

2024

#BEACTIVE DAY

# ACCESSIBILITY GUIDE

Improving Physical  
Activity Accessibility  
for People with  
Disabilities

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MORE PEOPLE | MORE ACTIVE | MORE OPEN

#BEACTIVE  
EUROPEAN WEEK OF SPORT

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# ACKNOWLEDGEMENTS

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The deepest gratitude is extended to a diverse group of experts, community members, and organisations whose invaluable contributions were instrumental in the development of this inclusion guide. Their expertise, insights, and real-world experiences enriched the content and ensured that it is both practical and empowering.

Special thanks go to the disability advocates who shared their personal experiences and challenges in accessing physical activities. Their stories highlight the urgent need for more inclusive practices and have inspired the recommendations within this guide.

Gratitude is further extended to the various organisations specialising in disability rights and access to physical activities and sport. Their ongoing research and advocacy efforts provide a solid foundation for understanding the barriers faced by individuals with disabilities and the best practices for removing these obstacles.

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This guide is a testament to the power of collaboration and shared commitment to enhancing accessibility in physical activities for all, particularly those with disabilities.

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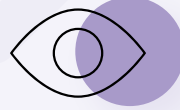
# 01 INTRODUCTION



## PURPOSE

The purpose of this guide is to underline the vital importance of inclusivity in physical activities, particularly for people with disabilities.

**Physical activity is a fundamental aspect of health, well-being, and socialisation for all individuals, regardless of their physical capabilities.** However, **people with disabilities often encounter significant barriers that limit their participation** in sport, fitness and physical activities. This guide aims to address these barriers by providing practical solutions and strategies that promote accessibility and inclusivity. The ultimate goal is to **ensure that physical activities are welcoming and accessible, enabling people with disabilities to participate fully and benefit equally.**



## VISION

Our organisation is committed to fostering an inclusive environment where fitness and health benefits are accessible to everyone, including those with disabilities. By embracing inclusivity, we not only comply with legal and ethical standards but also enrich our communities by promoting diversity and equality. This guide represents our ongoing commitment to breaking down barriers and creating opportunities for all individuals to lead active and healthy lives. Through dedicated efforts and continuous learning, we strive to set new standards for inclusion and accessibility in the fitness industry, ensuring that our programmes and facilities cater to the needs of people with diverse abilities.



This guide has been developed through the vision that every person, regardless of gender, ethnical, cultural or economic background, sexual orientation or gender identification, ability or disability has the right to participate in health-enhancing physical activity. This guide promotes the power of physical activity to bridge differences and to unite people, and strives to inspire new standards of inclusion in the sector.





## 02 WHO IS THIS GUIDE FOR?

*This inclusion guide is designed for a wide range of audiences who play a critical role in the provision, management, and advocacy of physical activities.*

By addressing each group specifically, the guide aims to foster a comprehensive approach to inclusivity across various sectors and levels of influence within the fitness and physical activity industry.

### Fitness and Physical Activity Providers

This includes owners and managers of gyms, fitness clubs, and recreational or leisure centres that offer physical activities. It is crucial for these entities to understand how to modify their facilities, equipment, and programmes to be accessible and welcoming to individuals with disabilities. This guide provides actionable recommendations to help these providers adapt their services to meet the needs of all participants.



### Personal Trainers and Instructors



Personal trainers and fitness instructors interact directly with participants and have a significant impact on their exercise experience. This guide offers specialised training methods and communication strategies to ensure that instructors are well-equipped to work effectively with individuals who have various types of disabilities.

### Community Centres and Sport Clubs

These organisations traditionally serve as the heart of local sport and recreational activities, making it essential for community centres and grassroots sport clubs to lead by example in promoting inclusivity. This guide will help these organisations implement policies and practices that ensure everyone in the community has equal opportunities to participate in, and enjoy, physical activities.



## Policyholders and Stakeholders in the Fitness Industry

Policyholders have the authority to influence public and private initiatives that improve accessibility in sport and fitness. This guide offers insights into necessary policy adjustments and advocacy strategies that can support the creation of more inclusive environments. Stakeholders, including sponsors, fitness equipment manufacturers, and professional associations, will also find valuable information on supporting inclusivity efforts effectively.



### People with Disabilities

Importantly, this guide is also for individuals with disabilities themselves, offering them knowledge and resources to advocate for their rights and needs within the fitness, physical activity, and sport sectors. By empowering people with disabilities with information on what they can request and expect from fitness providers and community sport programmes, this guide helps them to be active participants in shaping accessible and inclusive environments.



