

# CIPPENHAM TTC & COMMUNITY ACTIVATOR

## The Challenge

Being inclusive in any sport can be something of a challenge, due to people having varying abilities and needs. This can result in those with different needs being excluded from the game, which can lead to numerous wider issues, including lack of confidence and social isolation.



## The Solution

Although everyone should be treated equally within sport, some may require some extra support, or for the session to be adapted to suit their needs. Always ensure you give people the option of what they want to do, and get them to set their own limitations.

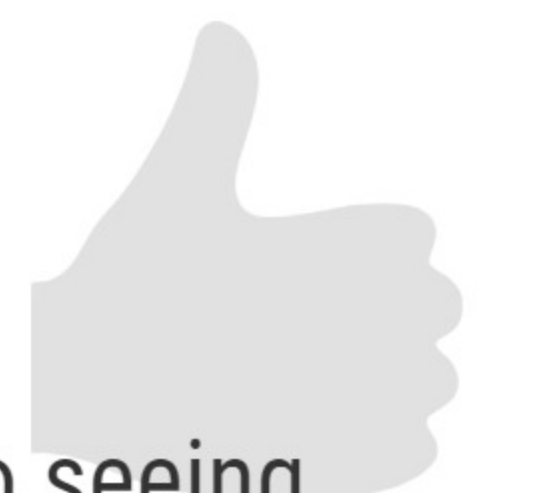


Peter Thompson, Table Tennis Activator, states that you should always introduce yourself to the group you are working with and build a good rapport with them as people - something which Ken Phillips, Head Coach at Cippenham Table Tennis Club, agrees with. Some examples of how to tailor your sessions can be seen below;

- Take away the net and start with pushing the ball across the table with your hands. Gradually progress to introduce a bat, to push the ball, then add a bounce, and finally introduce the net.
- Have a female coach to act as a role model for female players
- Provide a range of coloured balls for those who have issues with vision
- Create a social environment so everyone at the sessions feels welcome and included

## The Result

The impact of being inclusive has no boundaries, from seeing club players improving their game, to seeing those with particular limitations overcome them. The simplicity and appeal of the game has the ability to fill a room with an infectious atmosphere that makes everyone feel great. Whats more, providing the support for those who need it results in them having enjoyment and pleasure in surprising themselves with their capabilities, as well as building a relationship with them that often goes beyond a game of table tennis.



*"It's not all about having a ball, bat and net. We must not underestimate what people can do"*  
Table Tennis Activator

*"Treat them as table tennis players, regardless of ethnicity, gender or ability"*  
Cippenham TTC

**Get Inclusive:**

[help@tabletennisengland.co.uk](mailto:help@tabletennisengland.co.uk)

[www.sportengland.org/research/understanding-audiences](http://www.sportengland.org/research/understanding-audiences)

[www.activityalliance.org.uk/how-we-help/training](http://www.activityalliance.org.uk/how-we-help/training)

