

Sport-Up

Promoting inclusion, integration and health of disabled youth through sport

To provide access to sport and physical activity for disabled youth and in doing so, bring them together with their non-disabled peers.



Location	Switzerland
Organisation	Foundation Sport-Up
Start-end date	2009 - ongoing
Target group	Disabled school children / young adults
Reach	To date over 5,000 people have been reached with growing numbers involved each year
Partners	Swiss Federal Government, Charitable foundations, Private donors, Local schools and institutions, Volunteer associations
Key facts	Over 1'000 young people are involved in the project each year. Sport-Up also supported the participation of 34 disabled and non-disabled youngsters alongside 20,000 gymnasts from all over the world at the 14th World Gymnaestrada in 2011.
For inspiration	www.sportup.ch



Summary

The Sport-Up Foundation is an independent non-profit organisation based in Switzerland. Sport-Up promotes physical activities and sports for disabled youth simultaneously integrating them with their non-disabled peers. Sport-Up also promotes awareness around disability issues and supports organisations or projects that share similar goals. Through its associated project Sportin project, the Sport-Up Foundation brings together regular and special schools for common sport days.

“I love playing sports with the others.
It doesn't make me feel different.”

Participant

Keys to success

Sport as a common bond

A key reason of the success of Sport-Up is to take sport as a common bond between disabled and non-disabled peers. This assists in the breaking down of barriers and thus promotes inclusion. Sport fosters values like team spirit, tolerance and respect for others and offers the possibility to overcome one's limits.

Different backgrounds for one goal

The members of the Sport-Up board are drawn from different backgrounds. Each member is highly motivated to improve the general conditions and in particular the leisure time of disabled youngsters around sport and physical activity. Together with volunteers and specialised professionals, they provide a wide variety of different creative talents and skill but who share a common motivation to develop sportive encounters between disabled and non-disabled young people.





Sport for All objectives

Support active societies

Sport-Up focuses on engaging both public schools and specialised schools for disabled people through the Sportin project. Reaching out through schools helps to reach children and young people across the entire community, from different backgrounds and ages. Sport-Up also partners with local volunteers to assist in the delivery in the programme. This helps further increase the impact of the Sport-Up message throughout the community.

Provide equal access to sport

Sport-Up aims to provide access to sport and physical activities for disabled youngsters. This could be by finding an individual solution for a disabled young person to participate in a sport-camp or by bringing together disabled and non-disabled youngsters for a particular event, for example. Furthermore, Sport-Up helps to finance transport costs for participants, thereby tackling one of the single biggest barriers to making sport accessible for the disabled.

Improve public health and well-being

The educational and social integration value of sport is at the heart of the Sport-Up project. By connecting disabled and non-disabled youth through sport and physical activity, Sport-Up helps to break down barriers and foster greater understanding and equality amongst communities. This is achieved while simultaneously promoting physical activity.

How is the programme communicated?

The Sport-Up message is spread through a host of different channels. This is achieved mainly via the Sport-Up website, local press and regular correspondence (with friends of the Foundation, partners, schools and institutions). Sport-Up also uses promotional marketing tools such as stickers, t-shirts, flags, advertising banners, badges, etc. to increase its visibility.

There are plans to produce regular activity reports, a Facebook page and a newsletter to enhance the communication of the programme.

How is the programme evaluated?

All of the major projects operated by Sport-Up are evaluated by way of a satisfaction survey. Further feedback is obtained from input via the Sport-Up official website. The data from these sources is collected and analysed by the Sport-Up team on a regular basis and is brought forward and considered during decision-making.





Join the sporting society!

Globally, 1 in 4 adults is not active enough and more than 80% of the world's adolescent population is insufficiently physically active (World Health Organization). Let's reverse the trend and get moving.



Promote sport and physical activity

Recent changes in leisure and work practices, diet and a host of other trends has led to an increasingly sedentary lifestyle amongst the world's population. Sport for all programmes aim to promote sport and physical activity to mitigate the negative effects associated with these developments.



Improve public health and well-being

Sport and physical activity plays an important role in making societies healthier, happier and safer into the future. Successful sport for all projects help to stimulate these common benefits across entire communities.



Support active societies

Active societies involve many stakeholders such as parents, coaches, schools, local clubs, sports organisations, event organisers and grassroots activities, to name but a few. They can all be hugely influential in promoting healthier lifestyles within a community. Programmes that support and reinforce their efforts are vital for the encouragement and promotion of active societies around the world.



Provide equal access to sport

Every member within a community should have equal opportunity to live an active and healthy lifestyle. Effective grassroots programmes place a heavy emphasis on ensuring that all of their participants can enjoy this opportunity regardless of physical condition, race, gender, social conditions, geographical location or otherwise.



Foster Olympic legacy

The Olympic Games provide a source of inspiration and a vibrant expression of the Olympic values of excellence, friendship and respect. This unique power can energise communities to develop projects enabling and inspiring people to become and stay physically active into the future.

Become a key player in your community

A useful platform has been designed for organisations across the Olympic Movement that are managing Sport for All programmes, providing them with the knowledge, understanding and tools needed to improve existing programmes worldwide, as well as to create new ones.

Get inspired by more than 45 projects around the world

Learn more about best practices with our toolkit

Create your project based on proven academic research and experience of organisations

Share your experience and lead the way to inspire more projects

Connect with a vast network fueled by inspired partners

Find more information

- Sports and Active Society Programmes
- A Guide to Implementation
- www.olympic.org
- activesociety@olympic.org