By targeting these groups, the guide aims to create a ripple effect that enhances accessibility and inclusivity across the entire spectrum of fitness and physical activity sector.



Whether through direct service provision, policy implementation, community engagement, or personal advocacy, each group has a unique role to play in promoting health and wellness for all, regardless of physical ability.





## 03 UNDERSTANDING DISABILITIES

### Current Statistics and Data on Physical Activity Participation Among People with Disabilities

The United Nations' Convention on the Rights of Persons with Disabilities (CRPD), signed by both the European Union (EU) and its Member States, remains the common reference for the definition of disability:



*'Persons with disabilities include those who have long-term physical, mental, intellectual or sensory impairments which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others.'*<sup>1</sup>

<sup>1</sup>Convention on the Right of Persons with Disabilities, Article 1. United Nations (2006)

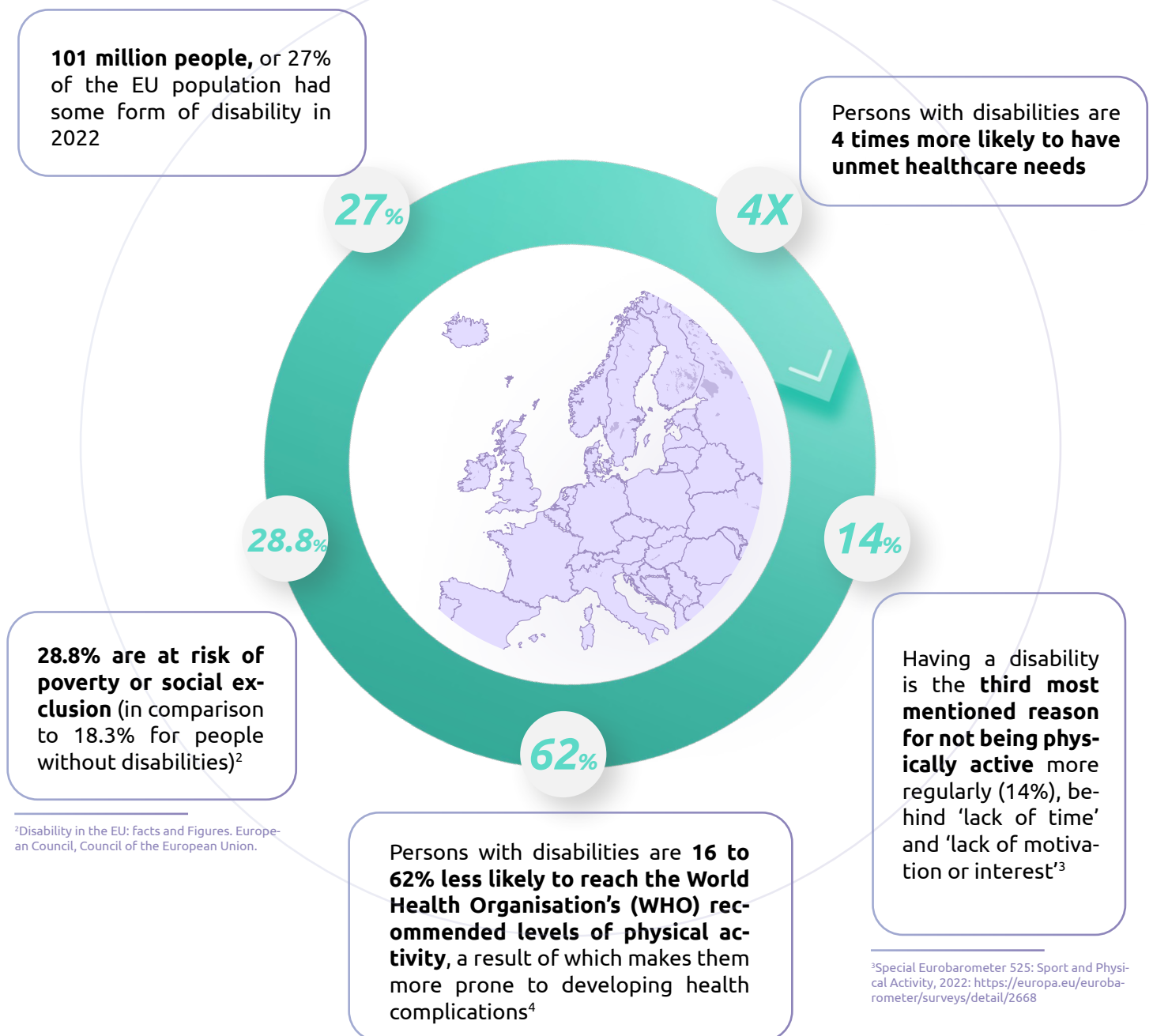


## 3.1 About Disabilities in Europe

*As explained in the next section, a variety of disability models exist each offering their own understanding and definition of disability, the diversity of which causes an array of complex limitations and necessary considerations.*

This lack of a common EU disability definition creates both a lack of coherence in disability policies while also enabling them to be best directed; and further precludes the EU from collecting a complete statistical assessment of disability.

