



Erasmus+



“Sport without barriers”

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PROJECT REPORT

-2021-

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OBJECTIVES AND AIMS OF THE PROJECT

The project “SPORT WITHOUT BARRIERS” analysed barriers that prevent people with a variety of functional disabilities (visual, hearing, motion, psychological and behavioural, etc.) from participating in sporting activities and made proposals to increase the participation of people with disabilities in sport (as active participants and as fans).

Activities of the project “SPORT WITHOUT BARRIERS”:

- an analysis of environmental accessibility for sports facilities;
- an analysis of the availability of information (including for people with visual disabilities),
- analysis of teacher/trainer qualifications,
- research on the readiness of the local community to participate in training and inclusion of people with disabilities.

The exploitation of the potential of the sports sector in Latvia should not only support the sport of high achievements, but also motivate people of every age to focus on physical activities, thereby contributing to the achievement of the goal of the European Charter of Sport: to offer everyone the opportunity to engage in sport and, in particular, to ensure that all young people are given the opportunity to acquire basic physical education and sport skills as well as ensuring that everyone has the opportunity to engage in sport and active recreation in a safe and healthy environment.

In areas where sport infrastructure is developed, sport organisations and clubs are active, alcoholism, drug addiction and other problems have been minimized.

Diverse physical activities not only contribute to physical and mental well-being but also improve the overall health status by further promoting social inclusion.

BARRIERS TO ACCESSING SPORT AND PHYSICAL ACTIVITIES/ENVIRONMENT FOR PEOPLE WITH DISABILITIES AND ADDRESSING CHALLENGES

According to the Social Inclusion Department of the Ministry of Welfare of Latvia, there were 2859 persons with disabilities in the municipality of Kuldīga in December 2020, 87 of them are children:

	December, 2020
Total	2859
1st disability group	329
Incl. functional disability	
Vision	36
Hearing	0
Motion	51
Psychiatric and behavioural disorders	48
Other	194
2nd disability group	1262
Incl. functional disability	
Vision	24
Hearing	3
Motion	262
Psychiatric and behavioural disorders	219
Other	754
3rd disability group	1206
Incl. functional disability	
Vision	64
Hearing	30
Motion	497
Psychiatric and behavioural disorders	23
Other	589

Children	87
Incl. functional disability	
Vision	3
Hearing	7
Motion	13
Psychiatric and behavioural disorders	20
Other	44

It should be noted that one person may have more than one disability group, as well as several types of functional disorder, so when aggregated by group, the number of individuals is greater than the unique ones.

As assistive products and assistive technologies develop, people with different functional disabilities increasingly use the possibility of being independent in public spaces. It also imposes increasingly new requirements for public spaces in the area of environmental accessibility. Therefore, when designing a public space, it is taken into account that at least 10% of the estimated number of visitors will have a functional handicap, while at least 50% of people will use the available environment for its convenience. This applies not only to lifts and automatic doors, but also to orientation marks, pictograms and guides. Designers are increasingly counting on the increasing number of users of an accessible environment, which in turn contributes to the acquisition and deployment of new technologies.

It should be noted that there is a variety of sports infrastructure available in the municipality of Kuldīga, which makes it possible to deal with sports in winter and summer. Sports bases have been raised relatively recently: citizens have access to the Kuldīga Sports Arena (on Dzirnavu Street 13 (put into service at the end of 2007)), a renewed sports complex with a swimming pool (operating since 2018), sports venues at Kuldīga 1st Secondary school, Kuldīga 2nd Secondary School and Kuldīga School of Humanities and Arts.



A new stadium is being built near Kuldīga Center Secondary school.

Sport is one of the main actions to decrease the negative social problems in society. Increased participation in sport and physical activities by people with special needs can contribute to the inclusion of these people in society. There are wide opportunities for people of all ages and people with reduced abilities (disability, visual, hearing problems, etc.) to deal with sport.

The project analysed the availability of the environment for the Kuldīga Sports Arena.

