



Lothian Disability Sport

Development Plan 2006 - 2010

LOTHIAN DISABILITY SPORT

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Vision : To lead the development in Lothian of sport for people with a physical, sensory or learning disability, in partnership with key local agencies.

INTRODUCTION

The last four years have seen Lothian Disability Sport make significant progress in many areas. The most exciting development has been the appointment of a full time Disability Sport Co-ordinator in May 2005, which now gives us the potential to make an even greater contribution to disability sport in the Lothian's. This would not have been achieved without funding from the four local authorities in Lothian and from Scottish Disability Sport and we would like to acknowledge this invaluable support and record our thanks.

The newfound vigour in the branch also owes a great deal to the efforts of our Fundraising Manager who has brought in almost £40,000 in the past four years. Sports specific co-ordinators can plan their programmes with confidence, knowing that funds are in place to provide the necessary resources, and we now have a well-established programme of competitive events, with plans for further development in target sports. We are delighted to see an increase in the number of athletes from Lothian competing at national level and we will continue to provide as much support as we can to encourage even greater numbers to try and attain this level, particularly with the prospect of the London Paralympics in 2012 and, potentially, the 2014 Commonwealth Games in Glasgow. We are proud of the successes of our individual athletes and teams and will continue our efforts to help everyone compete at the level to which they aspire, from recreational to international.

Another major event in the near future is the Special Olympic World Games which are being held in Shanghai, China in 2007 and we are delighted that not only will Lothian have a good representation of athletes it will also be supplying several coaches and officials. Lothian Special Olympics has a long history of excellence in learning disability sport, which has complemented the work of Lothian Disability Sport. Both organisations now feel that an even closer working relationship would be mutually beneficial and we will be discussing how to move forward together in the coming months.

The production of a new Development Plan has given us the opportunity to reconsider our position with regard to our target sports and the resources we direct to each of them. As a result we have decided to split our old target sports into 'priority' sports and 'development' sports and to add one or two new sports. Sports designated Priority Sports will, initially, be bowls, swimming, football and basketball with boccia, athletics, archery and powerlifting as Development Sports. A further category of 'participation' sport has been created for those sports for which there are obvious local opportunities and resources, such as ski-ing and golf, but which do not have clear competitive pathways. The criteria for deciding which category a sport falls in to are laid out later but the main difference will be the allocation of greater resources to the priority sports. The intention is to be as flexible as possible, however, and sports may be moved between categories as circumstances dictate.

Coaches and volunteers remain central to the delivery of any Development Plan and we would like to take this opportunity to thank everyone who has helped over the past two years and pledge our support for your efforts in the years to come.

Our achievements to date have provided us with solid foundations to build on over the period of the next Development Plan to 2010 and we now look forward with anticipation and high expectations of continued progress.

KEY ACHIEVEMENTS 2002-2006

Developing Sports

- 30 athletes selected to represent Scotland
- 10 Lothian athletes competing in world class events
- 12 Lothian athletes at SO World Games, Dublin 2003
- 4 Lothian athletes at CP world games, USA 2005
- approx. 100 athletes representing the branch at SDS events annually
- 12 Lothian championships events annually
- 3 Lothian training squads
- £25,000 allocated to target sports
- £3,500 allocated in grants to individuals and organisations
- 3 'come & try' multisports events
- Hosted 3 SDS events
 - Inter Regional Swimming gala 2004
 - BP Youth Mini Games 2004
 - Carpet Bowls Championships 2005

Education & Training

- 4 coach education courses run
- Introduction of annual awards presented at AGM

Governance

- Appointment of Disability Sport Co-ordinator May 2005
- 2 year funding package secured from local authorities for 50% of cost of Disability Sport Co-ordinator
 - £37,000 raised through fundraising
 - 8 affiliated clubs/organisations
- Strong partnership with Lothian Special Olympics
- Closer liaison with local authorities leading to better partnership working

Communication

- Regular branch newsletter distributed
- Annual calendar of events produced
- Lothian Disability Sport web site created

