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# Physical Activity, Active Living, and Sport Resource Catalogue

Online resources for Canadians living with disabilities



Canadian Disability Participation Project

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## CONTRIBUTORS

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## GLOSSARY

**Physical Activity Resources:** Any resource (e.g., pamphlet, program, checklist, etc.) that either promotes, facilitates, or educates consumers about physical activity opportunities.

**Active Living Resources:** Any resource that promotes, educates, or attempts to facilitate healthy active living behaviours that are not specific or stereotypical physical activities (e.g., modifying playground equipment, designing active community events, etc.).

**Sport Resources:** Any resource that promotes, facilitates or educates consumers about an adaptive sport (e.g., wheelchair basketball, sailing, etc.) or about how to modify sports equipment or facilities.



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## Physical Activity Resources: Spinal Cord Injury

### **Active Homes, Home Strength-Training Guide for People with Paraplegia**

Active Homes, Home Strength-Training Guide for People with Paraplegia is an online guide designed for individuals with a paraplegic spinal cord injury who want to meet the strength training recommendations as outlined in the Physical Activity Guidelines for Adults with SCI. For more information about this free resource, please contact SCI Action Canada at 905-525-9140 ext. 21374, 1-866-678-1966 or [www.sciactioncanada.ca](http://www.sciactioncanada.ca).

### **Active Homes, Home Strength-Training Guide for People with Tetraplegia**

Active Homes, Home Strength-Training Guide for People with Tetraplegia is a resource manual designed for individuals with a tetraplegia spinal cord injury who want to meet the strength training recommendations as outlined in the Physical Activity Guidelines for Adults with SCI. For more information about this free resource, please contact SCI Action Canada at 905-525-9140 ext. 21374, 1-866-678-1966 or [www.sciactioncanada.ca](http://www.sciactioncanada.ca).

### **Intensity Classification Chart**

Intensity Classification Chart is an online resource for adults with a spinal cord injury that helps individuals determine the intensity they are working at by considering criteria such as how hard they are working and how their body feels. For more information about this free resource, please visit the SCI Action Canada website at <http://sciactioncanada.ca/>.

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## **Knowledge Mobilization Training Series (KMTS)**

Knowledge Mobilization Training Series is a guide comprised of two online modules with the goal of advancing physical activity knowledge and participation among Canadians living with spinal cord injury. For more information about this free resource, please visit the SCI Action Canada website at [www.sciactioncanada.ca](http://www.sciactioncanada.ca).

## **Physical Activity Guidelines for Adults with Spinal Cord Injury**

Physical Activity Guidelines for Adults with Spinal Cord Injury is an online guide that recommends the level of physical activity that healthy adults with SCI should participate in each week, incorporating aerobic and strength training exercises. There are two copies of this guide available, one for healthcare practitioners and the other for individuals with a spinal cord injury. For more information about this free resource, please visit the SCI Action Canada website at <http://sciactioncanada.ca/>.

## **SCI Get Fit Toolkit**

SCI Get Fit Toolkit is an online guide that contains the physical activity guidelines for adults with spinal cord injury, along with tips for overcoming barriers and developing an action plan to promote an active lifestyle. For more information about this free resource, please visit the SCI Action Canada website at <http://sciactioncanada.ca/>.

## **Tip Sheets for Intermediaries: Spinal Cord Injuries**

Tip Sheets for Intermediaries: Spinal Cord Injuries is an online resource that promotes active living and physical activity by providing general information in support of Canada's Physical Activity Guidelines such as suggestions for getting active and physical activity tips and modifications. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

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## Physical Activity Resources: Parkinson's disease

### Exercise for People with Parkinson's

Exercise for People with Parkinson's is an online guide that presents exercise instruction to individuals with Parkinson's disease including a variety of activities such as posture, balance, flexibility, stretching, strengthening and endurance exercises. For more information about this free guide, please contact the Parkinson Society Canada at 800-565-3000 or [general.info@parkinson.ca](mailto:general.info@parkinson.ca).

### Physical Activity and Parkinson's disease

Physical Activity and Parkinson's disease is an online guide that outlines the physical activity guidelines for individuals with Parkinson's disease, including different types of exercises and a chart to track progression. For more information on this free guide, please visit the Parkinson Society Canada website at [www.parkinson.ca](http://www.parkinson.ca).



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## Physical Activity Resources: Multiple Sclerosis

### **Canadian Physical Activity Guidelines for Adults with Multiple Sclerosis**

Canadian Physical Activity Guidelines for Adults with Multiple Sclerosis is a two-page online resource that provides physical activity guidelines for adults with multiple sclerosis such as how often, how much, how hard and how to participate in physical activity. For more information about this free resource, please visit the Canadian Society for Exercise Physiology (CSEP) website at [www.csep.ca/guidelines](http://www.csep.ca/guidelines).