**Some of the latest data insights into the topic suggest that:**



<sup>2</sup>Disability in the EU: facts and Figures. European Council, Council of the European Union.

<sup>4</sup>Analysis of the Barriers and Motives for Practicing Physical Activity and Sport for People with a Disability: Differences According to Gender and Type of Disability, Ascondo et al.(2023)

<sup>3</sup>Special Eurobarometer 525: Sport and Physical Activity, 2022: <https://europa.eu/eurobarometer/surveys/detail/2668>



**These figures are crucial for understanding the issue's scale and need for targeted interventions,** while also offering insight into how many people would benefit from greater access to, and inclusion in, fitness, physical activity and sport.

Both the EU and its Member States signed and ratified the CRPD in 2008, whose Article 30 explicitly refers to, participation in cultural life, recreation, leisure and sport', to, *promote the participation of persons with disabilities in mainstream sporting activities at all levels; ensure that persons with disabili-*

*ties have an opportunity to organise, develop and participate in disability-specific sporting activities; [and] ensure that persons with disabilities have access to sporting venues and services'.*

Though notable progress has been made in the past 20 years making sport and physical activity more accessible to people with disabilities, the scope for improvement remains consequent, and hence needs addressing.





## Models of Disability

***Models of Disability refers to frameworks used to understand and define disability, each influencing how society perceives and responds to individuals with disabilities.***

These models shape public policies, societal attitudes, and the provision of services, including how disabilities are managed and accommodated in various settings like healthcare, education, and employment.

Understanding different models of disability is crucial for developing inclusive fitness and physical activity



### The Medical Model

Personal trainers and fitness instructors interact directly with participants and have a significant impact on their exercise experience. This guide offers specialised training methods and communication strategies to ensure that instructors are well-equipped to work effectively with individuals who have various types of disabilities.

### The Human Rights Model

Personal trainers and fitness instructors interact directly with participants and have a significant impact on their exercise experience. This guide offers specialised training methods and communication strategies to ensure that instructors are well-equipped to work effectively with individuals who have various types of disabilities.



### The Social Model

Personal trainers and fitness instructors interact directly with participants and have a significant impact on their exercise experience. This guide offers specialised training methods and communication strategies to ensure that instructors are well-equipped to work effectively with individuals who have various types of disabilities.

## 3.2 Types of Disabilities and Their Challenges to be Physically Active

Understanding the different types of disabilities helps create appropriate accommodations and support structures within fitness and sport settings and is hence key to increase physical activity availability and accessibility for people with disabilities.



### Physical Disabilities

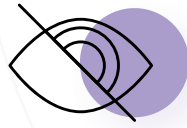
Conditions that affect individuals' mobility or motor functions, such as spinal cord injury, cerebral palsy, or multiple sclerosis. These disabilities may require adaptive equipment or modified physical activity programmes to ensure participation is possible and enjoyable.

#### The typical barriers faced in participating in physical activities

**Accessibility:** Lack of accessible facilities, such as ramps, lifts, or adaptive equipment, can prevent participation.

**Equipment:** Standard exercise equipment often doesn't accommodate those who use wheelchairs or have limited mobility.

**Programme Design:** Many physical activity programmes are not designed with adaptations for varying degrees of physical ability.



### Visual Impairments

These include partial sight and blindness, which can limit an individual's ability to engage in physical activities that require good vision. Adaptations might include auditory cues, tactile markers, and the use of guides or sighted helpers.

#### The typical barriers faced in participating in physical activities

**Navigational Challenges:** Difficulty in navigating physical spaces safely without tactile or auditory cues.

**Communication:** Standard visual cues in classes or training sessions (e.g., demonstrations) are not effective.

**Equipment Use:** Difficulty in using equipment safely without modifications or assistance.



### Hearing Impairments

Deafness or hard of hearing can impact communication in a group setting and the ability to receive auditory information. Providing visual signals, using sign language interpreters, and ensuring visual access to instructions can facilitate participation.

#### The typical barriers faced in participating in physical activities

**Auditory Information:** Standard auditory cues in classes or instructions are missed, which can lead to safety issues or a lack of synchronization in group activities.

**Communication:** Lack of sign language interpreters or written instructions can exclude participants from fully engaging in activities.



