

Accessible Programs

*For Neurodivergent People &
WCMX / Adaptive Skaters*

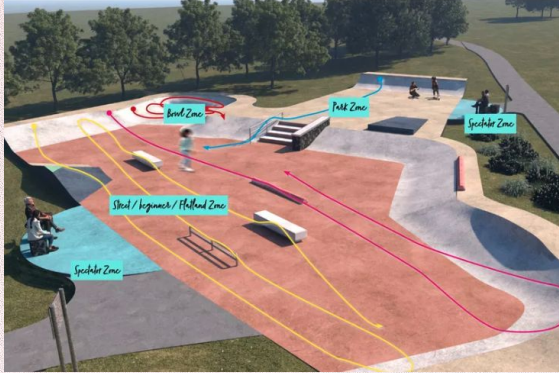


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Time	Activity	Details
16:30 - 16:35	Introduction to accessible programs	• Quick intro • Accessibility Vs Inclusion
16:35 - 16:45	Exclusive Vs Open spaces	• Focusing on two groups: neurodivergent people and people with disabilities. • Introduce the “exclusivity” angle and the low-hanging fruit methodology •
16:45 - 17:05	Adaptive skating & WCMX	• Introducing WCMX & adaptive skating with footage • How to make your programs more accessible for these groups
17:05 - 17:20	Inclusion for neurodivergent people	• What is neurodiversity? • How can we, the skate community, take a more active role in making our spaces more welcoming for neurodivergent people? • Feedback from that community that helped Simone build more welcoming spaces.. • Tip list (to serve as inspiration for small adjustments)
17:20 - 17:30	Spreading methodology to other commonly excluded groups	• Commonly excluded groups? Ask for input from RM • Pair them up, pick one group (they know very well) and have them come up with two “low hanging fruit” options for their chosen group. • Have them shortly present their findings (for inspiration)
17:30 - 17:35	Conclusion	• Positive message on possibilities of including these groups through small actions. • Recap key points

Introduction to Inclusive Programs

Am I able to enter/use the space?



Accessibility - making sure the barriers that may prevent people from taking part are removed i.e. optimising access in the design process of a new space or making adaptations to an existing space to allow everyone to enter. This could be physical aspects like wheelchair ramps, but also things like loud music and flickering lights.

How am I treated there/how do I feel there?



Inclusion - goes a step further to ensure that marginalized/hard to reach groups are included as valuable members of your space/collective. That diverse people feel a sense of belonging and ownership there.

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Accessibility:

Exclusivity VS opening up existing space

Dedicated spaces for marginalised groups:

- *Can create safe(r) spaces*
- *Creates community*
- *Creates confidence and ownership of a space*
- *Practical reasons*

Opening existing spaces:

- *Consider accessibility needs of commonly excluded groups*
- *Contact with other groups/organisations*
- *Raising awareness with team/existing participants*

Covering two commonly excluded groups today:

- *Adaptive/WCMX skaters*
- *Neurodivergent people*

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Accessibility:

Opening up existing spaces

Low hanging fruit: small adjustments you could make to your program to facilitate the needs of an often excluded group

- Listen to the needs from the specific community by asking for feedback
- You can't always do this perfectly, but trying and adjusting goes a long way! Don't be discouraged when you get feedback, and try to make it a learning opportunity.
- Once you've been running your programs for a while, you can step back and see if there are any groups not attending, in order to think what things you could do to make them feel welcome there.

1_ Adaptive Skating & WCMX

“As a wheelchair user everyone always tells you ‘you cannot go in, you cannot do it’...WCMX programs help young people to overcome these self-doubts and to navigate their daily lives with confidence and enjoyment.” - David Lebuser, Sit'n'Skate

- WCMX - Aaron Fotheringham
https://www.youtube.com/watch?v=ex0g_b2HPrQ
- Adaptive Skate, women's comp
<https://www.youtube.com/watch?v=xLnPdT1Clp4>



Adaptive Skating

Skateboarding, just with a Disability...

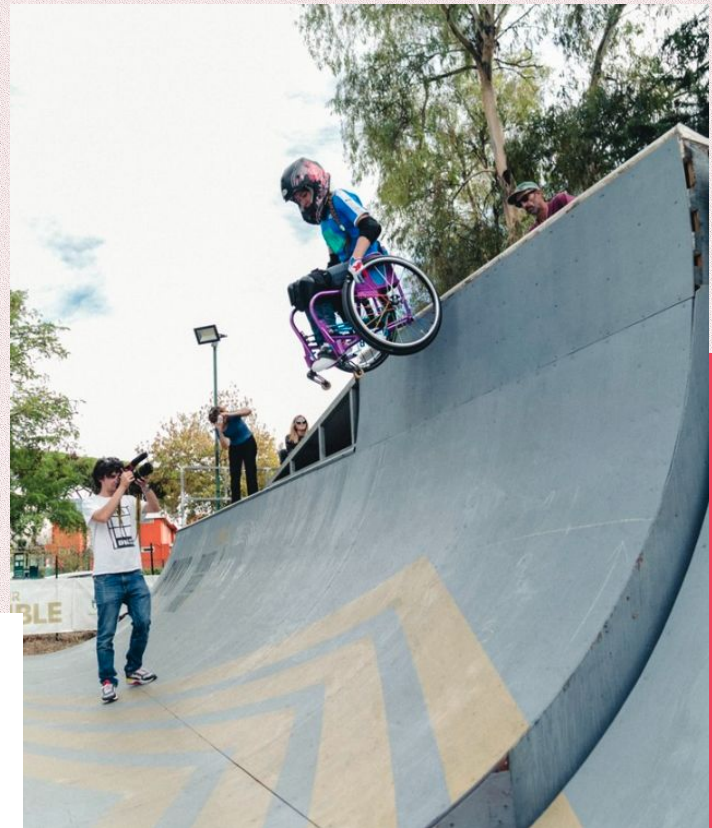
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Basics

- learning how to handle the wheelchair while „playing“
- growing self confidence
- learning by watching role models and advanced skater
- overcoming self doubts by focussing on yourself



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Previous ROLL Model, Ilaria Naef

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Accessibility: Basic Needs

*One idea we loved is this vision of a perfect skatepark:
“Miniature replica of the park for the visually impaired
to get a feel of the park layout. Bonus – it could be used for
fingerboarding.”*

Quick Tips



Dos ...

