

Inclusive Leadership

Working with and supporting
people with disabilities in the
outdoors

14,16,17 March 2023



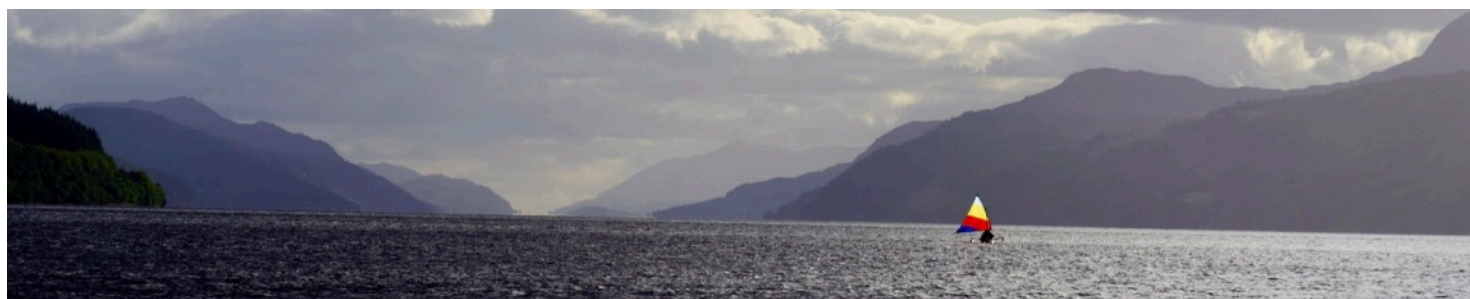
3 days developing the skills, knowledge and techniques to better engage and enabling people living with disabilities.

Designed for and delivered by instructors specialising in adaptive adventure in a wide range of environments and pursuits.

Each day builds on from the last and can be delivered as a stand-alone day or used to provide a complete introduction to adaptive delivery.

**10am - 4pm at Fell
Foot Park National
Trust - Lake District**

**£85 for individual
days or £175 for all 3**



Day 1 Raise your awareness of disability, different approaches to thinking about living with a disability and how to maximise inclusion in what you already do.

Day 2 Introduces the adaptive technique where our practice is changed to increase the range of needs we can meet.

Day 3 Introduces lifting, moving and postural management for those who need it.

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Day 1 March 14 2023

Opening doors and maximising engagement.

Focuses on understanding how to approach working with people who live with a disability. It introduces models of disability, identifying barriers to access and the distribution of impaired people living in the UK. This day incorporates and adds to the British Canoe paddle-ability syllabus, and will include practical ways of making watersports accessible and low-risk adaptive strategies enabling clients who live mostly independently.

This day would be of benefit to newly qualified and experienced outdoor instructors, front-of-house staff and organisational managers.



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Day 2 March 16 2023

Strategies to adapt what you do for most users

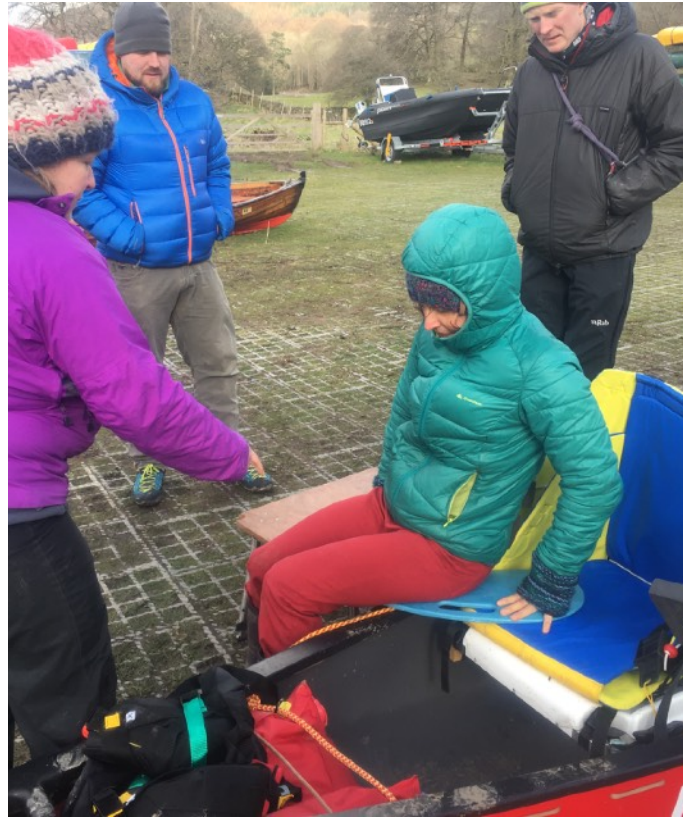
Looking at adaptive techniques available to non-specialist outdoor organisations. Facilitating outdoor adventures for the majority of people living with a disability.