## Intellectual Disabilities

Affect cognitive functions and can influence an individual's ability to follow complex instructions, understand the rules of games, or cope with competitive environments. Simplified instructions, more extended learning periods, and supportive coaching are beneficial.

The typical barriers faced in participating in physical activities

**Complex Instructions:** Difficulty understanding and following complex rules or instructions in traditional fitness classes.

**Social Integration:** Challenges in social interaction can lead to feelings of isolation or exclusion in group settings.

**Cognitive Overload:** High-paced environments or activities that require quick decision-making can be overwhelming.



## Psycho-social Disabilities

Mental health conditions such as depression, anxiety, and bipolar disorder that may affect an individual's motivation, energy levels, and social interaction. Flexible participation options, a supportive environment, and mental health aware staff can help increase engagement and enjoyment.

The typical barriers faced in participating in physical activities

**Motivation:** Fluctuating energy levels and motivation can make regular participation difficult.

**Social Anxiety:** Group settings can be intimidating, creating barriers to participation.

**Stigma:** Misunderstanding and stigma around mental health can lead to exclusion or lack of support within fitness environments.

Different disability types are each exposed to a variety of challenges, some of which are present among different disability types. Overall, it could be suggested that there exists three categories of challenges that must be considered:

**1 Physical barriers:** Inadequate facilities, non-adaptive equipment, inaccessible transportation.

**2 Social and psychological barriers:** Stigma, stereotypes, lack of social support.

**3 Communication barriers:** Ineffective communication methods, lack of sign language interpreters or materials in Braille.





## 04 STRATEGIES FOR INCLUSION



*Creating accessible physical spaces is fundamental to promoting inclusivity in fitness, physical activity and sports facilities. These adaptations not only comply with legal requirements but also ensure that individuals with disabilities can participate comfortably and safely. This chapter offers an overview of elements to consider for infrastructure, equipment and services.*





# 4.1 PHYSICAL ACCESSIBILITY

## Entrance and Navigation

### Accessible Entrances

- Ensure all entrances, hallways, and doorways are wheelchair accessible.
- Provide a manoeuvring area at the top and bottom of ramps of no less than 1.5 metres.
- Install ramps where there are steps, with a slope of 5-8% and handrails on both sides.
- Door openings must be at least 0.9 metres wide, with doors opening towards the ramp.
- The entrance to the building must be free of obstacles such as thresholds and steps.
- Mark glass doors with a contrast line at 1.4 meters and 0.3 meters above floor level to aid visibility.



### Corridors and Flooring

- Corridors in rooms and halls should be at least 1.5 metres wide to accommodate wheelchair users.
- Attach all carpets securely to prevent slipping.
- Use smooth, non-slip flooring to ensure safety.
- Mark the edges of passages between equipment with a contrast line to assist people with visual impairments.

## Equipment Layout

- Arrange gym equipment to allow ample space around each piece for easy transfer from a wheelchair. This includes providing lower-height options for equipment such as weight machines and cardio equipment.



## Accessible Equipment

- Include equipment specifically designed for those with disabilities, such as seated ellipticals, wheelchair-accessible weight machines, and hand cycles.
- Equip gym equipment with interfaces that are easy to use for those with visual impairments or limited hand dexterity. This could include touch screens with large buttons, voice commands, or braille labels.
- Equip ordinary gym equipment with belts, wheelchair fasteners, and other necessary equipment to be wheelchair-friendly.





## 4.2 INCLUSIVE FACILITIES

*Ensure that there are accessible dressing rooms and showers with grab bars, accessible toilets, and showers.*

### Dressing Room

1

#### Wheelchair Accessible Changing Rooms

- Ensure the changing room is no less than 1.5x2.2 metres.
- Equip the room with support handles at a height of 0.9 meters and a bench.

2

#### Door specifications

- The door width should be at least 0.9 metres, capable of opening easily at an angle of at least 90 degrees.
- Door handles should be positioned at a height of 0.9 meters, with locks that can be opened from the outside in case of emergencies.

3

#### Privacy and Assistance

- Preferably, the dressing room should be a separate room to allow assistance by someone of the opposite sex if needed.



# Toilet

## 1

### Accessible Toilets

- Ensure every public building has accessible toilets proportional to the number of visitors.
- Place sequential signs directing to accessible toilets.
- Provide at least one separate toilet for individuals needing assistance from someone of the opposite sex.

