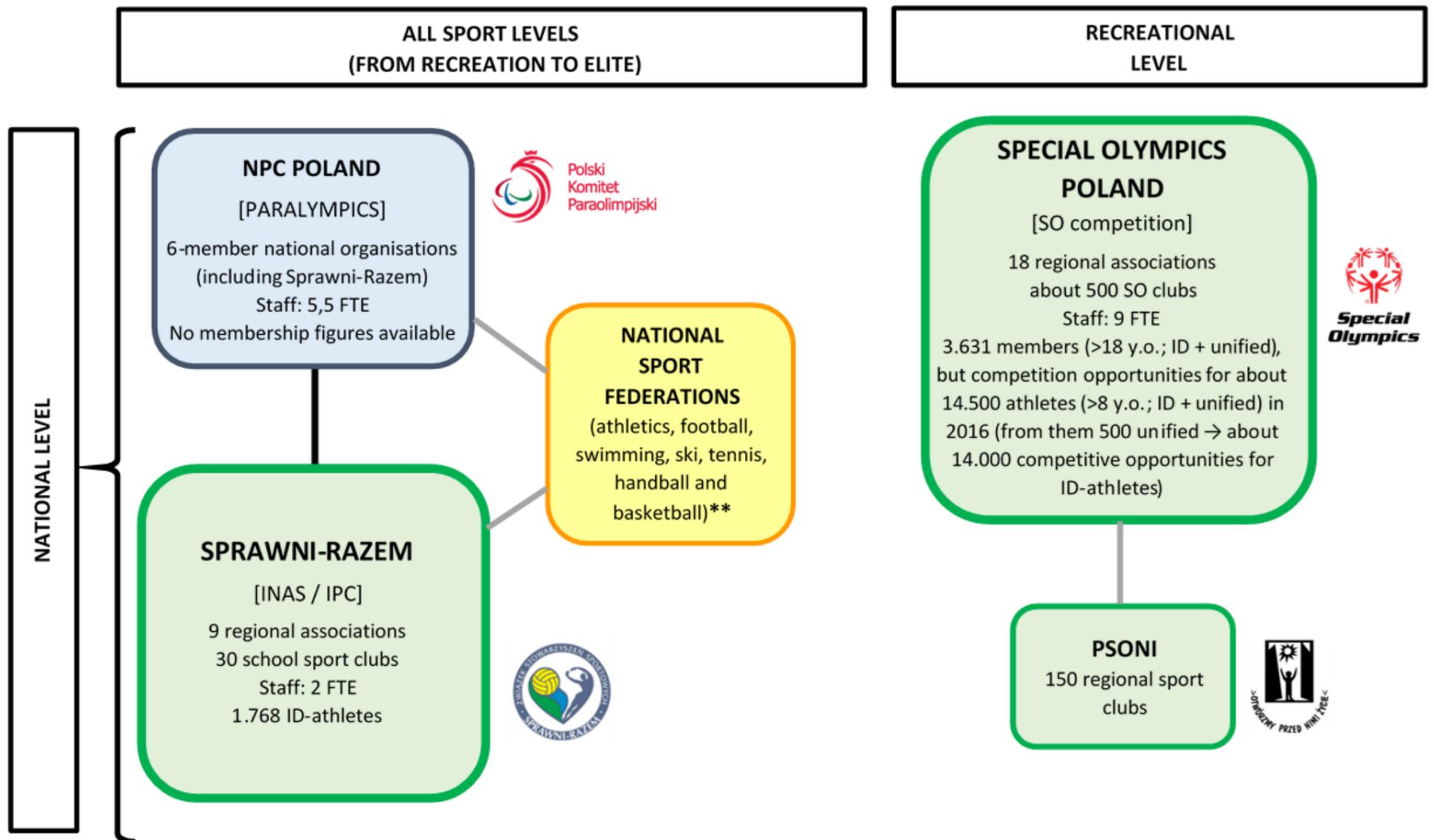
There are 4 main organisations for ID-sport in Poland + the role of the mainstream sport federations