Kuldīga Sports Arena, address: Dzirnavu street 18, Kuldīga

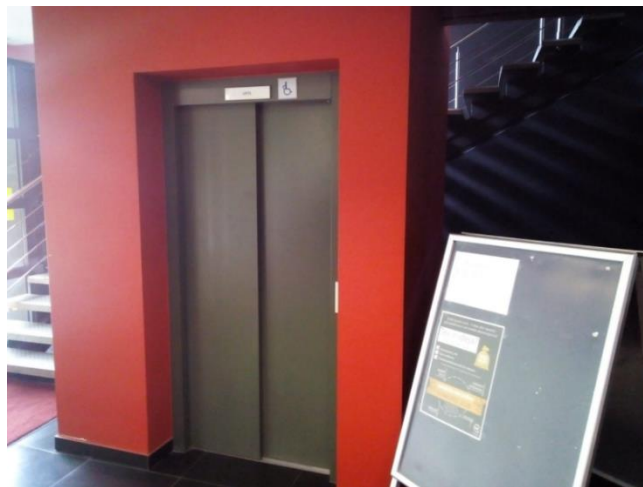
3 parking spaces for disabled persons are installed near the entrance of the building. The entrance has a contrast marking — contrasting color marks on such important environmental features that are difficult to notice: steps, transparent doors.





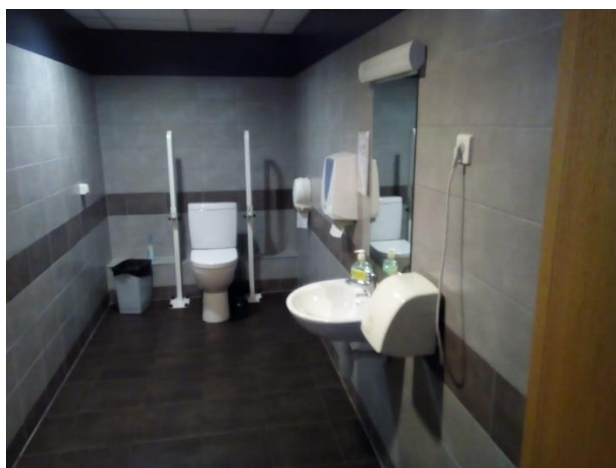
For people with reduced mobility, the movement surfaces are on the same level, with corresponding wide door passages.

An elevator/lift is available.



Information is available at a height of 1.25 m, which is the eye height of the wheelchair user.

The WC is equipped with suitable accessories according to the Environmental Accessibility Guidelines.



Swimming pool, address: Kalnu street 6, Kuldīga

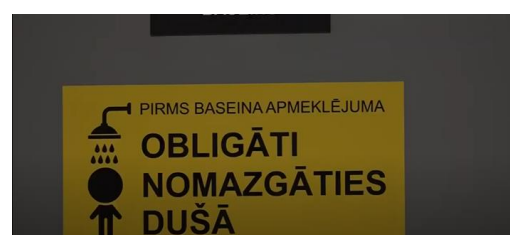


In the fall of 2017, a Sports Complex was opened after the renovation, where activities of swimming pool, draughts and cycling departments take place. Building on Kalna street 6 is a part of a cultural monument complex of national importance, it is located in the historic center of the city. The Regulations on the Latvian Construction Standard LBN 208-15 “Public Construction” have been taken into account for the renovated building (Cabinet of Ministers’ Regulation No. 331, 30 June 2015 (No 30 50. §) rules, it complies with environmental accessibility guidelines for public buildings and facilities and public outdoor spaces.

In the swimming pool building the following environmental features help disabled people to move and navigate:

1) the availability of written information, ensuring the contrast of the text and the corresponding size of the letters.

Labels are simple, uncomplicated and in simple language. Graphic symbols are used, for example, for people with limited reading skills. The contrasts between colors make information tablets more easily visible to everyone, particularly people with visual disabilities. The message of the symbol is obvious, informing universal and not contradictory.



2) The visually disabled persons have an appropriate setting of the surrounding environment - signs in Braille enable people with visual problems to move independently and navigate in the public area.

Floor numbers in Braille are embedded on the staircase at the first and last steps:



Contrast marking is available – contrasting colour markings on the walking surface.