## 3

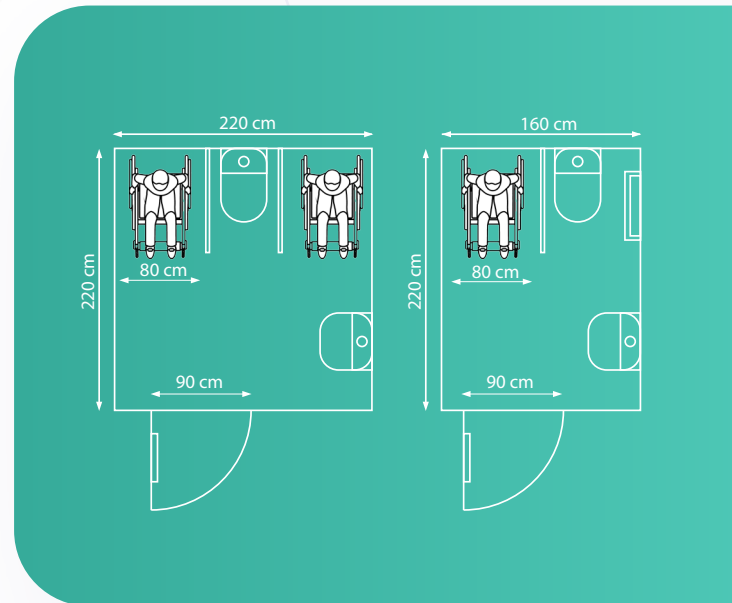
### Toilet Parameters

- Free manoeuvring area inside the cabin should be 1.5 metres in diameter.
- Door width should be at least 0.9 metres, opening at an angle of at least 90 degrees.
- Equip the door with an inside handle the width of the door and a lock that can be opened from the outside.
- Floors should be smooth and non-slip.
- Ensure the toilet bowl is accessible from the front with a diameter of 1.4 metres and from at least one side with a width of 0.75-0.90 metres to the support railing.
- The height of the toilet bowl should be 0.45-0.47 (without a lid) metres.
- Install lifting armrests no higher than 1.20 metres above the floor.
- Ensure the toilet paper holder is reachable from the toilet.
- Use contrasting colours for the toilet lid and surrounding space.

## 2

### Toilet Door Specifications

- Mark doors for wheelchair users with a special marking at a height of 1.60 metres.
- Ensure a free manoeuvring area with a diameter of 1.5 metres in front of the toilet.



## Shower

- Place electrical switches in a contrasting colour at a height of 0.9 metres from the floor.
- The sink should have a height of 0.80-0.85 metres, with no obstacles underneath, and a single-lever faucet reachable by a person in a wheelchair.
- Ensure soap holders are at a height of 0.90-1.1 metres, and the lower edge of mirrors is not higher than 1 metre, or is adjustable.
- Place the lower edge of hand dryers and towel holders at a height of 1.1 metres.
- Equip toilets with safety buttons at heights of 0.15 metres and 0.9 metres or a button with a cord for emergencies.

# Shower

## 1

### Accessible Showers

- Ensure at least one shower is accessible to a person with mobility impairments.
- Shower room doors should be 0.90 metres wide, with thresholds no higher than 1.5 cm.

## 2

### Shower Room Equipment

- Equip the shower room with a drop-down seat at a height of 0.50 metres from the floor, preferably with lifting armrests (seat depth: 0.30-0.40 metres, seat width: 0.40-0.50 metres, load capacity: at least 120 kg).
- Shower doors should open from the outside.

## 3

### Manoeuvring Area and Safety

- Ensure a free manoeuvring area with a diameter of 1.5 metres.
- Install help buttons at heights of 0.15 metres and 0.9 metres.
- Use non-slip flooring or mats in the shower room and cabin.
- Equip the shower cabin with horizontal handles at a height of 0.9 metres and a vertical handle at a height of 0.9-1.6 metres.

## 4

### Shower Specifications

- The height of the shower head should be adjustable from 0.9 metres to 2.0 metres.
- The shower tap should be 0.9 metres high and have a thermostat nozzle.

## 5

### Accessibility Features

- Ensure towel holders are at a height of 1.0-1.2 metres.
- Provide clothes hangers in the shower room at a height of 1.2 metres from the floor.



# Signage

*Effective signage in a gym or building that caters to individuals with disabilities is crucial for accessibility and ease of navigation. Here are key aspects to consider when designing and implementing such signage:*

1

## Visibility

- Signage should be large enough to be easily readable from a reasonable distance. The mounting height must be accessible for both standing individuals and those in wheelchairs.
- High contrast between text and background improves readability. Commonly, black text on a white background, or white text on a dark background, is used to maximise visibility.