### **Everybody Stretch: A Physical Activity Workbook for People with Multiple Sclerosis**

Everybody Stretch: A Physical Activity Workbook for People with Multiple Sclerosis is an online workbook that outlines a flexible, individualized exercise program that can be adapted to changing physical abilities including step-by-step instructions and pictures to provide structure. For more information on this free resource, please contact the Multiple Sclerosis Society of Canada at 1-800-268-7582, [info@mssociety.ca](mailto:info@mssociety.ca) or [www.mssociety.ca](http://www.mssociety.ca).

### **MS Get Fit Toolkit**

The MS Get Fit Toolkit is a two-page resource designed to help adults with multiple sclerosis meet the Canadian Physical Activity Guidelines and includes fitness tips, activity ideas and ways to overcome barriers to physical activity. For more information about this free resource, please visit the MS Society of Canada website at [www.mssociety.ca/physicalactivity](http://www.mssociety.ca/physicalactivity) and the Canadian Society for Exercise Physiology website at [www.csep.ca/guidelines](http://www.csep.ca/guidelines).

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## **MS Get Fit Toolkit Online**

The MS Get Fit Toolkit Online is an online module for adults with multiple sclerosis that includes the benefits of physical activity, exercise videos, how to set physical activity goals, how to choose activities and personal stories from individuals living with multiple sclerosis. For more information about this free resource, please visit the MS Society of Canada website at [www.mssociety.ca/physicalactivity](http://www.mssociety.ca/physicalactivity) and the Canadian Society for Exercise Physiology website at [www.csep.ca/guidelines](http://www.csep.ca/guidelines).

## **Multiple Sclerosis and Fitness, Guide for People with Multiple Sclerosis**

Multiple Sclerosis and Fitness, Guide for People with Multiple Sclerosis is an online guide that discusses the benefits of physical activity and includes suggestions for sports and activities that can be enjoyed by people with multiple sclerosis. For more information about this free guide, please contact the Multiple Sclerosis Society of Canada at 550 Sherbrooke St. West, East Tower, Suite 1010, Montreal, Quebec H3A 1B9, 514-849-7591 or 1-800-268-7582, [info.qc@mssociety.ca](mailto:info.qc@mssociety.ca) or [mssociety.ca/qc](http://mssociety.ca/qc).

## **Physical Activity, Guide for People with Multiple Sclerosis**

Physical Activity, Guide for People with Multiple Sclerosis is an online guide that was developed to help individuals start an exercise program and therefore, contains information regarding the guidelines for physical activity, posture and breathing programs, exercise circuits, stretching and an exercise log. For more information about this free resource, please contact the Multiple Sclerosis Society of Canada at 550 Sherbrooke St. West, East Tower, Suite 1010, Montreal, Quebec H3A 1B9, 514-849-7591 or 1-800-268-7582, [info.qc@mssociety.ca](mailto:info.qc@mssociety.ca) or [mssociety.ca/qc](http://mssociety.ca/qc).

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## **Tip Sheets for Intermediaries: Multiple Sclerosis**

Tip Sheets for Intermediaries: Multiple Sclerosis is an online resource that promotes active living and physical activity by providing general information in support of Canada's Physical Activity Guidelines such as suggestions for getting active and physical activity tips and modifications. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

## **Physical Activity Resources: Amputations**

### **Tip Sheets for Intermediaries: Amputation**

Tip Sheets for Intermediaries: Amputation is an online resource that promotes active living and physical activity by providing general information in support of Canada's Physical Activity Guidelines such as suggestions for getting active and physical activity tips and modifications. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).



## Physical Activity Resources: **Muscular Dystrophy**

### **Tip Sheets for Intermediaries: Muscular Dystrophy**

Tip Sheets for Intermediaries: Muscular Dystrophy is an online resource that promotes active living and physical activity by providing general information in support of Canada's Physical Activity Guidelines such as suggestions for getting active and physical activity tips and modifications. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

## Physical Activity Resources: **Inclusive/Other**

### **Let's Play**

Let's Play is a website created by Let's Play BC with videos demonstrated by individuals with physical disabilities and mobility impairments, as well as templates and guides to promote physical activity for children from kindergarten to grade 3. For more information about this free resource, please contact Let's Play at [info@letsplaybc.ca](mailto:info@letsplaybc.ca).

