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INCLUSION AND DISABILITIES IN AND THROUGH SPORT

Best Practice #4 - Denmark

ISCA – International Sport and Culture Association

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Best Practice in Denmark #4

Key words. Please insert 3 to 5 key words that best describe the best practice

Municipality, cross-function, localisation

1. Type of Disability

Please describe the type of disability that this practice is focused on. If there is an official definition of the disability in European or National documents please provide it.

This practice is not focused on a specific disability. It is a framework of cooperation that enables adaptation to the local reality and the disabilities in question.

1. Organization & Reference

If applicable: Official data of organization, school, club etc. (name, address, email). Please give references such as internet source, homepage etc.

The initiative is developed by *Bevæg dig for livet* (Movement for Life). It is a nation-wide collaboration between the biggest sport organisations in Denmark. The general web site is <https://www.bevaegdigforlivet.dk/> and contact details are; Address: Vedelsgade 25, 4 7100 Vejle; Phone: 0045 26 84 77 82; email: sth@parasport.dk. The initiative-specific web site is <https://www.bevaegdigforlivet.dk/fokusomraader/parasport-og-idraet-for-sindet>

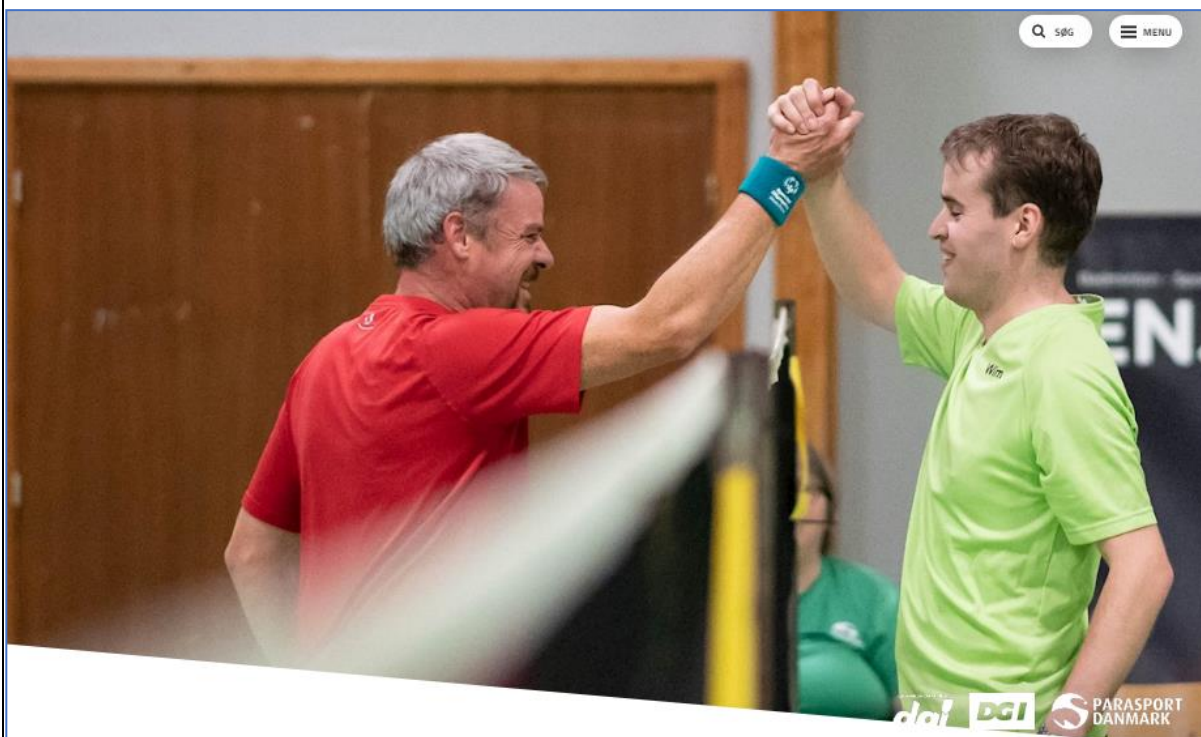
2. Formal/Informal

Please state if the setting refers to formal or informal education (sport clubs etc.).

The initiative is primarily targeted informal settings.

3. Practice summary

Describe what and how was done (regulations of the sport/game/competition/physical activity), please state the specific context of the practice and the sport(s)/game/competition involved.



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Parasport og idræt for sindet

Bevæg dig for livet - Parasport og idræt for sindet er Parasport Danmark, Dansk Arbejder Idrætsforbund og DGI's fælles indsats, som skal styrke idrætsbuddene for mennesker med funktionsnedsættelse og psykiske vanskeligheder.