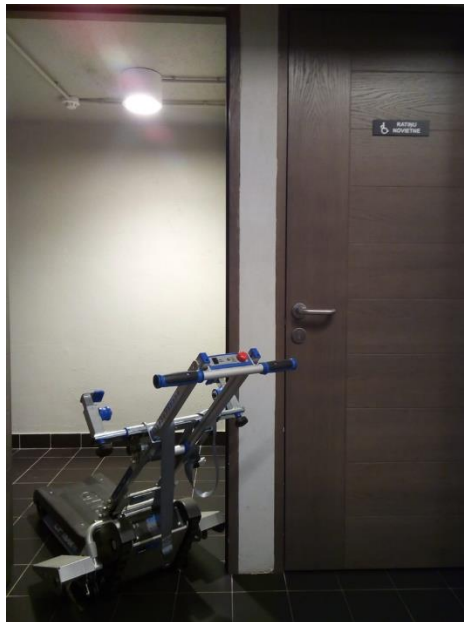
The first and final steps of the stairs are marked with a bright contrasting (yellow) stripe of not less than 5 cm wide throughout the width of the stairs.

For persons in wheelchairs:

The building has a ramp for wheelchairs.



Movement surfaces are at the same level for people with reduced mobility possibilities.



People with intellectual disabilities have an opportunity to navigate in the area and to obtain the information they need.

EDUCATIONAL ESTABLISHMENTS IN THE DISTRICT OF KULDIGA

There are no pupils in wheelchairs in educational institutions of the municipality of Kuldiga in school-years 2019/2021., 2020./2021. and 2021./2022 in **schools of general education.**

During school-year of 2021./2022 at 2nd Secondary School one pupil with visual disturbance will begin training and one student with severe malfunctional disabilities will be enrolled in Vilgale elementary school. Assistants will be provided for both pupils.

Viduskurzeme primary school-development centre,

address: Saules Stari, Pelči parish, Kuldiga dist. municipality

Children and young people with special needs study in Viduskurzeme primary school - development centre.

Viduskurzeme primary school - development centre provides education for 184 students with slight, medium and severe mental disabilities, of which 7 persons are in wheelchairs.

In Viduskurzeme primary school - development centre the training environment is suitable for students with special needs. The educational establishment has access to a new, modern sports ground with artificial cover.



The sports ground was built in 2016. A ramp has been constructed for the sports ground

A playroom is available where physical activities can be carried out for students with disabilities.



Roadways in all major movement directions are constructed in the area of the educational establishment. Track widths are comfortable and commoditized according to the number of pupils and the intensity of movement in the courtyard.

Recreational, sports and playground are planned according to the interests of pupils and the age structure. Track coverings form part of the aesthetic quality of the educational establishment's environment.



In the winter, a gym located in the premises of Pelči Manor, it does not meet the modern requirements to students of Viduskurzeme primary school-development centre.

Sports events attract participants and viewers to the county, contributing to the development of local businesses and active tourism.

Kuldiga Sports school

Sportsmen and teams representing the municipality of Kuldiga , and their success, contribute to the national and international visibility of the county, contributing to the growth of high-achievement sport.

For the realisation of educational programmes in the Kuldiga Sports school, the Sports Hall, the stadium, the pool and other facilities are available. There are spaces for the execution of the chess programme. The layout and area of the premises are in conformity with the specific nature of the educational programmes to be implemented, the number of students and the activities to be performed. The Sports school has purchased the necessary equipment and equipment that is on the agenda and safe for use. Training sessions are organised for students in athletics, volleyball, florbball, cycling, basketball, football. In the sports hall, the lessons take place for football and florbball players. At the Sports Hall training is conducted by volleyball players, basketball players and table tennis. A newly built swimming pool is available in a sports complex from 2018, which is used in its training process by students of all sports departments and is a training site for chess players and cyclists. The stadium is used for training activities by football and basketball players, florbball teams.

The self-assessment report of the Kuldiga Sports school states that educational programmes implemented in the School shall not be undertaken by students with special needs.

The future development plan does not specify the need for support for learners with special needs.

Accessibility of information

The project analysed the accessibility and compliance of educational establishment websites with the EU Directive (Directive (EU) 2016/2102 of the European Parliament and of the Council) and the guidelines developed by Inclusion Europe (Inclusion Europe, 2009) on access to websites of sports organizations/schools.

Data on home pages were collected in July-September of 2021. The websites of the Kuldiga Sports school, Viduskurzeme Primary School-Development Centre, the 2nd Secondary school of Kuldiga were examined. It was analysed whether sites complied with the Internet Accessibility Guidelines (WCAG): websites should be visible, operated and understandable.

The *Inclusion Europe* guidelines stipulate that the website should contain one main navigation band and should not contain more than eight sections.

