

Inclusive Athletics Workshop

Saturday 28th October 2017

10.00am – 1.00pm

Queens Leisure Centre, Galashiels, TD1 2AD

For coaches & volunteers interested in increasing their knowledge of working with athletes with a disability.



On this 3 hour workshop of theory and practical, participants will have a better understanding of:-

- How to focus on ability rather than disability.
- How to support the inclusion of people with a disability into athletics.
- How to communicate effectively.
- How to influence and deliver good practice.
- How to increase your technical knowledge in working with Race Runners, Wheelchair athletes, Seated Throwers and an introduction to Guided Running.
- National and International Classification.
- The Competition pathways within disability sport.

Candidates are then invited to attend the Borders Para Athletics Development Day, providing an opportunity to put these skills into practice while working with individuals with a disability. The Development Day will run immediately after the Inclusive Workshop from 2pm – 4pm at the same venue.

If you are interested in this opportunity, please register your interest with Shona Malcolm on 0131 539 7348 or shonamalcolm@scottishathletics.org.uk.