I Danmark lever 700.000 – 800.000 med psykiske lidelser og 10 – 15 % lever med et handicap. Denne gruppe er kendetegnet ved lav idrætsdeltagelse sammenlignet med almenbefolkningen. Uanset livssituation, styrker idræt i et fællesskab den fysiske-, psykiske- og sociale sundhed og dermed livskvaliteten.

At aktivere denne målgruppe kan være komplekst både på grund af de udfordringer borgerne møder i hverdagen og på grund af de strukturer der ses i kommunerne og civilsamfundet. Hvem møder borgeren i kommunen? Hvem sørger for borgeren kommer til idræt? Hvem står for idrætten?



SARAH THOMSEN
Koordinator

Movement for life - Parasport and sports for the mind is a joint effort by Parasport Danmark, Dansk Arbejder Idrætsforbund (Danish Worker Sport) and DGI, which aims to strengthen the sports opportunities for people with functional impairments and mental difficulties.¹

¹ <https://www.bevaegdigforlivet.dk/fokusomraader/parasport-og-idaet-for-sindet>

Parasport Danmark, Dansk Arbejder Idrætsforbund (Danish Worker Sport) and DGI have gathered their expertise, specialist knowledge, experience and network in a consulting group which collaborates with the relevant municipalities to develop sports for people with functional impairments and mental difficulties.

The very central thing in the vision is that the municipalities prioritize a sports coordinator who can work across the municipalities' administrations. The sports coordinator becomes a link between the municipality's administrations, social and educational services, citizens, sports associations and sports organisations.

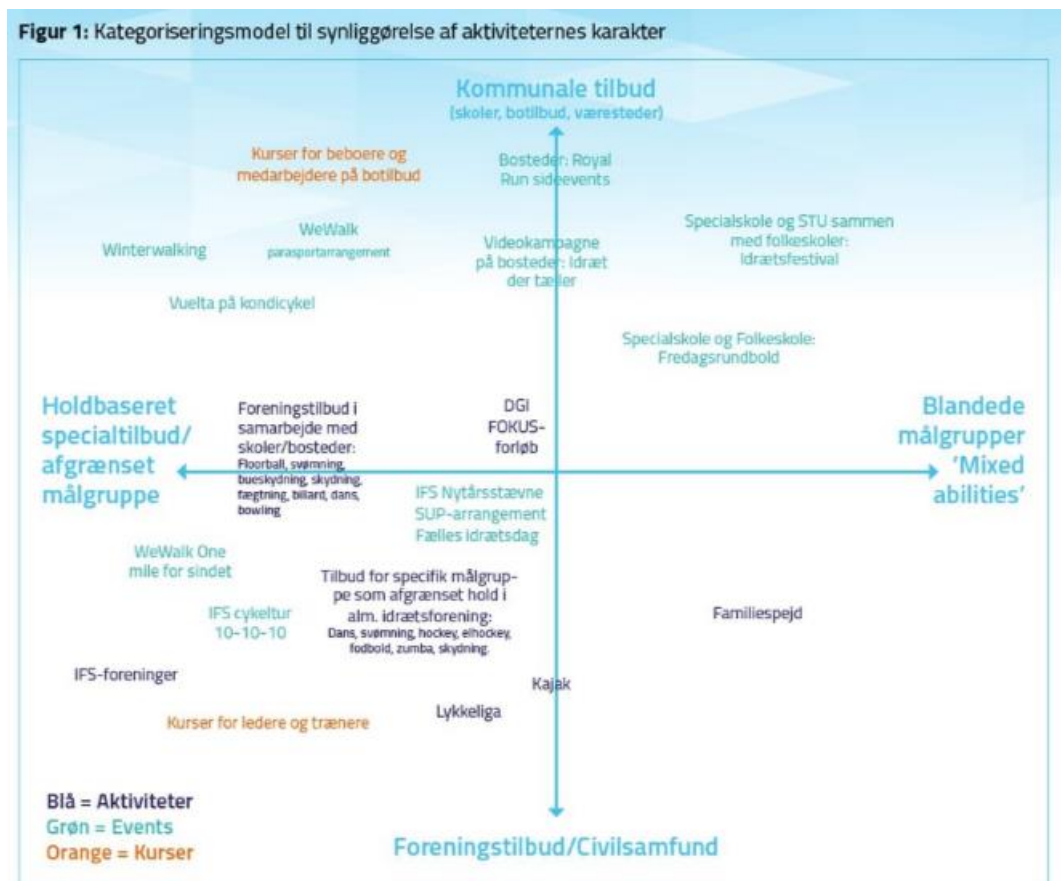
The key is adaptation of existing sports offers, inclusion in general sports, establishment of sports offers/sports association for specific target groups and development and adaptation of existing events.