TARGET SPORTS

In order to allocate resources more effectively some sports have been identified as 'Priority Sports'. These are the sports which have strong grass roots participation across Lothian, good competitive structures in place and pathways to national events and they will receive the highest levels of assistance. The next category 'Development Sports' are those sports considered to be at a lesser stage of development or less widespread and although these will also be supported and promoted, it will be at a lower level of financial assistance. Finally, the third category of 'Participation Sports' is included to reflect those sports which by virtue of local facilities or other interests/initiatives are only promoted in particular local authority areas. It is envisaged that over the course of the Plan sports may move between categories as and when circumstances change and with the approval of the Management Committee of Lothian Disability Sport.

CRITERIA

PRIORITY SPORTS

Basketball, Bowls, Football, Swimming

- * SDS/SO strand 1 or 2 sport
- * regular competitive opportunities
- * high participation levels across all local authority areas
- * local elite athletes in the sport
- * Scottish representative teams in the sport
- * national co-ordinator

DEVELOPMENT SPORTS

Archery, Athletics, Boccia, Powerlifting

- * SDS/SO strand 1 or 2 sport
- * lower participation levels than priority sports
- * less established at elite level
- * competitive pathways available
- * links to representative teams/ national co-ordinator

PARTICIPATION SPORTS

Golf, Tennis, Trampolining, Ski-ing, Table tennis

- * relevant to local area
- * local resources available
- * competitive pathway not established
- * links to other initiatives

Additional sports may also be included but it is likely that these will mainly be 'Participation Sports'

1.0 Key Area: Developing Sports

| | Overall Objective 2006 - 2010 | Outcome | Baseline Data | Responsibility | Timescale | Targets |
|-----|---|--|---------------|---|--|---|
| 1.1 | <p><u>Participation</u></p> <p>To increase opportunities for people with disabilities to participate in sport in a safe and secure environment.</p> | <p>Increase number of children and young people attending multisport clubs</p> <p>Increase disability sport specific opportunities in each LA area</p> | | <p>LA lead DSC support</p> <p>LA lead DSC support</p> <p>DSC lead LA support</p> | <p>Annual</p> <p>Ongoing</p> <p>Annual</p> | <p>Increase the number attending by 15% p.a.</p> <p>Increase to 3 sport specific formally constituted clubs in each LA area</p> <p>1 Come & Try festival per annum</p> |
| 1.2 | <p><u>Performance</u></p> <p>To create and develop pathways for sports people with disabilities to realise their full potential</p> | <p>Develop and sustain a local event programme</p> <p>Develop local squads</p> <p>Attend National events</p> <p>Increase number National title holders</p> | | <p>Sport Co-ordinators lead DSC support</p> <p>Sport Co-ordinators lead DSC support</p> <p>Sport Co-ordinators</p> <p>Sport Co-ordinators</p> | <p>Ongoing</p> <p>2010</p> <p>Annual</p> <p>2010</p> | <p>Minimum of 10 events p.a. including 1 in each priority sport</p> <p>4 squads in priority sports by 2010</p> <p>150 athletes at Scottish events p.a.</p> <p>8 each year by 2010</p> |

| | Overall Objective 2006 - 2010 | Outcome | Baseline Data | Responsibility | Timescale | Targets |
|-----|---|--|---------------|--|--|---|
| 1.3 | <p><u>Excellence</u></p> <p>To establish structures for high performance athletes with a disability to achieve their full potential</p> | <p>Raise awareness of national opportunities, events and squads</p> <p>Provide links to National Squads</p> <p>Work with SDS Performance Manager to identify local talent and provide appropriate support</p> <p>Support National events programme</p> | | <p>DSC Sport Co-ordinators</p> <p>Sport Co-ordinators lead DSC support</p> <p>Sport Co-ordinators lead DSC support</p> | <p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>Annual</p> | <p>Regular updates via newsletter, committee meetings & mailshots</p> <p>40 Lothian athletes in National Squads by 2010</p> <p>1 National event p.a</p> |