### **Tip Sheets for Intermediaries: Mobility Impairments**

Tip Sheets for Intermediaries: Mobility Impairments is an online resource that promotes active living and physical activity by providing general information in support of Canada's Physical Activity Guidelines such as suggestions for getting active and physical activity tips and modifications. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

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## Wheelchair Rugby Schools Program

Wheelchair Rugby Schools Program is an online resource used to introduce students to wheelchair rugby, enhance awareness of accessibility and equity issues and encourage able-bodied and disabled individuals to be physical active. For more information about this free resource, including 13 lesson plans, please contact Wheelchair Rugby Schools Program at 604-333-3520 extension 208, [info@bcwheelchairsports.com](mailto:info@bcwheelchairsports.com) or <http://www.wcrugbyschools.com>.

## Physical Activity Resources: Cerebral Palsy

### Tip Sheets for Intermediaries: Cerebral Palsy

Tip Sheets for Intermediaries: Cerebral Palsy is an online resource that promotes active living and physical activity by providing general information in support of Canada's Physical Activity Guidelines such as suggestions for getting active and physical activity tips and modifications. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).



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## Physical Activity Resources: Visual Impairment

### **Tip Sheets for Intermediaries: Blindness and Visual Impairments**

Tip Sheets for Intermediaries: Blindness and Visual Impairments is an online resource that promotes active living and physical activity by providing general information in support of Canada's Physical Activity Guidelines such as suggestions for getting active and physical activity tips and modifications. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

## Physical Activity Resources: Hearing Impairment

### **Tip Sheets for Intermediaries: Hearing Impairments – Deafness/Hard of Hearing**

Tip Sheets for Intermediaries: Hearing Impairments – Deafness/Hard of Hearing is an online resource that promotes active living and physical activity by providing general information in support of Canada's Physical Activity Guidelines such as suggestions for getting active and physical activity tips and modifications. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).



## Physical Activity Resources: Deafblindness

### **Tip Sheets for Intermediaries: Deafblindness**

Tip Sheets for Intermediaries: Deafblindness is an online resource that promotes active living and physical activity by providing general information in support of Canada's Physical Activity Guidelines such as suggestions for getting active and physical activity tips and modifications. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

## Physical Activity Resources: Additional Resources for Various Disabilities

### **Accessible Sailing Resource Book**

The Accessible Sailing Resource Book is an online book that promotes physical activity by providing helpful information for clubs and organizations looking to start an accessible sailing program. For more information about this free resource, please contact Ontario Sailing and the Ontario Sailing Program Director at extension 226 or [ucansail@ontariosailing.ca](mailto:ucansail@ontariosailing.ca).

### **Action Schools! BC Inclusive Practices**

Action Schools! BC Inclusive Practices is an online resource that aims to help teachers adapt low organizational and playground activities for children with physical and intellectual disabilities. For more information about this free, adaptive physical activity and sport resource, please contact Action Schools! BC at 1-800-565-7727, 604-738-2468, [info@actionschoolsbc.ca](mailto:info@actionschoolsbc.ca) or <http://www.actionschoolsbc.ca>.

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## **Adapted Lesson Plans**

Adapted Lesson Plans is a downloadable resource that aims to provide high quality, safe and inclusive physical activity instruction and programming for children and youth with disabilities. For more information about this free resource, please contact Ophea at 416-426-7120, 1-888-446-7432, [info@ophea.net](mailto:info@ophea.net) or [www.ophea.net/inclusion](http://www.ophea.net/inclusion).

## **Cycling for Everyone**

Cycling for Everyone is a pamphlet directed towards individuals with disabilities that provides information for bike riding including what to look for when choosing a bike, equipment ideas and modifications, how to get started and safety tips. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

## **Discover Accessible Fitness**

Discover Accessible Fitness is an online booklet designed as a wheelchair user's guide for using fitness equipment, as well as a tool for fitness professionals to become familiar with key considerations for wheelchair users interaction with fitness equipment. For more information on this free online booklet, please contact the National Centre on Health, Physical Activity and Disability (NCHPAD) at 400 Ridgeway Drive, Birmingham Alabama, 35209, 1-800-900-8086, [email@nchpad.org](mailto:email@nchpad.org) or [www.nchpad.org](http://www.nchpad.org).

## **Fitness for Everyone**

Fitness for Everyone is a pamphlet that provides information about fitness to individuals with disabilities including the benefits of exercising, where to start, how to set fitness goals, the components of a fitness program and tips for how to modify equipment. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

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## **Get the Facts**

Get the Facts is an online magazine that will help you become more physically active or, if you are a service provider or family member, equip you with the knowledge to provide a more enriching physical activity program for your clients or loved one. This resource provides information on general exercise guidelines, nutrition and how to select a fitness center. For more information about this free resource, please contact NCHPAD at 400 Ridgeway Drive, Birmingham Alabama, 35209, 1-800-900-8086, email@nchpad.org or www.nchpad.org.