1. National Paralympic Committee (NPC); 2. „Sprawni-Razem”; 3. SO Poland; 4. PSONI

- **Polski Komitet Paraolimpijski** is the **NPC in Poland** and it is internationally connected to the International Paralympic Committee (IPC). It is the umbrella organisation for the Polish sport federations that are responsible of Paralympic sport (i.e., 6-member organisations, including „**Sprawni-Razem**” for athletes with ID) and it is in charge of the participation of Polish athletes with ID in the Paralympic Games.
 - „**Sprawni-Razem**” “**Związek Stowarzyszeń Sportowych „Sprawni-Razem**” is the Polish sport federation that promotes sport and recreation for athletes with ID. It is internationally connected to INAS and the IPC.
 - **The mainstream sport federations** are also playing a role in ID-sport in Poland, since they collaborate with the **NPC** and „**Sprawni-Razem**” for selecting the Polish ID-team for athletics, football, swimming, skiing, tennis, handball and basketball sport disciplines.
- **SO Poland** (“**Olimpiady Specjalne Polska**”) offers sports at recreational level and also participatory competitive opportunities for people with ID.
- **PSONI** “**Polskie Stowarzyszenie Osób z Niepełnosprawnością Intelektualną**” it is the Polish association that represents and supports people with ID and their families in society. It is also involved in the provision of ID-sport activities at recreational level.

A visual representation is provided on the next page with a diagram on the national general structure of ID-sport in Poland.

NATIONAL GENERAL STRUCTURE OF ID-SPORT IN POLAND



Note. NPC: National Paralympic Committee; FTE: full time equivalent; SO: Special Olympics; y.o.: years old; ID: intellectual disability; INAS: International Federation for Athletes with Intellectual Impairments; IPC: International Paralympic Committee; PSONI: Polskie Stowarzyszenie Osób z Niepełnosprawnością Intelleksualną.

Organizations involved in ID-sport appear in boxes whose border thicknesses vary depending on how strongly they are involved in ID-sport.

Data provided in the boxes reveal: Name of the organisation – general and/or international role – umbrella coverage (regional offices, associations, sport clubs, etc.) – staff – members with ID if available.

Staff refers to the organisation’s salaried staff.

The current situation might have changed since the last data retrieval (February 2019) because it is a continuously evolving process.

**The mentioned mainstream sport federations are responsible for Polish team selection, being the collaborative link they have with the NPC Poland and Sprawni-Razem.

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Data collected from surveys answered by the organisations that represent NPC, INAS and SO in Poland and retrieved from September 2018 to February 2019

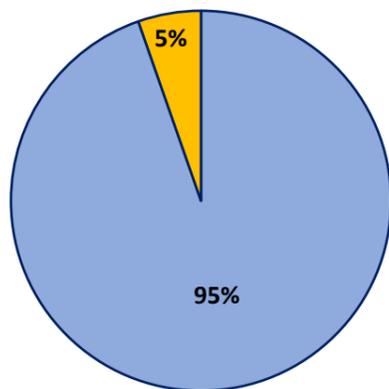
HOW IS SPORT FOR PEOPLE WITH INTELLECTUAL DISABILITIES (ID-SPORT) ORGANISED IN SPAIN- ESPAÑA ?

Adriana Marin-Urquiza and Debbie Van Biesen (2019)