- ★ Know that some disabilities are invisible.
- ★ Reinforce key messages for the group to prevent bullying.
- ★ Repeat instructions every day and recap previous day's activities.
- ★ Listen to what they want to do.
- ★ Work with their strengths, engage their assistants and helpers, ask before helping.
- ★ Be aware of vulnerability around boundaries.
- ★ Reflect on your own assumptions.
- ★ Research the issues to help you understand.



- ★ **Don't ...** Put all disabled people in one group or category. Rush. Expect disabled people to teach you about disabilities, unless they offer.

Needs

- accessible entrance
- beginner obstacles
- pusher
- role model
- adult wheelchair user who can handle scared parents



Foto: Anna Spindeldreier

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2_ Neurodiversities

Neurodiversity

Natural variation in how brains work.

Neurotypical

People who have brains that work in a way that is considered the norm by the general population.

Neurodivergent

People whose brains work in a different way than that one of a neurotypical: this may show in social preferences, ways of learning, ways of communicating or perceiving the environment. About 15% percent of people fall somewhere on the neurodivergent spectrum.

No two Neurodivergent people are the same!

A few types of Neurodivergencies:

ADHD

ASD (autism spectrum disorder)

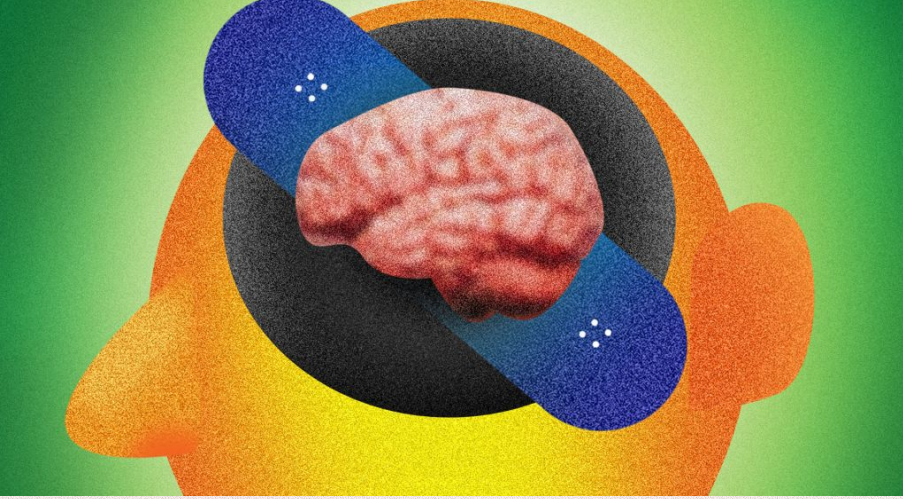
Tourettes

Dyslexia

DiD (dissociative identity disorder)

etc.





Consider different

- Learning styles
- Social/communication preferences
- Preferred environment contexts
- Stimuli preferences
- Etc.

from neurotypical skaters.

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Examples of low hanging fruits to be more welcoming to neurodivergent skaters:



Event planning:

- Offer a low stimulus area
- Keep the stimuli to a minimum
- Be clear on what people can expect
- Present a visible point of contact
- Offer different (regulating) activities
- Create a culture in which staring at each other is not acceptable.
- Normalise (and tip!) people wearing filtering earplugs in the skatepark.



Coaching skate/longboarding



- **Ask for consent before touching someone and offer other catching options**
- **Explain the park etiquette and communicate with clear signals**

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No Snaking

Nobody likes a queue jumper. When you turn up to a ramp, let everyone ahead of you take their turn before dropping in.



Bowls aren't for flat ground

This also goes for mini ramps. If you want to practice your flat ground tricks, find a spot in the corner or a quiet part of the park to get those kickflips down.



Don't hog the ramp

Yes, you may want to practice your new trick over and over to nail it, but remember there are other people waiting to skate too, so no 5 minute runs!

Take it in turns

Once you have finished your run, wait for everyone else on the ramp to complete their turn before going again.



Watch the full list on [Girl Skate UK website](#)

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Coaching skate/longboarding

- **Not everyone might express interest & emotions in the same way. Don't get frustrated.**
- **Be mindful that everyone's learning style is different. Some people might prefer to have all the (technical) information before trying others might prefer a short explanation and learn by doing.**
- **Try to do your explaining in a low distraction zone of the park**

Spreading the 'low hanging fruit' methodology to other commonly excluded groups:

What are other groups that might experience hurdles to enter a skatepark?

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In pairs...

Pick a group that you are familiar with and write down two 'low hanging fruit' options to make a skate event more accessible.

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We hope to have inspired you to consider more small actions to make your events more accessible.

Remember that perfection is not the goal, just trying and learning!

“The beauty of including everyone is that from where they’re at now, there’s always a tiny bit that they can progress, in whatever form that would be or however that looks like. Even for wheelchair users who can’t push themselves, the experience of being pushed over ramps or around a skatepark is still very exciting and outside of their day-to-day activities.”

- David Lebuser

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