2

## Symbols and Icons

- Use universally recognised symbols, such as the International Symbol of Access for wheelchair accessibility. These symbols are quickly identifiable and understood by people from different backgrounds.
- Include symbols for hearing loops, visual alarm systems, and other assistive technologies. These icons should be standardized and easily distinguishable.



*International Symbol of Access*



*Sign Language Interpretation Symbol*



*International Symbol for Braille*



*International Symbol for Hearing Loops*



*International Symbol for Intellectual Disability*

3

## Text and Fonts

- Use clear and concise language to communicate information effectively. Avoid jargon or overly technical terms that might confuse.
- Fonts should be simple, sans-serif, and large enough to be read easily by people with visual impairments. Examples of readable fonts include Arial and Helvetica.

4

## Braille and Tactile Signage

- Braille: Incorporating braille on signs can assist visually impaired users in navigating the facility independently.
- Tactile Features: Raised letters and pictograms can also be beneficial for those who read through touch.

## 5

### Placement and Consistency

- Signs should be placed at key points like entrances, restrooms, lifts, and service areas to ensure they are seen by everyone, regardless of their path through the gym or building.
- Keeping a consistent design language throughout the signage in your gym helps in creating a cohesive navigational experience. This includes maintaining the same colour schemes, iconography, and placement heights throughout the facility.

## 6

### Digital and Interactive Signage

- Consider using digital signage that can be updated easily to reflect changes in the gym layout or available equipment. Digital signs can also integrate interactive elements, such as touchscreens, though these should be designed with accessibility in mind.
- Including audio cues or the availability of a mobile app that vocalises signage information can be extremely helpful for visually impaired members.

*Implementing these features not only meets accessibility regulations but also greatly enhances the overall service quality and safety in the gym. This inclusive strategy benefits not just those with specific requirements, but improves the gym experience for all members, fostering a welcoming and supportive atmosphere. By adopting these approaches, gyms can cultivate an environment that is inviting to people of all abilities, thereby supporting both physical fitness and social well-being.*



## 4.3 PROGRAMMES AND SERVICES

### Specialised Classes

Offer fitness classes tailored to individuals with specific types of disabilities. This could include classes focused on gentle yoga for those with joint issues or strength training for wheelchair users.



### Personal Trainers

Employ or train staff who specialise in working with clients with disabilities. These trainers should understand the unique needs and best practices for a diverse range of clients.

### Inclusive Policies

Develop gym policies that explicitly support inclusivity, such as buddy systems or discounts for caregivers who accompany clients with disabilities.



### Staff Training

Regularly train all staff on disability awareness and appropriate communication techniques to ensure a welcoming environment for everyone. Educate staff about different types of disabilities, including physical, sensory, cognitive, and emotional disabilities. Provide insights into the daily challenges faced by people with disabilities and how staff can support them effectively. Organise specialised training on how to adapt fitness routines and equipment for people with different types of disabilities.





# 05 ENGAGEMENT AND OUTREACH



# 5.1 Engage Effectively with the Community of People with Disabilities



## Inclusive Communication

- Use various communication channels such as social media, newsletters, and community bulletins to reach a broader audience.
  - Ensure all communications are accessible, using plain language, captions, and alternative text for images.
  - Provide information in multiple formats, including braille, large print, and audio.
- 



## Community Events and Workshops

- Host events and workshops that focus on physical activity, fitness and wellness tailored to people with disabilities.
  - Offer adaptive programmes that cater to different types of disabilities.
  - Create a feedback loop where community members can share their needs and suggestions.
- 



## Online Presence

- Develop an accessible website that includes detailed information about accessible features and programmes.
  - Use social media to highlight success stories, upcoming events, and available resources for people with disabilities.
- 



## Feedback and Continuous Improvement

- Regularly seek feedback from members with disabilities to understand their experiences and identify areas for improvement.
- Conduct surveys and focus groups to gather detailed insights.

## 5.2 Build Partnerships with Local Organisations and Advocacy Groups for People with Disabilities

1

### Identify Potential Partners

- Research local organisations and advocacy groups that support people with disabilities.
- Make a list of potential partners, including non-profits, community groups, and government agencies.

4

### Resource Sharing

- Share resources such as space, equipment, and expertise to support joint initiatives.
- Offer your gym facilities for meetings or events organised by the partner organisations.

2

### Reach Out and Establish Contact

- Initiate contact through formal letters, emails, or phone calls to introduce your gym and propose potential collaborations.
- Attend local meetings, conferences, and events to network with representatives from these organisations.

3

### Collaborative Programmes and Events

- Develop joint programmes and events that benefit both the gym and the partner organisation.
- Co-host workshops, fitness classes, and informational sessions on health and wellness for people with disabilities.
- Organise awareness campaigns together to promote inclusivity and accessibility.