## **Global Groove Adventure – Teacher Resource**

The Global Groove Adventure – Teacher Resource is a student centered approach to education that is inclusive, inspires creativity and gets students active and interactive, learning kinesthetically. This resource includes song suggestions, move cards, groove activities and teacher tutorial videos. More information about this resource, available for \$129.00 + hst and shipping, can be found at The Groove Education at info@thegrooveeducation.com.

## **I Fit Tips – Inclusive Fitness Training Tips**

I Fit Tips – Inclusive Fitness Training Tips are a set of videos that help demonstrate different fitness activities and adaptations for individuals with a disability including the medicine ball toss, kettle bell swings, box jump, battle ropes, gliders, push motion, seated row, dips, seated wall ball, wheelchair burpees and pushups. For more information about this free resource, please visit the NCHPAD website at <http://www.nchpad.org/>.

## **Including Children with Disabilities**

Including Children with Disabilities is a two-page downloadable resource that provides a reference for adapting playground, low-

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organizational games and sports activities for children with physical and mental disabilities. For more information about this free resource, please contact CIRAOntario at 905-648-2226, [ciraontario@gmail.com](mailto:ciraontario@gmail.com) or [www.ciraontario.com](http://www.ciraontario.com) (click “Free Downloads” then “Inclusion”).

### **Kids ‘n Play**

Kids ‘n Play is an online resource built to support educators and sport and recreation leaders in connecting children, through quality physical activities and healthy living lessons, to the fun and challenge of the Toronto 2015 Pan Am/ Parapan Am Games. For more information about this free resource, please visit the Toronto 2015 Pan Am/Parapan Am website at <http://www.toronto2015.org/>.

### **Moving to Inclusion Online**

Moving to Inclusion Online is a tool that provides enjoyable and satisfying sport and physical activity programs for those with disabilities, at all levels of participation, as well as identifying general concepts, strategies and practical approaches that can be useful in planning and leading inclusive physical activity situations. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

### **Physical Activity for All: Understanding Inclusion**

Physical Activity for All: Understanding Inclusion is a website that provides strategies for ensuring physical activity opportunities are accessible to all by identifying and examining challenges that prevent people from being more physically active and the supports that encourage an active lifestyle. For more information about this resource, please contact Alberta Centre for Active Living at 3rd Floor, 11759 Groat Road, Edmonton, Alberta, Canada T5M 3K6, 1-780-427-6949 or 1-800-661-4551, [www.centre4activeliving.ca](http://www.centre4activeliving.ca) or [active.living@ualberta.ca](mailto:active.living@ualberta.ca).

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## **Specialized Equipment and Low Cost Modifications**

Specialized Equipment and Low Cost Modifications is a pamphlet directed towards individuals with disabilities that provides information on physical activity tips including what to consider, new and exciting innovations and low cost ideas. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

## **Step into Action Guide**

Step Into Action Guide is a web based tracking program used to increase the physical activity levels of athletes, as well as provide step by step website instructions on how to register and create a personalized Step Into Action program. For more information about this free, downloadable guide, please contact Jules Sylvestre, pahl Specialist at 18 Wynford Dr., Suite 300, Toronto, Ontario M3C 3S2 telephone: 1-800-333-5515 ext. 236 fax: 416-447-6336, [pahl.specialolympicsontario.ca](http://pahl.specialolympicsontario.ca) or [step.specialolympicsontario.com](http://step.specialolympicsontario.com).

## **Steps to Inclusion**

Steps to Inclusion is designed for teachers and community partners to help create an inclusive physical activity environment void of discrimination, put-downs or negativity, where all students are able to participate fully, regardless of ability. For more information about this free, downloadable resource, please contact Ophea at 1-888-446-7432, 416-426-7120, [info@ophea.net](mailto:info@ophea.net) or [www.ophea.net/inclusion](http://www.ophea.net/inclusion).

## **Steps to Inclusion**

Steps to Inclusion is an online resource consisting of inclusive recreation programming practices to facilitate participation of people with disabilities including questions that outline a process and practice that support the "assess needs" of a program planning. For more

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information about this free resource, please visit the City of Calgary website at [www.calgary.ca](http://www.calgary.ca).

### **Swimming for Everyone**

Swimming for Everyone is a pamphlet directed towards individuals with disabilities that provides information on how to start swimming, the benefits, the type of pool to choose, how to identify goals and introductory activities, safety tips and additional resources. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

### **Thera-Band Exercises**

Thera-Band Exercises are a set of videos that provide instruction and demonstrate strength training exercises using a thera-band including hip extension, leg press, hip flexion, elbow extension, upper back exercises in front of the body, upper back exercises overhead, upright row, overhead reach and elbow flexion. For more information about this free resource, please visit the NCHPAD website at <http://www.nchpad.org/>.