As the target group is broad and the prerequisites for practicing sport are very different, the cooperation between the sports coordinators and the consultants from the sports organizations depends on a high degree of adaptation according to the target group's prerequisites and local conditions. This means that work is not based on a fixed model or one specific concept. Conversely, the consultants will always put their knowledge of the target group, their experience and their organization's concepts into play in order to, in collaboration with the sports coordinator, develop the best sports offers.

4. Variations implemented

Please state any kind of useful variations (e.g., concerning settings, age of participants, types of disabilities and adaptations to other sports) of the practice.

As this is a framework concept that facilitates local, municipal cooperation and initiatives, it is highly adaptive to local contexts. In the below figure, a range of initiatives are categorised according to a continuum from disability-specific teams to mixed teams (X) and a continuum from civil society offers to municipal offers (Y), and with three different activity categories – activities (blue), events (green) and training courses (orange)²



5. People involved

Please state organizations and people involved, provide types of disabilities participated in this specific good/best practice. If applicable, be concrete about the different roles of the people involved.

Parasport Danmark, Dansk Arbejder Idrætsforbund (Danish Worker Sport) and DGI (the largest sport-for-all organisation in Denmark) are providing consultants for this shared initiative. These consultants in turn work with the municipalities, who

² <https://magasin.parasport.dk/bdfl/evaluering-af-bdfl-pixiudgave/?page=16>

hire a coordinator to start or adapt new sport activities for the disabled target groups.

6. National guidelines adopted

Please refer to the national guidelines that are met through the practice. Give basic legislation frameworks that can help teachers understand their legal-driven responsibilities towards their students.

This practise does not refer to any of the (limited) Danish regulations, but it is in line with the Danish anti-discrimination act.

7. Implications for teachers/practitioners etc.

Please write any useful implications (what teachers/coaches/physical educators should take into account: safety considerations, equipment needed, support needed) that the practice might have. This may include focal points of the types of disabilities included and how these points were addressed, in terms of the participation in sports.

The framework concept is not directly dictating teaching or training methods, but is drawing on the training methodologies of the three owner organisations, and specific expertise in municipal staff.

8. Innovative resources, materials, methods etc. used

Please refer to the resources, materials, methods etc. have been employed. Strategies for creating an inclusive environment, prioritizing accommodations for students with disabilities, forming/refining accessible facilities, equipment, and assistive technology. Please include techniques for adapting sports activities to meet the needs of students with disabilities, such as modified rules, specialized equipment and assistive devices.

The initiative applies the existing knowledge and training resources to the locally adapted solutions, so there are no additional materials produced.

9. Communication and collaboration strategies

If applicable, describe strategies for collaborating with other educators, parents, and students to ensure that everyone is working together to create an inclusive environment.

The municipal initiatives are always cross-cutting. For instance, one municipality-initiated collaboration between local sport clubs, the local school, and municipal care institutions.



Image from the signing of the continuation of the umbrella initiative³

10. Evaluation and/or reflection methods

If applicable, state how teachers planned to know, to what extent basic goals were met. That is, give any kind of evaluation practices, self-reflection methods, forms of data collection, post-event documentations and follow-ups. Also, report any

³ <https://www.dgi.dk/om/presse/presserum/seneste-nyt/flere-med-handicap-eller-psykiske-saarbarheder-skal-med-i-idraetsforeningerne>

positive feedback and reinforcement given to students with and without disabilities to encourage and motivate them to continue participating in sports.

The first phase of the initiative started in 2018.

Initially, the project has been concentrated in 12 municipalities in North Denmark and South Jutland.

In the first period, the aim was to get 10 municipalities involved in the collaboration, but the partners succeeded in getting agreements with 12, and in addition around 44 sports associations have been involved locally via courses and events. The partners also work on a daily basis with efforts in the areas themselves, but a synergy has arisen in the cooperation, where municipalities and sports associations have been offered a much wider range of initiatives⁴.

Results from the collaboration in 2018-2021

43 courses or offers with association involvement - 545 participants

29 events – 1304 participants

25 courses/network meetings/workshops – 431 participants

44 associations have been involved

The current phase aims to involve all 98 municipalities in Denmark.

The evaluation of the project⁵⁶ showed that *setting an agenda in the municipalities* has proven to be one of the strengths of the pilot project.

At the same time, the evaluation emphasizes that the collaboration project both internally in the project group and among the municipal sports coordinators is experienced as valuable in the work to develop and initiate more sports for people with a disability or mental difficulties.

