

## Guidance on Disability Inclusion

As golf is an individual sport, it can be played at a pace which is suited to the individual and using equipment adapted to the needs of the individual. Golf is a precision club to ball sport in which competing players use different types of clubs to hit a ball into a series of holes on a golf course, with the aim of using the fewest number of strokes.

The variety of shots that are played and the challenges that are faced on a golf course can be recreated in a non golfing environment as the Golf Foundation has done using Tri-Golf and Golf Xtreme equipment. These challenges can be further adapted to include everyone. The STEP model can be used to facilitate adaptation. STEP means: Space, Task, Equipment and People. Changes within any of these areas can create possibilities for more people to participate. For example:

### Space

- The distance between the tee (start point) and the target (the hole) can be increased or decreased. In most cases, the size of the target can be increased if required.

### Task

- Young people can play the ball in different ways such as holding the club in both hands, one hand, using a forehand technique (as most golfers) or a backhand (as in a backhand tennis shot). Also, think about the basic concept of golf to 'get the ball from one point to another'. This might not involve using a club but instead a throw or a roll.

### Equipment

- Equipment can be varied in many ways, including using equipment designed for school-aged golfers (Tri-Golf and Golf Xtreme equipment) or even using other equipment, such as using other striking implements (plastic hockey stick).

### People

- Young people can work individually, trying to beat their personal best score or challenge other players.

If you can consider STEP when planning a session or during a session, you will be well on your way to making your session inclusive so everyone can take part. Also, maintain a positive attitude, use your imagination and be creative as to create an appropriate challenge for the individual or group. Where possible, communicate with the participant when setting the task.

*The Inclusion Spectrum* can be applied sport-specifically as a basis for planning any golf session or competition.

	Approach
1. Everyone can play	Aim to include everyone in the same session doing the same activity as each other. This is known as an <b>OPEN SESSION</b> .
2. Change to include	You may need to make a slight adaptation for specific players; for example, vary the club or ball used for different players but they still play the same game. This is known as <b>MODIFIED</b> (see STEP model).
3. Ability groups	Young people are organised into ability groups for the activity. The core of the activity is similar but there might be adaptations such as the tee position is closer to the target or the target is bigger. This is played next to the other group and is therefore known as <b>PARALLEL ACTIVITY</b> .
4. Alternate activity	This is activity which is separate to other groups. This might be pitched at a different skill level but you are always looking for ways to integrate the groups where possible. It is known as <b>SEPARATE ACTIVITY</b> .
5. Disability sport	These will be disability specific activities known as <b>ADAPTED PHYSICAL ACTIVITY</b> .

For further information, visit [www.golf-foundation.org](http://www.golf-foundation.org)