### **Tip Sheets for Intermediaries: Acquired Brain Injury (ABI) or Traumatic Brain Injury (TBI)**

An online resource that promotes active living and physical activity by providing general information in support of Canada's Physical Activity Guidelines such as suggestions for getting active and physical activity tips and modifications. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

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### **Tip Sheets for Intermediaries: Aging**

An online resource that promotes active living and physical activity for older adults by providing general information in support of Canada's Physical Activity Guidelines such as suggestions for getting active and physical activity tips and modifications. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

### **Tip Sheets for Intermediaries: Stroke**

An online resource that promotes active living and physical activity by providing general information in support of Canada's Physical Activity Guidelines such as suggestions for getting active and physical activity tips and modifications. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

## **Active Living Resources: Multiple Sclerosis**

### **Healthy Eating: A Guide for People with Multiple Sclerosis**

Healthy Eating: A Guide for People with Multiple Sclerosis is an online booklet based on Canada's Food Guide and discusses the importance of a well-balanced diet and includes a comprehensive section on food preparation techniques for individuals with multiple sclerosis. For more information about this free resource, please contact the Multiple Sclerosis Society of Canada at 1-800-268-7582 or [www.mssociety.ca](http://www.mssociety.ca).

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## Active Living Resources: Inclusive/Other

### **Backyard Fun for Everyone**

Backyard Fun for Everyone is a pamphlet that promotes active living by providing tips for parents of children with mobility impairments such as suggestions for activities, how to create a safe environment and how to recycle play equipment. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

### **Fundamental Movement Skills: Active Start and FUNdamentals Stages for Children with Physical Disabilities**

Fundamental Movement Skills: Active Start and FUNdamentals Stages for Children with Physical Disabilities is an online teaching tool that provides theory, tips and activities to assist in teaching motor skills with specific adaptations for children with disabilities. For more information about this \$40 resource, please contact PHECanada at 613-523-1348 or 1-800-663-8708, [info@phecanada.ca](mailto:info@phecanada.ca) or [www.phecanada.ca](http://www.phecanada.ca).

### **Para NB Accessible Geocaching Checklist**

Para NB Accessible Geocaching Checklist is an online checklist that is designed to help promote the preferred elements for an accessible cache so individuals with a physical disability have success finding geocaches and cache owners have a tool to accurately rate and plant their cache. For more information about this free resource, please contact Para New Brunswick Sport and Recreation - Ability New Brunswick Inc., at 440 Wilsey Road, Suite 102, Fredericton, NB E3B 7G5, telephone: 506-462-9555 or 1-866-462-9555, fax: 506-458-9134, email: [info@abilitynb.ca](mailto:info@abilitynb.ca) or [www.paranb.ca](http://www.paranb.ca).

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## Active Living Resources: Inclusive/Other

### **Special Olympics Healthy Living for Families Resource**

Special Olympics Healthy Living for Families is an online resource that provides information on healthy eating and hydration habits by providing recipes, grocery shopping ideas and healthy foods to eat to fuel performance for individuals with intellectual disabilities and their families. For more information about this free resource, please contact Special Olympics BC at 1-888-854-2276, 604-737-3078, [info@specialolympics.bc.ca](mailto:info@specialolympics.bc.ca), or <http://www.specialolympics.bc.ca>.

## Active Living Resources: Inclusive/Other

### **FUNDamental Movement Skills: For Children with Developmental and/or Behavioural Disabilities**

FUNDamental Movement Skills: For Children with Developmental and/or Behavioural Disabilities is a handbook that provides theory, tips and activities to assist in teaching motor skills with specific adaptations for children from kindergarten to grade three with a developmental and/or behavioural disability. For more information about this \$40 resource, please contact PHECanada at 613-523-1348 or 1-800-663-8708, [info@phecanada.ca](mailto:info@phecanada.ca) or [www.phecanada.ca/store/books/fms-series-1.html](http://www.phecanada.ca/store/books/fms-series-1.html).



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## Active Living Resources: Additional Resources for Various Disabilities

### Accessible Play Spaces in Canada

Accessible Play Spaces in Canada is an online guidebook that provides specifications for elements within a play area to create a general level of usability for children with disabilities, placing emphasis on ensuring that children with disabilities are able to access the diversity of components provided in a play area. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

### Active Living for Older Adults

Active Living for Older Adults is a pamphlet that provides information on intellectual, physical, social, spiritual and creative activities, as well as tips on how to get started for older individuals to remain independent for as long as possible. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

### All Abilities Welcome

All Abilities Welcome is an online tool and workshop that aims to create active and inclusive living for all individuals. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).