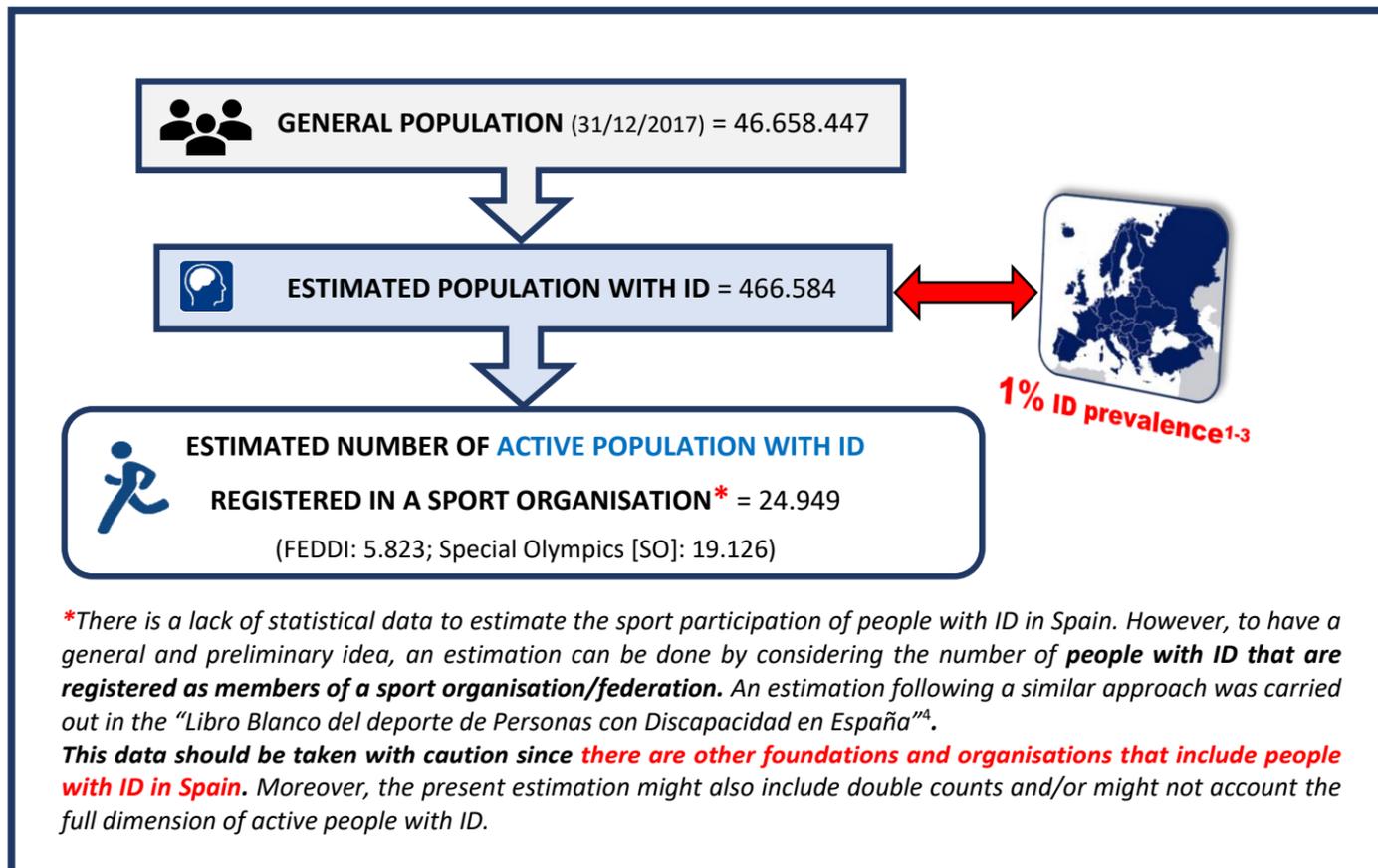
SPAIN



ESTIMATED POPULATION WITH INTELLECTUAL DISABILITIES (ID) REGISTERED IN A SPORT ORGANISATION*



■ Non-sport members / non-registered
■ Registered members



MAIN ID-SPORT HIGHLIGHTS IN SPAIN



Strengths

- There are more **awareness better perceptions** of ID-athletes **in the society**
- **High membership numbers** of ID-athletes (highest in para-sport) and great amount of people with ID with potential to join sports
- **High qualified** and committed **staff/professionals**
- **Increased** (inclusive) **competitive opportunities**

Weaknesses

- **Limited economic resources** and funding
- **Most funding goes to certain sports**, levels and other types of disabilities
- **Limited opportunities for ID-sport** compared to other disability groups
- There is still not a full **inclusion / integration of ID-sport in the mainstream sport**

There are 3 main organisations involved in ID-sport in Spain + the role of foundations and the mainstream sport federations