# 5

## Volunteer and Support

- Encourage gym members and staff to volunteer for activities organised by partner organisations.
- Provide support for the initiatives and events run by these groups, enhancing community ties.

# 6

## Mutual Promotion

- Promote partner organisations' events and initiatives through your gym's communication channels.
- Request that partner organisations share information about your gym's accessible services and programmes with their members.

# 7

## Continuous Engagement

- Maintain regular communication with partner organisations to discuss ongoing and future collaborative opportunities.
- Regularly review and assess the outcomes of partnerships to ensure they are meeting the needs of both parties and the community.



By implementing these strategies, gyms can effectively engage with the community of people with disabilities, ensuring inclusive fitness opportunities and fostering strong community relationships. Don't forget to showcase the stories, initiatives and programmes that successfully included people with disabilities.



# 06 CONCLUSION

- The 2024 **#BEACTIVE DAY** project and campaign is an **opportunity** to create, expand, improve or consolidate your inclusion policies, by offering qualitative and accessible physical activity to people with disabilities.
- Ensuring accessibility and inclusion in gyms is crucial for **creating a welcoming and supportive environment** for people with disabilities. This commitment not only enhances user experience but also fosters a **sense of community** and belonging.
- Utilising **inclusive communication** strategies and **engaging with the community of people with disabilities** through various channels helps build strong relationships and understand their needs.
- Providing **accessible facilities**, including entrances, changing rooms, toilets, and showers, are essential for accommodating people with disabilities. Adapting fitness equipment and offering specialised programmes that cater to a diverse range of abilities, promoting inclusivity in fitness.
- Regular and comprehensive **training for staff on disability awareness** and appropriate communication techniques are fundamental in ensuring a welcoming environment for all gym members. Training programmes should be continuous and involve practical, hands-on experiences.
- **Building partnerships** with local organisations and advocacy groups enhance the gym's ability to serve the community of people with disabilities. Collaborative programmes, resource sharing, and mutual support strengthen community ties and promote inclusive fitness opportunities.
- Seeking **feedback** from members with disabilities and continuously improving services based on this feedback ensures that the gym remains responsive to their needs. **Regular reviews and updates** to accessibility features and programmes are essential for maintaining high standards of inclusivity.
- Emphasising the importance of inclusivity and respect in all interactions fosters a **positive and supportive gym culture**. Encouraging staff to be proactive, patient, and empathetic helps in creating an environment where everyone feels valued and included.



# 07

## RESOURCES AND FURTHER READING

***A wealth of information, resources and tools remain available online to support further in-depth information on inclusive practices for this target group.***

### ***European Regulations, Standards, and Relevant Frameworks***

*EN 17210:2020 - Accessibility and usability of the built environment – Functional requirements (2021).* This is a European Standard that provides criteria and recommendations for the accessibility and usability of the built environment, including public spaces and recreational facilities like gyms.  
[https://accessible-eu-centre.ec.europa.eu/content-corner/digital-library/en-172102021-accessibility-and-usability-built-environment-functional-requirements\\_en](https://accessible-eu-centre.ec.europa.eu/content-corner/digital-library/en-172102021-accessibility-and-usability-built-environment-functional-requirements_en)

The European Union's *European Accessibility Act (EAA) (2019)* - This act aims to improve the functioning of the internal market for accessible products and services by removing barriers created by divergent rules in Member States.  
<https://ec.europa.eu/social/main.jsp?catId=1202>

The United Nations' *Convention on the Rights of Persons with Disabilities (2006)*  
<https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-persons-disabilities>

The European Parliamentary Research Service's *Briefing on Understanding EU policies for people with disabilities (2023)*  
[https://www.europarl.europa.eu/RegData/etudes/BRIE/2021/698811/EPRS\\_BRI\(2021\)698811\\_EN.pdf](https://www.europarl.europa.eu/RegData/etudes/BRIE/2021/698811/EPRS_BRI(2021)698811_EN.pdf)

The European Union's *Strategy for the Right of Persons with Disabilities 2021-2023 (2021)*  
<https://op.europa.eu/en/publication-detail/-/publication/3e1e2228-7c97-11eb-9ac9-01aa75ed71a1>

Conclusions of the Council of the European Union and the Representatives of the Member States meeting within the Council on Access to sport for persons with disabilities (2019)  
[https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=CELEX:52019XG0607\(03\)](https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=CELEX:52019XG0607(03))

