

Disability

Engaging Disabled people means not only addressing the physical barriers, but also the psychological barriers that can prevent them from taking part. The Equalities Act 2010 requires everyone to make reasonable adjustment for Disabled users, employees or volunteers.

THE BARRIERS

As demonstrated in Activity Alliance's Talk to Me research, some barriers Disabled people can face include:

- Lack of facilities and accessible equipment
- Locations of session and cost of travel
- Personal perceptions and attitudes of others
- Ability to find information
- Support to attend sessions from family or carer

Although listed together these barriers seem insurmountable, it's important to recognise that not every Disabled person will experience all of these barriers.



Breaking the Barriers

- Don't assume what a player can or cannot do, talk to them and ask what support they might need
- Run sessions in accessible facilities, with Disability accessible equipment
- Offer support and reassurance that any player is welcome
- Attend Disability focused training courses to upskill and increase knowledge

Find out more about our Disability Awareness Training [here](#).

Adaption ideas

- Use larger, brightly coloured balls for visual impairments, or foam balls to slow down the game for those with coordination issues
- Wheelchair players don't need to be treated any differently to others, but may need additional provisions for accessibility purposes
- Remove the net and start with players pushing the ball across the table to improve hand-eye coordination
- Take the activity off the table and be creative with how you can practice or run drills in other ways

“ I find it best to get rid of the first three letter and focus on the final seven; ability. Everyone has that, but often people will look at the 'dis' part first.

- Inclusive Ping Pong

Please note this is just a guide and not an exhaustive list of barriers or ways to overcome barriers individuals may face. It's most important that you speak to your participants to see how you can support their individual needs. For additional support, please contact diversity@tabletennisengland.co.uk

INSIGHT

One in five people in England have an impairment. Activity Alliance's [Annual Disability and Activity Survey 2020-21](#) found that 78% of those want to be more active.