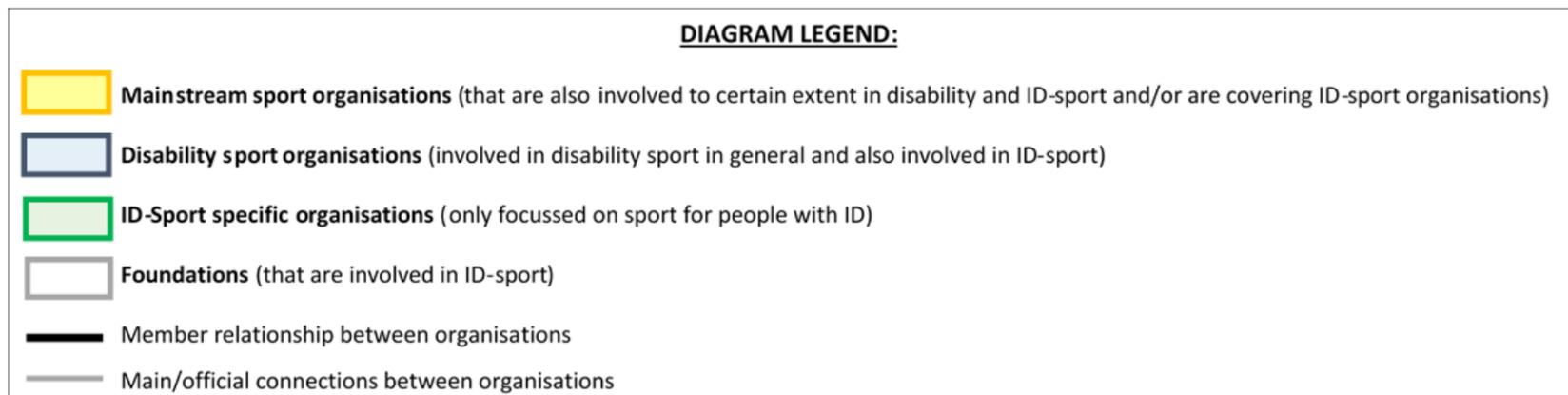
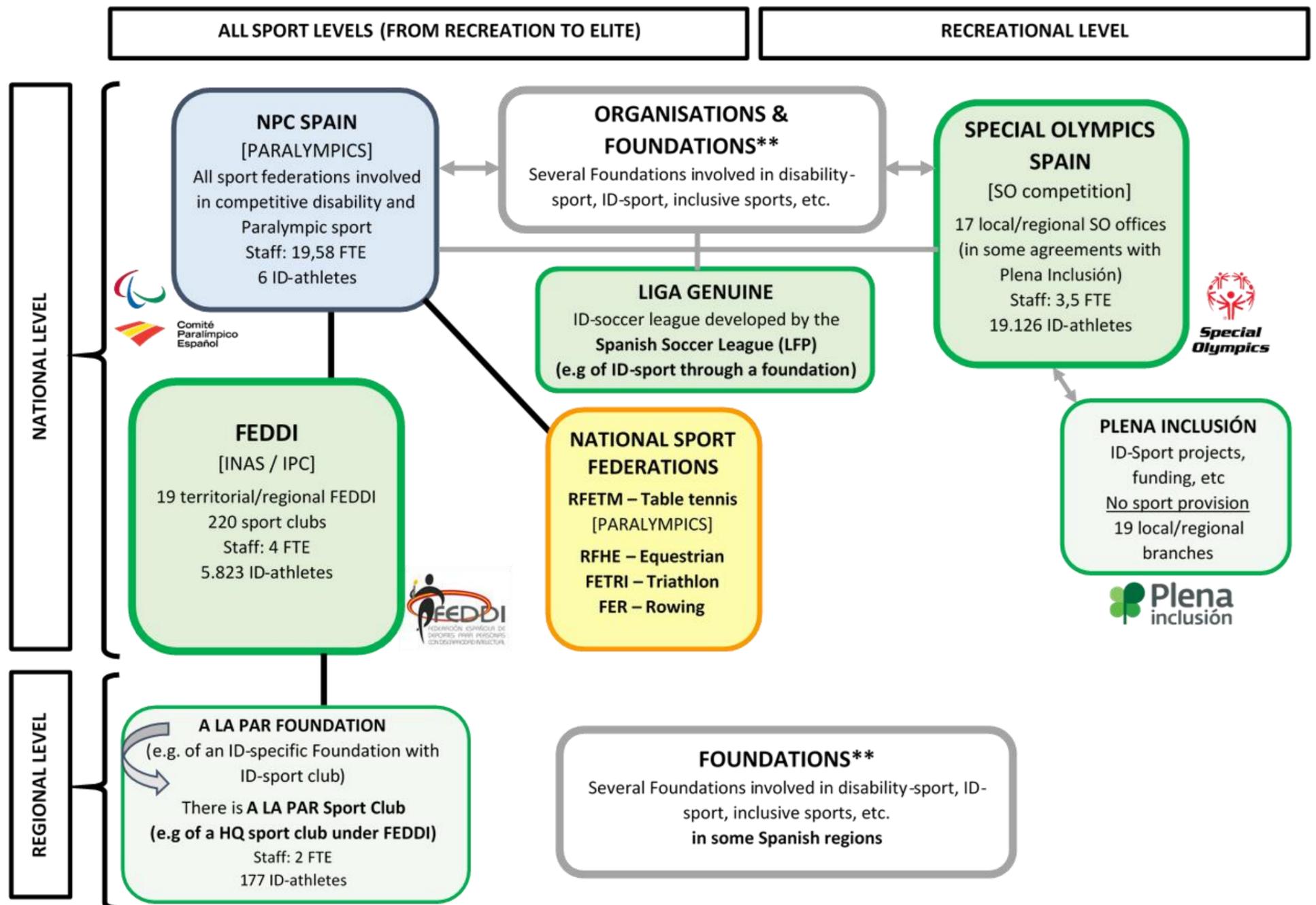
1. National Paralympic Committee (NPC); 2. FEDDI; 3. SO Spain