According to the WCAG guidelines, which are based on the fact that the website is accessible, for example, for people with vision problems or people with reduced mobility, the *Inclusion Europe* standards are intended directly for people with intellectual disabilities. www.viduskurzeme.lv does not have search options and there are more than 8 sections in the navigation bar.

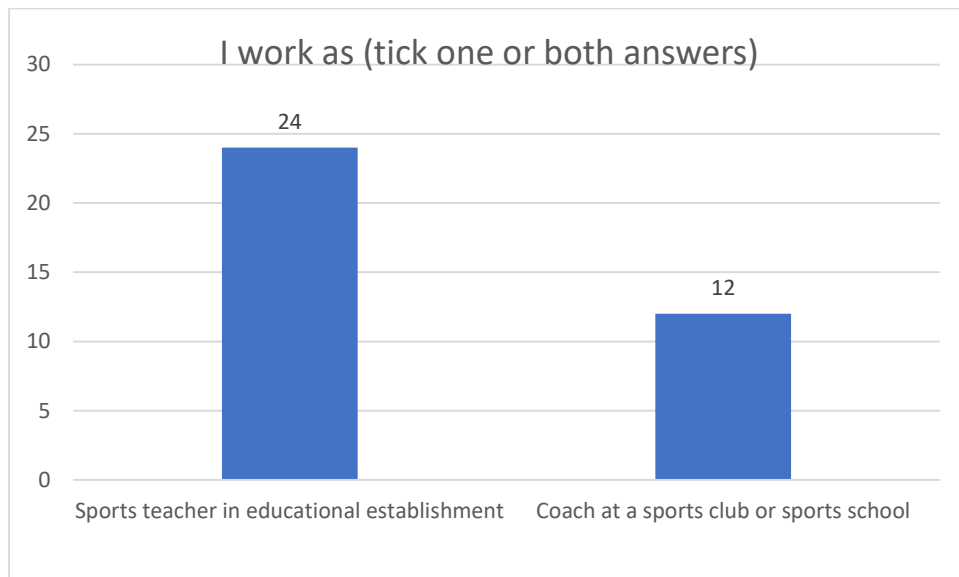
The *easy language* section is not available on the home page. Viduskurzeme primary school-development centre's website has an understandable structure and is relatively easy to focus on information. Persons can change the size of letters. The home page often uses infograms that makes it difficult to capture content.

The <http://www.kuldigasports.lv> website of the Kuldiga Sports School, in line with the *Inclusion Europe* guidelines, has 8 titles in the navigation bar, has an easy-to-understand structure, includes search options, the possibility of increasing letters is for documents in pdf format. There is a responding design support and the home page adapts to the device from which it is visited, thereby improving the user's experience on the page.

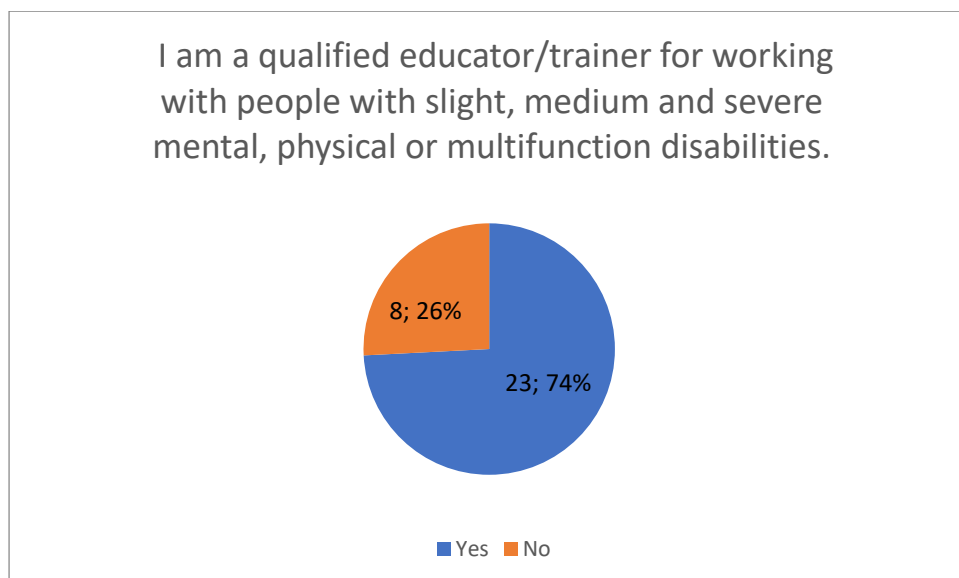
The <https://k2v.kuldiga.lv/> Kuldiga Secondary school No 2 webpage has an understandable structure, but the navigation bar contains more than 8 sections, there is no search options, no possibility of enlarging the size of letters.