## **Changing Minds, Changing Lives**

Changing Minds, Changing Lives are workshops and seminars delivered across Canada that often include presentations by a Paralympic athlete or local athlete with a physical disability on the important role sport has played in their life, as well as the opportunity to try adaptive equipment used in parasport. For more information about these free workshops, seminars and informational resources, please contact the Canadian Paralympic Committee and Jenny Davey, Manager, System Development and Education at [jdavey@paralympic.ca](mailto:jdavey@paralympic.ca).

## **Children's Play Spaces and Equipment that are Accessible to Persons with Disabilities**

Children's Play Spaces and Equipment that are Accessible to Persons with Disabilities is an online FAQ that provides important information on the Canadian Standards Association (CSA) and the Annex H document for owners/operators wishing to incorporate accessibility into new or redeveloped playspace initiatives. For more information about this free resource, please visit the Active Living Alliance for Canadians with a Disability website at [www.ala.ca](http://www.ala.ca) and for Annex H information contact [www.ShopCSA.ca](http://www.ShopCSA.ca) or 1-800-463-6727.

## **Community Health Inclusion Sustainability Planning Guide (CHISP)**

CHISP is an online guide that is a supplement to the Sustainability Planning Guide for Health Communities (CDC, 2011) with the end goal of promoting greater access to programs and services for people with disabilities and other community members who are typically not involved in health promotion and wellness initiatives. For more information about this free resource, please visit the NCHPAD website at [www.NCHPAD.org](http://www.NCHPAD.org).

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## **Fit for All**

Fit for All is an online, one-page reference guide designed to discuss the importance of community events as a perfect opportunity to promote active living for everyone – including persons with a disability. This resource is available for \$1 for partners of the Active Living Alliance for Canadians with a Disability (ALACD) and \$1.25 for non-partners. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

## **Gardening for Everyone**

Gardening for Everyone is a pamphlet directed towards individuals with disabilities that discusses the benefits of gardening, design considerations, information on specialized tools and how to get the most out of your gardening experience. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

## **Indoor Gardening for Everyone**

Indoor Gardening for Everyone is a pamphlet that provides information pertinent to gardening such as how to get started, display options, information about different types of plants, watering tips, information about artificial light and additional resources. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

## **Para NB Facility Accessibility Checklist**

Para NB Facility Accessibility Checklist is an online checklist for modifying facilities to make them more accessible including features and recommendations that should be met. For more information about this free, downloadable resource, please contact Para New Brunswick Sport and Recreation - Ability New Brunswick Inc., at 440 Wilsey Road,

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Suite 102, Fredericton, NB E3B 7G5 telephone: 506-462-9555 or 1-866-462-9555, fax: 506-458-9134, [info@abilitynb.ca](mailto:info@abilitynb.ca) or [www.paranb.ca](http://www.paranb.ca).

### **Para NB Playground Accessibility Checklist**

Para NB Playground Accessibility Checklist is an online checklist designed to provide guidelines to assist organizations and park and recreation in New Brunswick to work towards creating inclusive play environments for children with and without a disability in schools, parks, childcare facilities, private recreation developments, and other areas of public use. For more information about this free resource, please contact Para New Brunswick Sport and Recreation - Ability New Brunswick Inc., at 440 Wilsey Road, Suite 102, Fredericton, NB E3B 7G5 telephone: 506-462-9555 or 1-866-462-9555, fax: 506-458-9134, [info@abilitynb.ca](mailto:info@abilitynb.ca) or [www.paranb.ca](http://www.paranb.ca).

### **Parent Tips on Transition of Equipment**

Parent Tips on Transition of Equipment is an online resource that provides various tips and information for parents regarding their child's transitions between equipment. For more information about this free resource, please visit the Easter Seals Ontario website at <http://www.easterseals.org>.

### **Recreation Checklist**

Recreation checklist is an online guide that includes samples and goes over the checklist components in depth to ensure that recreation facilities and sites are open to all. For more information on this free resource, please contact the Leisure Information Network at [www.lin.ca](http://www.lin.ca).

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## **Rick Hansen School Program**

The Rick Hansen School Program is an online and hard copy resource for administrators, teachers and students that aims to increase disability awareness, accessibility and inclusion and empower young people to make a difference in their school, community and the world. For more information and free access to this resource, please contact the Rick Hansen Foundation at 778-295-8149 or 1-800-213-2131, [schools@rickhansen.com](mailto:schools@rickhansen.com) or [www.rickhansen.com/schools](http://www.rickhansen.com/schools).