- **Comité Paralímpico Español (CPE)** is the **NPC in Spain** and it is internationally connected to the International Paralympic Committee (IPC). It is responsible for the participation of Spanish athletes with ID in the Paralympic Games as well as the responsible for the organisation of some swimming and athletics events for athletes with ID. It is formed by the Paralympic and non-Paralympic Federations which organise all the disability sport focused on competition in Spain. The NPC has uni-sport Federations and also four multi-sport Federations organised according to the type of disability they target (visual impairment, cerebral palsy and acquired brain damage, physical impairment and intellectual impairment).
 - **FEDDI "Federación Española de Deportes para Personas con Discapacidad Intelectual"** is the Spanish sport federation for people with ID. It is internationally connected with the IPC and INAS. FEDDI is formed by its regional/territorial sport federations across Spain, its affiliated sport clubs, the coaches and the athletes.
 - **SO Spain**, which is also a member of the NPC, provides sports at recreational level and participatory competitive opportunities for people with ID. SO works together with other foundations, especially with **Plena Inclusión** (formerly named FEAPS), an organisation that represents and advocates people with ID in society, which leads some of the SO sport projects in Spain.
- **The mainstream sport federations** are also playing a role in ID-sport since some of them (i.e., the federations of table tennis, equestrian, triathlon and rowing) started to include / integrate their sport disciplines for people with ID.
- Several **foundations** are involved in high-performance competitive and/or recreational ID-sport. Some of them work at national level and support the main national ID-sport organisations or are involved in ID-sport opportunities (e.g., *LaLiga Genuine Santander*, ID-football league); and others are involved in ID-sport in certain regions of Spain (e.g., *A LA PAR* which has its own ID-sport club and it's an example of a remarkable sport club member of FEDDI). Further and detailed information on each Spanish foundation can be found in "*Libro Blanco del deporte de Personas con Discapacidad en España*" (in Spanish)⁴.

A visual representation is provided on the next page with a diagram on the national general structure of ID-sport in Spain.

Data collected from surveys answered by the organisations that represent NPC, INAS and SO in Spain and retrieved from September 2018 to February 2019

NATIONAL GENERAL STRUCTURE OF ID-SPORT IN SPAIN



Note. NPC: National Paralympic Committee; FTE: full time equivalent; ID: intellectual disability; SO: Special Olympics; LFP: Liga de Fútbol Profesional; FEDDI: Federación Española de Deportes para Personas con Discapacidad Intelectual; INAS: International Federation for Athletes with Intellectual Impairments; IPC: International Paralympic Committee; RFETM: Real Federación Española de Tenis de Mesa; RFHE: Real Federación Hípica Española; FETRI: Federación Española de Triatlón; FER: Federación Española de Remo; HQ: high quality.

Organizations involved in ID-sport appear in boxes whose border thicknesses vary depending on how strongly they are involved in ID-sport.

Data provided in the boxes reveal: Name of the organisation – general and/or international role – umbrella coverage (regional offices, associations, sport clubs, etc.) – staff – members with ID if available.

Staff refers to the organisation’s salaried staff.

The current situation might have changed since the last data retrieval (February 2019) because it is a continuously evolving process.

** Further and detailed information on each foundation can be found in “Libro Blanco del deporte de Personas con Discapacidad en España”⁴.