ANALYSIS OF QUALIFICATIONS OF SPORTS TEACHERS AND TRAINERS

31 respondents – 24 sports teachers and 7 trainers were surveyed during the project:



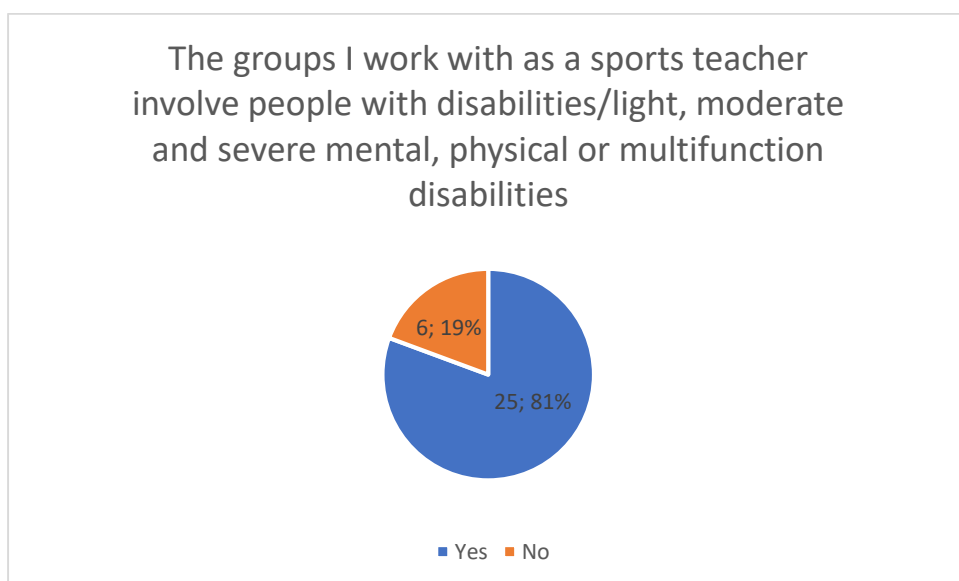
26 % of the teachers surveyed said they had not obtained qualifications for working with people with multifunction disabilities.



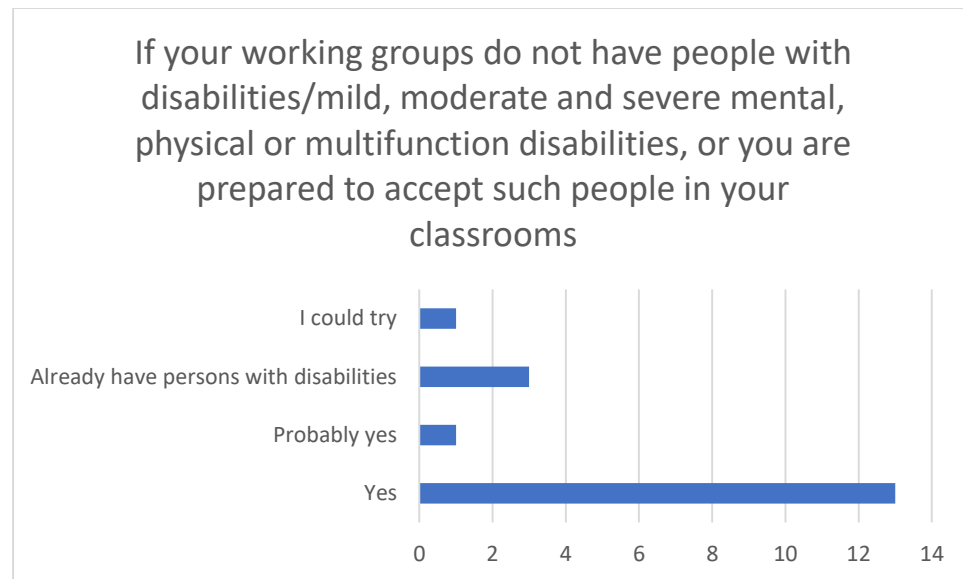
More than half, or 52%, responded that they had completed courses of work with people with mild, moderate and severe mental, physical or multifunction disabilities.