The day will be split into 4 components focusing on four common impairment categories and associated adaptations and strategies. We will look at supporting those with Visual Impairments, Communication Impairments, Mobility Impairments and Learning Disabilities.

This day will include elements where the delivery of support may require some changes to practice and thus be at a level where an organisation may need to modify its safety systems.

This day would be of great benefit to experienced instructors or senior instructors. This would be appropriate for those who make access to assistive equipment to members of the public or induct the public into the use of accessible equipment.

This day forms part of the moving and handling training course covering supported transfer to and from mobility aids and assisting the recovery of those who have fallen from or need emergency assistance into a wheeled mobility aid. Meeting an organisation's duty to train users and have robust emergency strategies for all users



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Day 3 March 17 2023

Access for all - external manoeuvring and posture management for those who need it

Moving and handling, led by an experienced Occupational Therapist who also uses the Outdoor environment as a tool for enablement.

This day covers the mechanical and team movement of individuals requiring complete support.

Covering casualty recovery with team moving techniques, mechanical hoists and posture for comfort and safety



Course Notes

All three days will be supported by a certificate of training detailing topics covered

Day 2 would meet the organisational duty to train people in moving and handling people (up to but not including external lifting).

Days 2 and 3 would meet an organisation's duty to train people in moving and handling people including external lifting and hoisting.

Day 1 Qualifies for the British Canoe Paddle-ability award (and counts towards CPD points). Restricted to members of the British Canoeing. BC fees payable directly to BC

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	Day 1	Day 2	Day 3
Scope	Disability Awareness & maximising inclusion within existing practice	Adapting practice to become more inclusive	Strategies and approaches to include those requiring intervention to be included
Inclusive of functional index measure (FIM)	Full independence or carer assisted independence	Modified independence	Complete dependence
Outcomes	Understanding models of disability. Identifying barriers to participation Simple strategies to improve inclusivity	Modifying practice and risk management systems to include people living with disabilities. Maximise client independence and quality of experience.	Documented training in manual handling, use of mechanical transfer aids and principals of safe posture when out of a persons mobility aid. Closing the skills gap between standard first aid provision and the needs of welcomed guests
Visual Impairments	Effective Coaching Environments and Surfaces, Camber risk Visual aids and audio guidance	Guiding and leading Kinaesthetic coaching	
Communication Impairments	Contrast and colours Written information Hearing aids Lip readers	BSL language Accessing interpretation Communicating with non verbal users Using video	
Learning Disabilities	Pace and timing,- communication, safe spaces,	Using symbols Planning to support learning needs	
Mobility Disabilities	Affecting traction, boarding boats, transfers to harness, wheelchairs and moving aids.	Facilitating seated transfers. Changing height Supportive systems Ground to Chair recovery Modified or alternate equipment Meeting basic needs outdoors	Legal liabilities and legislation Suitable support systems Mechanical and team transfers Managing posture
Intended environment	Mainstream outdoor centres with limited adoptions Parks and access venues Transport and attractions	Organisations directly marketing towards persons living with disability. Organisation that own mobility aids, hoists, or adaptive facilities	Organisations with access to hoist equipment Or Likely to have people transferring into an organisations equipment or falling from either owned or borrowed equipment.