



Aims of INSPIRE-SPORT

INSPIRE-SPORT is open to anyone with additional needs. They are given the opportunity to experience different sports skills, learn how to follow rules, work with partners and small groups and improve their fitness and wellbeing. If they show potential or would like to go on to compete in different sports then I guide them to Special Olympic Surrey sports hubs.

Skills needed to volunteer for INSPIRE-SPORT:

- Willingness to help
- Willingness to join in with the sports (don't have to be that good at it!)
- Ability to communicate
- Ability to repeat instructions
- Ability to copy & then demonstrate a skill
- Patience when it doesn't work
- Ability to encourage when the members find it difficult
- Ability to have fun and a sense of humour
- Ability to commit

The members of INSPIRE-SPORT age range from 13-35, male and female. Some have language, some don't. The members who don't have language can all understand; how much we don't know until they stop doing what we ask them. The members with language sometimes find it difficult to follow a sequence of instructions in the correct order so we need to repeat the instructions and encourage. There are members on the autistic spectrum who display behaviour which we try and change. Some examples are:

- Standing too close when speaking.....we tell them "too close" and hold up our hand
- Don't look at us when we are asking them a question.....we say "Johnny look at me"
- Some are very affectionate but hugging is not always appropriate....we say "no touching"

A typical INSPIRE session consists of

- Warm up
- Games skills
- Break for drink
- Games skills
- Warm down

Thank you so much for volunteering. Your support is immeasurable and the INSPIRE-SPORT members will always remember you.