## **Step into Action! Nutrition Guide**

Step into Action! Nutrition Guide is an online guide that contains valuable information about what your body needs to stay healthy, as well as examples and tips for healthy snacks and meals that will help boost your energy and give your body the nutrients it needs. For more information about this free resource, please contact Special Olympics Ontario at 1-888-333-5515 or [pahl@specialolympicsontario.com](mailto:pahl@specialolympicsontario.com).  
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## **Sport Resources: Inclusive/Other**

### **Paralympic FUNdamentals Physical Literacy Resource Sitting Volleyball (Grades 2 and 3)**

Paralympic FUNdamentals Physical Literacy Resource Sitting Volleyball is an online resource that provides teachers with creative and fun activities that expose students in grades two and three to the parasport of sitting volleyball by describing lesson plans and a sitting volleyball assessment. For more information about this free resource, please visit the Canadian Paralympic Committee website at [www.paralympic.ca](http://www.paralympic.ca).

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## **Paralympic FUNdamentals Physical Literacy Resource Sitting Volleyball (Grades 4 to 6)**

Paralympic FUNdamentals Physical Literacy Resource Sitting Volleyball is an online resource that provides teachers with creative and fun activities that expose students in grades four to six to the parasport of sitting volleyball by describing lesson plans and a sitting volleyball assessment. For more information about this free resource, please visit the Canadian Paralympic Committee website at [www.paralympic.ca](http://www.paralympic.ca).

## **Training Athletes with a Physical Disability**

Training Athletes with a Physical Disability is a nine-page, online resource that summarizes the current scientific research about the training of athletes with a disability, as well as detailing the stages of long-term athlete development (LTAD). For more information about this resource, please visit the Canadian Sport for Life website at [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca).

## **Sport Resources: Inclusive/Other**

### **High Performance Training Guide – Coaching Guide and Athlete Training Guide**

Both High Performance Training Guides were designed with the intention to equip athletes and coaches with the necessary tools needed to reach their full potential while training to compete at the Provincial, National and International Games. For more information about these free, online guides, please contact Special Olympics Ontario at 1-888-333-5515 or [www.specialolympicsontario.com](http://www.specialolympicsontario.com).

### **Preparing to Compete Workbook**

The Preparing to Compete Workbook provides a seven-day outlook for athletes to follow while preparing for an upcoming competition

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including checklists, useful tips, inspiring quotes, goal setting tips to help athletes focus on being positive and confident in their ability, nutrition information, mental preparation and training. For more information about this free resource, please contact Special Olympics Ontario at 1-888-333-5515 ext. 236, pahl@specialolympicsontario.com or pahl.specialolympicsontario.ca.

## Sport Resources: Visual Impairment

### **Get Active: Goalball! – Elementary Lesson Plans**

Get Active: Goalball! – Elementary Lesson Plans is an online resource that was created to attempt to make Goalball more accessible to students with visual impairments, as well as teach skills related to Goalball and focus on Fundamental Movement Skills. For more information about this resource, please contact Louise Gaborieau at the Canadian Blind Sports Association #175 - 5055 rue Joyce Street, Vancouver, BC, V5R 6B2, telephone: 604-419-0480 or 1-877-604-0480 or fax: 604-419-0481.

### **Get Active: Goalball! – Intermediate Lesson Plans**

Get Active: Goalball! – Intermediate Lesson Plans is an online resource that was created to attempt to make Goalball more accessible to students with visual impairments, as well as teach skills related to Goalball and focus on Fundamental Movement Skills. For more information about this resource, please contact Louise Gaborieau at the Canadian Blind Sports Association #175 - 5055 rue Joyce Street, Vancouver, BC, V5R 6B2, telephone: 604-419-0480 or 1-877-604-0480 or fax: 604-419-0481.

### **Get Active: Goalball! – School Program Lesson Plans**

Get Active: Goalball! – School Program Lesson Plans is an online guide that has helpful tips and a detailed lesson plan that is broken down into

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an introductory activity, skill development and modified games. For more information about this free resource, please contact Louise Gaborieau at the Canadian Blind Sports Association #175 - 5055 rue Joyce Street, Vancouver, BC, V5R 6B2, telephone: 604-419-0480 or 1-877-604-0480 or fax: 604-419-0481.

### **Paralympic FUNdamentals Physical Literacy Resource Goalball (Grades 2 and 3)**

Paralympic FUNdamentals Physical Literacy Resource Goalball is an online resource that provides teachers with creative and fun activities that expose students in grades two and three to the parasport of goalball by describing lesson plans and a goalball assessment. For more information about this free resource, please visit the Canadian Paralympic Committee website at [www.paralympic.ca](http://www.paralympic.ca).

