



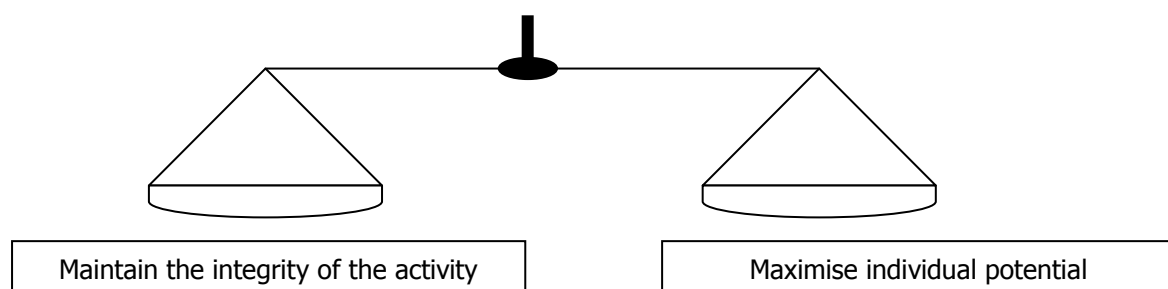
## Golden rule of inclusion

*Maximise individual potential while maintaining the integrity of the activity*

### Golden rule of inclusion

When adapting and modifying any activity or program it is important that the teacher, coach or sport deliverer ensures fair participation for people with and without disability. Balance needs to be maintained between maximising each person's potential for involvement and success, and maintaining the integrity of the activity. This means just enough changes should be made to an activity so that it is meaningful and challenging for the entire group, but not so many that the specific skills required for the activity are under utilised.

### The balancing act



### How to maintain the integrity of the activity

#### Know the goals of the program

- Know which skills, or aspects, of the activity are important for everyone.
- Know where you can be flexible in your activity/program.



### Keep the goals of the activity/program in mind when making modifications

- Be flexible and not afraid to modify within these boundaries.
- Provide alternatives for people with disability, if needed.
- Question any modifications — for example, will the integrity of the activity be affected if the type of bat is changed, a zoning rule is introduced, or a new sport replaces a 'traditional' one?

### Challenge all participants

- Could modifications help able-bodied athletes, as well as athletes with disability, to participate more fully and achieve greater success?
- Introduce new activities and/or think of different ways to do the same activity that can challenge all participants.

### Encourage participants to value difference

- Encourage all participants to experiment with different equipment and rules to find what suits them best.
- Encourage participants to make changes to the rules to facilitate meaningful participation for all.