2.0 Key Area: Education and Training

| | Overall Objective 2006 - 2010 | Outcome | Baseline Data | Responsibility | Timescale | Targets |
|-----|--|---|---------------|---|--|---|
| 2.1 | Recruit, support and retain volunteers and coaches | <p>Establish and maintain database of all coaches and volunteers</p> <p>Provide links to National Coaching Calendar</p> <p>Provide regular local training opportunities</p> <p>Update and improve the qualifications of LDS staff and volunteers</p> <p>Increase number of volunteers in clubs and LDS committee</p> <p>Establish formal induction process for new volunteers</p> <p>Liase with Local Authorities to ensure that all coaches are aware of all appropriate policies</p> <p>Recognise and reward volunteers</p> | | <p>DSC</p> <p>DSC</p> <p>All</p> <p>DSC All</p> <p>DSC All</p> <p>Management Committee</p> <p>DSC</p> | <p>2007- Ongoing</p> <p>Annual</p> <p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>2007</p> <p>Ongoing</p> | <p>Produce and maintain database</p> <p>Distribute calendar</p> <p>4 Governing Body specific or disability related training opportunities p.a.</p> <p>Regular updates at committee meetings</p> <p>Distribute specific opportunities to relevant agencies i.e. Volunteer Centre, Colleges etc</p> <p>Write Volunteer Policy and Coaches Code of Conduct</p> <p>Policies available and distributed to Local Authorities</p> <p>Establish an annual awards scheme</p> |

3.0 Key Area : Governance

| | Overall Objective 2006 - 2010 | Outcome | Baseline Data | Responsibility | Timescale | Targets |
|-----|-------------------------------|--|---------------|--|---|--|
| 3.1 | Maintain an effective branch | <p>Have a committee with a wide range of appropriate skills to support LDS</p> <p>LDS and LSO to be formally linked as equal partners with clear roles and responsibilities for delivering LD & PD sport</p> <p>Raise sufficient funds to ensure work of LDS continues</p> <p>Effectively engage with key partners</p> <p>Ensure LDS is up to date with current national policies, procedures and legislation</p> <p>Retain Disability Sport Co-ordinator post</p> | | <p>Management Committee</p> <p>Management Committee</p> <p>Management Committee</p> <p>DSC lead Management Committee</p> <p>Management Committee</p> <p>Management Committee</p> | <p>2007</p> <p>2007</p> <p>Annual</p> <p>2007 – Ongoing</p> <p>2006</p> <p>2008</p> | <p>Produce clearly defined roles and responsibilities</p> <p>New constitution in place to reflect new arrangements</p> <p>Fundraise £10k per annum</p> <p>Develop and maintain a sponsorship pack</p> <p>Meet with appropriate personnel in each Local Authority area twice per annum.</p> <p>Ethics and Equity documentation in place and implemented and OSCR requirements met</p> <p>Secure funding to ensure continuation of Disability Sport Co-ordinator</p> |

4.0 Key Area: Communication

| | Overall Objective 2006 - 2010 | Outcome | Baseline Data | Responsibility | Timescale | Targets |
|-----|---|--|---------------|---|---|--|
| 4.1 | Establish effective communication networks across Lothian | Set up database of key contacts Market and publicise LDS organised events, courses and competitions Promote and celebrate sporting success Raise awareness of LDS | | DSC DSC DSC DSC Sport Co-ordinators DSC All | 2006 - Ongoing Ongoing Ongoing Ongoing Ongoing Ongoing | Database produced and updated Develop and update website Sustain 6-monthly newsletters Circulate Calendar of Events and Education and Training programme to key contacts 4 articles in local press per annum Attend events, festivals and conferences with LDS information as and when they run |

Abbreviations used :

LDS
LSO
LA

Lothian Disability Sport
Lothian Special Olympics
Local Authorities

DSC
OSCR

Disability Sport Co-ordinator
Office of Scottish Charity Regulator