### **Organisations and Websites**

The European Disability Forum (EDF) - An umbrella organisation of persons with disabilities that brings together representative organisations of persons with disabilities from across Europe. It is a strong advocate for the rights of disabled individuals and offers resources on making various environments accessible.  
<https://www.edf-feph.org/publications/>

You may also consult EDF's list of members to find national disability organisations  
<https://www.edf-feph.org/our-members/>

Inclusion Europe – a member-based organisation representing and advocating for people with intellectual disabilities and their families  
<https://www.inclusion.eu/>

Special Olympics – a global sports organisation for children and adults with intellectual disabilities offering activities and training all year round

<https://www.specialolympics.org/>

The European Council, Council of the European Union's *Disability in the EU: facts and figures*

<https://www.consilium.europa.eu/en/infographics/disability-eu-facts-figures/>

## Publications and Articles

The AccessibleEU initiative hosts an online library that provides a wealth of resources on accessibility standards, guides, and best practices across Europe. This digital library aims to support stakeholders in implementing EU accessibility legislation more effectively and serves as a central hub for information sharing. For those interested in exploring this repository of accessibility-related materials, more information can be found on the AccessibleEU Centre

[https://accessible-eu-centre.ec.europa.eu/content-corner/digital-library\\_en](https://accessible-eu-centre.ec.europa.eu/content-corner/digital-library_en)

The European Commission's Eurostat data and publications about Disability

<https://ec.europa.eu/eurostat/web/disability>

Ascondo, Josu, Andrea Martín-López, Aitor Iturricastillo, Cristina Granados, Iker Garate, Estibaliz Romaratezabala, Inmaculada Martínez-Aldama, Sheila Romero, and Javier Yanci: "Analysis of the Barriers and Motives for Practicing Physical Activity and Sport for People with a Disability: Differences According to Gender and Type of Disability" *International Journal of Environmental Research and Public Health* 20, no. 2: 1320 (2023).

<https://doi.org/10.3390/ijerph20021320>

Ukactive's *Everyone Can* report reviewing disability and physical activity in the UK (2023)

<https://everyonecan.ukactive.com/>

Active disability ireland's *xcessible club* toolkit (2022)

<https://activedisability.ie/xcessible-club-toolkit/>

The European Parliamentary Research Service's Briefing on *Creating opportunities in sport for people with disabilities* (2021)

[https://www.europarl.europa.eu/RegData/etudes/BRIE/2021/679096/EPRS\\_BRI\(2021\)679096\\_EN.pdf](https://www.europarl.europa.eu/RegData/etudes/BRIE/2021/679096/EPRS_BRI(2021)679096_EN.pdf)

The European Commission's *Mapping on Access to Sport for People with Disabilities* (2018)

[https://sport.ec.europa.eu/sites/default/files/mapping\\_access\\_to\\_sport\\_for\\_people\\_with\\_disabiliites\\_final.pdf](https://sport.ec.europa.eu/sites/default/files/mapping_access_to_sport_for_people_with_disabiliites_final.pdf)

The Council of Europe's *Disability sport in Europe good practice* handbook (2016)

<https://edoc.coe.int/en/people-with-disabilities/6958-disability-sport-in-europe.html>

2024

# #BEACTIVE DAY

## ABOUT THE 2024 #BEACTIVE DAY PROJECT

*The #BEACTIVE DAY 2024 project is a year-long initiative coordinated by EuropeActive and co-funded by the Erasmus+ Programme of the European Union.*

This collaborative effort involves 8 partners, comprising the national fitness associations of Austria, Bulgaria, Czech Republic, Ireland, Latvia, Romania, Slovenia, and the Netherlands.

**#BEACTIVE DAY** embodies the vision of more people, more active, more often and is a proactive response to the escalating issue of growing physical inactivity levels. A European-wide campaign, **#BEACTIVE DAY** is an initiative of the European fitness and physical activity sector that celebrates the fun of physical activity by organising free events and activities for all.

Annually taking place on September 23rd and throughout the last week of the month, **#BEACTIVE DAY** offers an array of dynamic events ranging from open-air gyms, bustling parks and outdoors, to schools and virtual challenges. In doing so, the campaign directly contributes to Europe's largest campaign promoting sport and physical activity, the European Commission's European Week of Sport (EWoS). **#BEACTIVE DAY**'s alignment with EWoS facilitates robust connections at European, national, and regional levels, contributing significantly to its success.

Learn more about the 2024 #BEACTIVE DAY project activities here:

[europeactive.eu/projects/beactiveday2024](https://europeactive.eu/projects/beactiveday2024)

and about the broader #BEACTIVE DAY campaign here:

[beactiveday.eu](https://beactiveday.eu)



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