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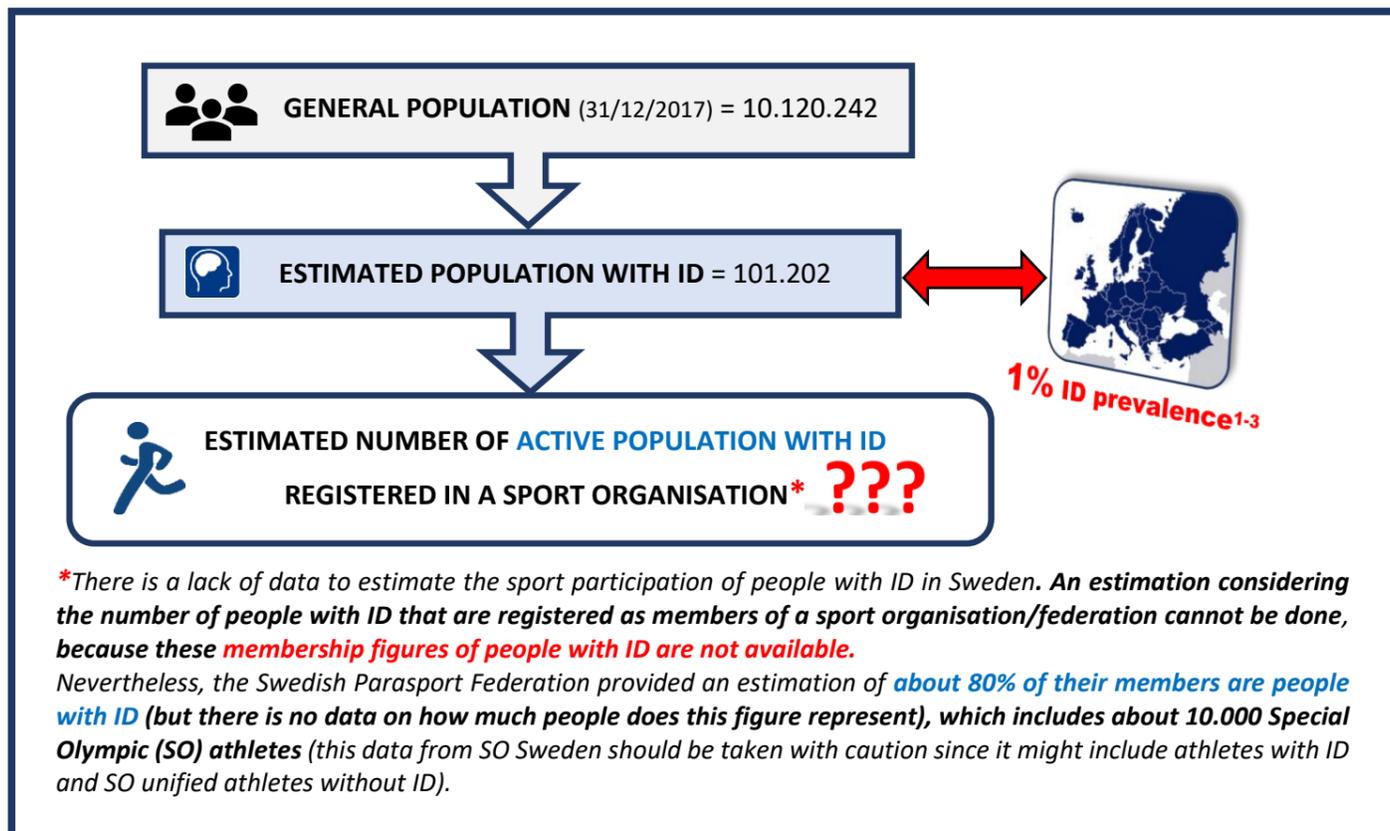
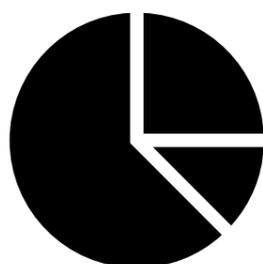
Data collected from surveys answered by the organisations that represent NPC, INAS and SO in Spain and retrieved from September 2018 to February 2019

HOW IS SPORT FOR PEOPLE WITH INTELLECTUAL DISABILITIES (ID-SPORT) ORGANISED IN SWEDEN-SVERIGE ?