On the organizational level, it is pointed out the importance of a clear division of roles between the parties and that the interfaces between the organizations are regularly adjusted and refined. Both in order to streamline the cooperation internally in the three sports organisations, but also in order not to create unnecessary time consumption for municipalities that already have good

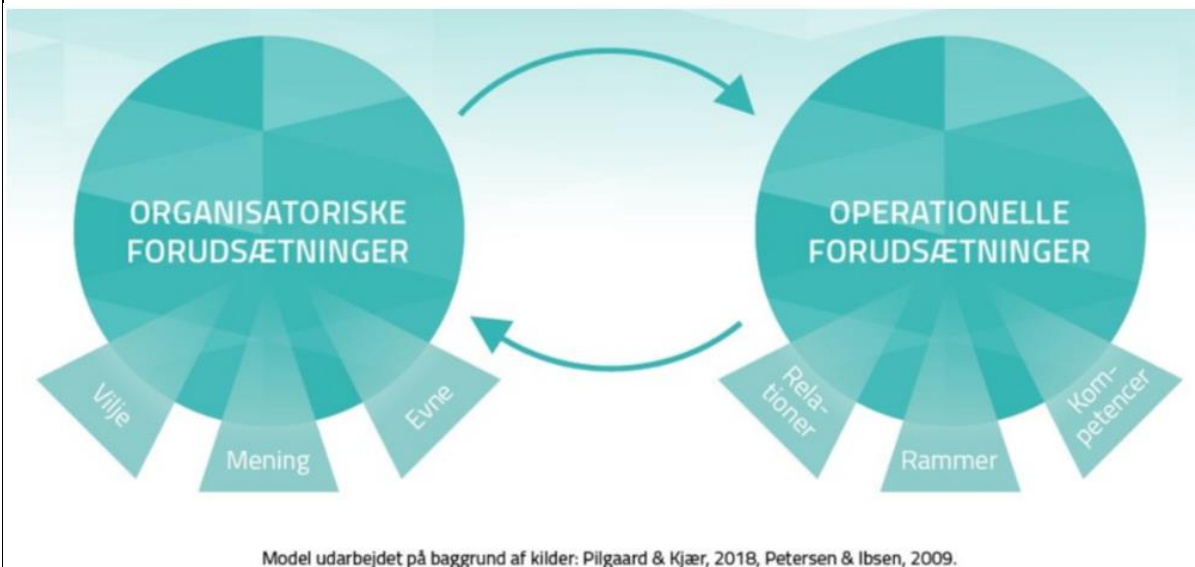
⁴ <https://www.dgi.dk/om/presse/presserum/seneste-nyt/flere-med-handicap-eller-psykiske-saarbarheder-skal-med-i-idraetsforeningerne>

⁵ <https://www.bevaegdigforlivet.dk/nyheder/nyheder/artikler/evaluering-af-parasport-og-idraet-for-sindet-i-bevaeg-dig-for-livet>

⁶ <https://magasin.parasport.dk/bdfl/evaluering-af-bdfl-pixiudgave/?page=16>

cooperation with Worker Sport, Parasport Danmark and DGI, and which in some cases also cooperate with other actors.

Concretely, the evaluator comes up with three proposals for a future structure: A municipal cooperation model, a national platform model and a social economic cooperation model. What they have in common is that a number of organizational and operational prerequisites must be in place, as illustrated below.



In conclusion, this is an umbrella initiative, which does not evaluate itself on the local training impact but rather on the volume of activity. It has been included here as it has potential to scale and secure new investment for sport for children with disability.

11. Training pathway for teachers for integrating this good practice

Please provide 5 to 15 practical tips to teachers of sports for implementing the proposed good practice. Ensure that tips: 1. refer both to formal and informal settings 2. contribute to the awareness of educators for the needs of students with disabilities 3. Take into account the environmental/architectural and attitudinal barriers (such as inaccessible sport spaces, equipment needed, support provided), 4. provide individualized adaptations 5. Provide social and emotional support by encouraging social interaction and peer support 6. Provide positive

reinforcement to motivate them to continue participating in sports and to develop their skills and abilities.

The initiative has currently not provided teacher/trainer specific advice but is to be understood as a country-wide initiative. We have assessed what the key success factors are, in order to consider how this experience may be put to use in other European countries

- Partnership – DGI, Parasport Denmark and Danish Workers’ Sport came together to increase reach and impact for the disabled target groups. These organisations have previously been seen as competitors (and may still be, cf. the evaluation referenced above), but bringing the key actors together seems important to create momentum and credibility
- Funding – This initiative was not only based on the resources of the partners (and the approached municipalities) but received external funding from Danish foundations. This seems to have been essential to bring energy, focus and progress in the collaboration.
- Framework – the initiative is part of a larger sport-focused nation-wide initiative called Bevæg dig for Livet (Movement for life), which is based on civil society initiative but endorsed in the Danish Government Guidance Paper (regeringsgrundlag). This broader and politically accepted framework is likely to have contributed to the acknowledgement of the current initiative, and the credibility it has.

While these factors may not strictly be necessary nor all of them essential to succeed in other countries, we find that they are key to understanding and possibly adopting the initiative in other countries.