83.9% of the surveyed teachers' groups include persons with disabilities or mental, physical or multifunction disabilities.

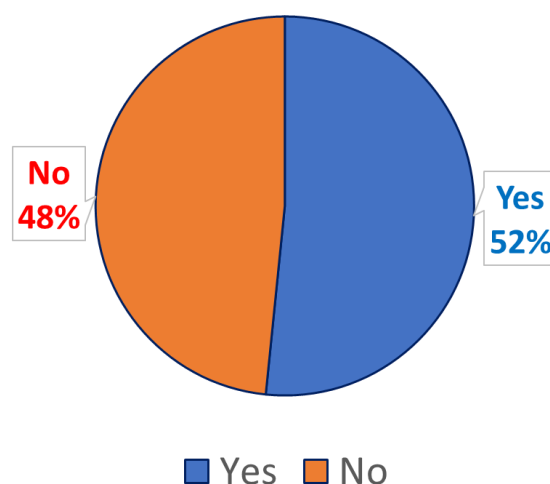


There were no denying answers to the question whether teachers and coaches would be willing to accept people with mental/physical or multifunction disabilities in training groups.



Nearly half of respondents who already work with people with limited abilities, or 52%, have responded that their students participate in sports competitions.

DO PEOPLE WITH DISABILITIES (MILD, MODERATE, SEVERE MENTAL, PHYSICAL OR MULTIFUNCTIONAL DISABILITIES) WHO I WORK WITH PARTICIPATE IN SPORTS COMPETITIONS?



Recommendation: motivate sport teachers to participate in continuing training courses for people with special needs.

THE ROLE OF SPORT AND PHYSICAL ACTIVITIES IN THE LIFE OF CHILDREN WITH SPECIAL NEEDS FROM A PARENTAL PERSPECTIVE

In the summer of 2021, 16 parents who have children with special needs attending sports activities were surveyed. As pupils with mild, moderate and severe mental disabilities in the district of Kuldiga study only in Viduskurzeme primary school – development centre, while pupils with learning disturbances – at Kuldiga 2nd Secondary school, the supply of sports groups in these educational establishments was analysed.

It was concluded that 19 interest education programmes were offered in Viduskurzeme primary school – development centre in the school-year 2020./2021., of which 4 – sports programmes: football, floorball, Boce and GPA (general physical activities). The number of members of these interest education groups in school- year 2019./2020 and 2020./2021. was as follows:

	2019/2020.	2020./2021.
Football	9(elder students)+12(younger students)	12
Floorball	9(elder students)+12(younger students)	12
Boce	10	10
GPA	25	15

As part of interest education activities at Kuldiga 2nd Secondary school students have the possibility to practise rhythmic 2 times a week, corrective/remedial exercises once a week for classes 1c, 2b, 3c, swimming for classes 3b, 3c, 4b once a week, in a sports interest group for classes 5-8 twice a week.

The parents surveyed admit that the size of sporting activities offered in educational establishments is sufficient, there are opportunities to participate in various sports

competitions both at school and in the country, but the lack of sporting activities after school and after finishing school is a concern.

There is an opportunity for SEN children to deal with different types of sport of their interest at Kuldiga Sports school, along with students of general education schools.

The parents surveyed acknowledge that children improve health, posture, discipline, self-awareness when dealing with sport and improve social skills in competitions.

Recommendation: motivate sports teachers to develop their own authorship programmes for school sports activities so that the supply of interest education groups is wider.

RECOMMENDATIONS:

1. To supplement the duties of an educational/sports specialist with the functions of coordinator:
 - ❖ organising, attracting and coordinating activities for promoting cultural sports, active and healthy lifestyles for people with special needs
 - ❖ to coordinate the activities and cooperation of disabled sports organisations in the district of Kuldīga;
 - to cooperate with national and local authorities, non-governmental organisations, sports federations, to cooperate with public health professionals
 - promoting active and healthy lifestyles, organising joint local government events
 - ❖ to inform the public about the achievements and other sports-related topics of an athlete of the municipality of Kuldīga
 - ❖ to participate in the development and implementation of projects and programmes, including investment linked to the development of sport for disabled people, etc.
2. To motivate sport teachers to participate in continuing training courses for people with special needs.
3. To motivate sports teachers to develop their own authorship programmes for school sports activities so that the supply of interest education groups is wider.