Adriana Marin-Urquiza and Debbie Van Biesen (2019)



NO POSSIBLE STATISTICS TO ESTIMATE THE POPULATION WITH INTELLECTUAL DISABILITIES (ID) REGISTERED IN A SPORT ORGANISATION*



MAIN ID-SPORT HIGHLIGHTS IN SWEDEN



Strengths

- 1 organisation responsible for the management of all disability sport
- Main focus on the athlete
- Good attitudes in the society and interest in parasport
- Active volunteers

Weaknesses

- Difficulties to include / integrate parasport in the mainstream sport federations
- Knowledge and perceptions on ID-athletes need to still improve in the:
 - Mainstream sport federations
 - Society

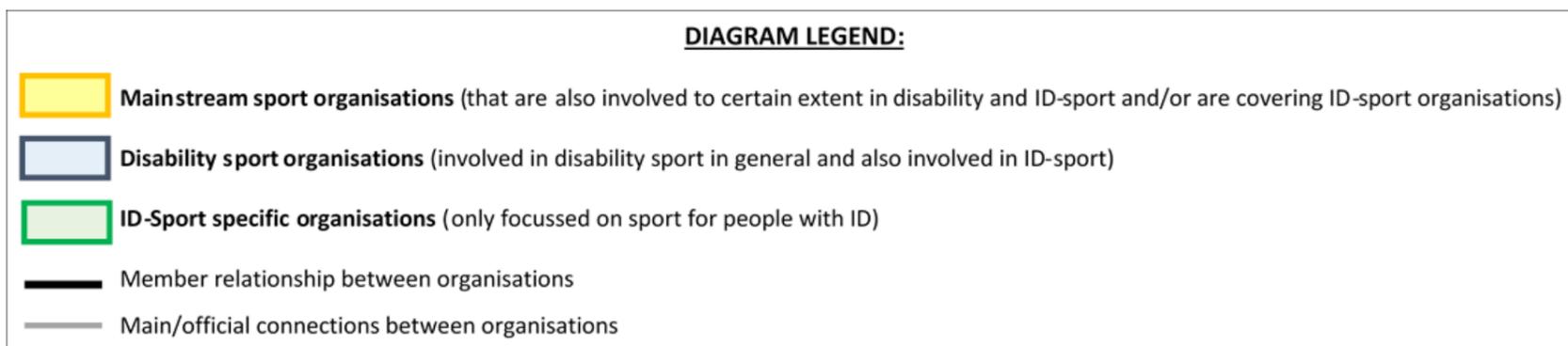
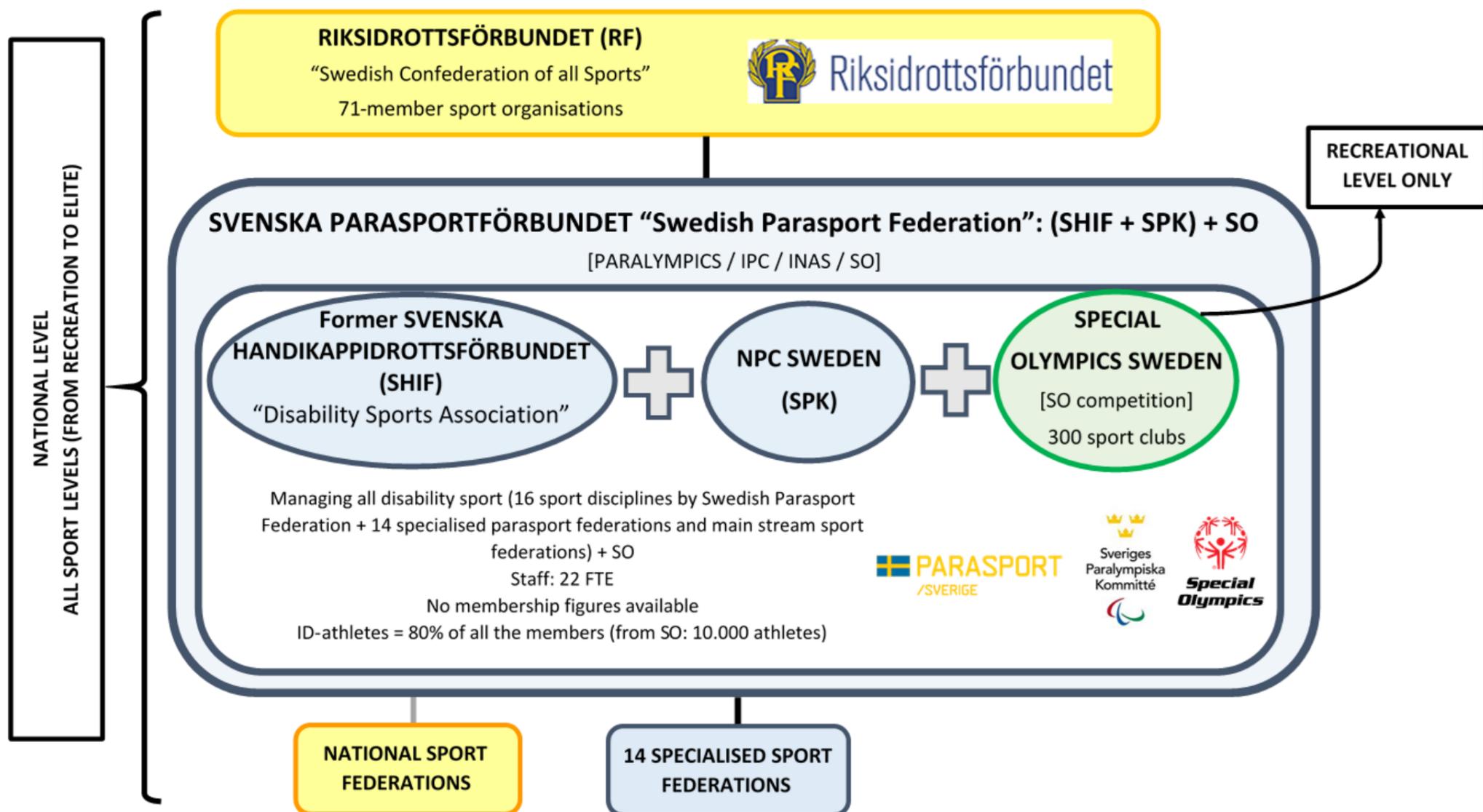
There is 1 main organisation involved in ID-sport in Sweden + the role of the mainstream sport federations

