

Disability Awareness Training - Outline

Aims:

- Establish & maintain consistency of training opportunity throughout the UK
- To provide a basic understanding of and practical advice to support working **alongside** people with disability
- Alleviate fear of disability and to support volunteers to fully enjoy their involvement
- Create a pool of trained helpers to support sailing for people with a disability

Outcomes:

Participants will:

- Appreciate barriers to participation
- Be more appreciative of varied communication and support needs
- Have a basic understanding of a range of individuals needs
- Be able to identify and participate in the management of risk
- Learn to work with the participants
- Get true value from your volunteering
- Receive a RYA Sailability Scotland Certificate of Attendance

Programme:

Session One - Theoretical components of the programme
 Group Work
 Discussion Groups
 Developing Personal Learning Plan

Session Two - On task training, on boat or at waterside
 Practical Exercises
 Demonstrations
 Group Work
 Practical Sailing

Programme Contents:

Registration & Refreshments
Introduction & Overview
Ground Rules - (Group Exercises)
Perceptions - Disability, Terms & Language, Discussion on impact of findings
Communication Issues (Group Work – Setting the Rules exercise)
Barriers to Participation (Scenario based Group discussion)
Ways of Working
Setting the Values, Getting it Right
Personal Learning Plans
Practical Exercises
Feedback, Evaluation & Close