Svenska Parasportförbundet (Swedish Parasport Federation)

- **Riksidrottsförbundet (RF)** is the Swedish Confederation of Sports for all sports and all levels in Sweden. Under the roof of RF, there are 71-member sport associations, which include the Svenska Parasportförbundet (Swedish Parasport Federation).
- **Svenska Parasportförbundet (Swedish Parasport Federation)** is the main sport federation for people with disabilities, including ID, for all sport levels in Sweden. It's in charge of all disability sport management including the Swedish Paralympic Committee (NPC in Sweden) and SO Sweden, being consequently in charge of the participation of Swedish ID-athletes in the Paralympic Games, in the INAS championships and in SO Games and internationally connected to the International Paralympic Committee (IPC), INAS and SO. Svenska Parasportförbundet provides 16 different parasports (including 8 sport disciplines for people with ID), but it also collaborates with 14 specialised sport federations, that provide sports for people with disabilities, and with mainstream sport federations to broaden the sport offer.
 - The 14 specialised sports federations under the scope of the Svenska Parasportförbundet provide their sport offer around Sweden through local sport associations, for people any type of disability (including ID) and for all the sport levels.
- The mainstream sport federations are also playing a role in ID-sport since they have collaboration agreements with Svenska Parasportförbundet for including / integrating different sport disciplines for people with ID (e.g., the table tennis, the swimming and the basketball Swedish federations). Including / integrating disability sport (including ID-sport) in the mainstream sport disciplines is an ongoing process and this trend is meant to get enhanced in the following years.

A visual representation is provided on the next page with a diagram on the national general structure of ID-sport in Sweden.

NATIONAL GENERAL STRUCTURE OF ID-SPORT IN SWEDEN



Note. SPK: Sveriges Paralympiska Kommitté; SO: Special Olympics; IPC: International Paralympic Committee; INAS: International Federation for Athletes with Intellectual Impairments; NPC: National Paralympic Committee; FTE: full time equivalent; ID: intellectual disability.

Organizations involved in ID-sport appear in boxes whose border thicknesses vary depending on how strongly they are involved in ID-sport.

Data provided in the boxes reveal: Name of the organisation – general and/or international role – umbrella coverage (regional offices, associations, sport clubs, etc.) – staff – members with ID if available.

Staff refers to the organisation's salaried staff.

The current situation might have changed since the last data retrieval (February 2019) because it is a continuously evolving process.

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