### **Paralympic FUNdamentals Physical Literacy Resource Goalball (Grades 4 to 6)**

Paralympic FUNdamentals Physical Literacy Resource Goalball is an online resource that provides teachers with creative and fun activities that expose students in grades four to six to the parasport of goalball by describing lesson plans and a goalball assessment. For more information about this free resource, please visit the Canadian Paralympic Committee website at [www.paralympic.ca](http://www.paralympic.ca).

## **Sport Resources: Additional Resources for Various Disabilities**

### **A Layperson's Guide to Wheelchair Rugby Classification**

A Layperson's Guide to Wheelchair Rugby Classification is an online guide for classifiers involved in the sport of wheelchair rugby that provides information regarding the classification system and process, as well as player responsibilities and class profiles. For more information

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about this free guide, please contact the International Wheelchair Rugby Federation at Suite 250, 3820 Cessna Drive, Richmond BC V7B 0A2, telephone: 1-604-285-0285, fax: 1-604-285-0295, email: [info@iwrf.com](mailto:info@iwrf.com) or [www.iwrf.com](http://www.iwrf.com).

### **Adaptive/Para-Alpine Skiing Long Term Skier Development (LTSD)**

Adaptive/Para-Alpine Skiing Long Term Skier Development (LTSD) is an online guide outlining the LTSD nine-stage training, competition and physical literacy pathway guiding an individual's experience in sport and physical activity from childhood through all phases of adulthood, from simple to more complex skills. For more information about this free resource, please visit the Para-Alpine and Canadian Association for Disabled Skiing website at [alpinecanada.org](http://alpinecanada.org) or [disabledskiing.ca](http://disabledskiing.ca).

### **BC Sledge Hockey Program**

BC Sledge Hockey Program is an online guide that will introduce MHA facilitators and coaches to the dynamic world of sledge hockey, as well as provide information on the game, drill progressions, skating, turning, stopping, stick and puck control, passing, shooting and various lesson plans. For more information about this free resource, please contact BC Hockey at 6671 Oldfield Road, Saanichton, BC V8M 2A1, telephone: 250-652-2978, fax: 250-652-4536, [info@bchockey.net](mailto:info@bchockey.net) or [www.bchockey.net](http://www.bchockey.net).

### **Coaching Athletes with a Disability**

Coaching Athletes with a Disability is an online manual designed to provide grassroots coaches who have never worked with athletes with a disability with basic information, guidelines and tips that will assist in creating conditions for effective participation and inclusion. For more information about this free resource, please visit the Coaching Association of Canada website at [www.coach.ca](http://www.coach.ca).

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## **Come and Try Day Organizational Tool**

Come and Try Day Organizational Tool is an online checklist that has been designed to assist clubs to hold a come and try day for para rowing, and to encourage clubs to consider the many aspects relating to a come and try day and para rowing in general. For more information about this free resource, please visit the Rowing British Columbia website at <http://rowingbc.ca/>.

## **How is my Sport doing with LTAD in Paralympic Disciplines?**

How is my Sport doing with LTAD in Paralympic Disciplines is an online resource that consists of simple stage-based questions designed to allow National Sport Organization's to see where they are in terms of their sport's LTAD. For more information about this free resource, please contact Canadian Sport for Life at [info@canadiansportforlife.ca](mailto:info@canadiansportforlife.ca) or [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca).

## **Introduction to Wheelchair Rugby**

Introduction to Wheelchair Rugby is an online guide that discusses the sport and history of wheelchair rugby, as well as who can play and the equipment and facilities that are needed. For more information about this free resource, please contact the International Wheelchair Rugby Federation at Suite 250, 3820 Cessna Drive, Richmond BC V7B 0A2, telephone: 1-604-285-0285, fax: 1-604-285-0295, email: [info@iwrf.com](mailto:info@iwrf.com) or [www.iwrf.com](http://www.iwrf.com).

## **Let's Race! Guidelines for Inclusive Road Races**

Let's Race! Guidelines for Inclusive Road Races is a pamphlet that includes information to help road races be accessible to all individuals. For more information about this free resource, please contact NCHPAD at 400 Ridgeway Drive, Birmingham Alabama, 35209, 800-900-8086, [email@nchpad.org](mailto:email@nchpad.org) or [www.nchpad.org](http://www.nchpad.org).

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## **No Accidental Champions: LTAD for Athletes with a Disability**

No Accidental Champions: LTAD for Athletes with a Disability is a downloadable guide and poster that describes the opportunities and challenges that face persons with permanent disabilities in pursuing sport and physical activity and includes changes to be made to the current system. For more information about this free resource, please visit the Canadian Sport for Life website at [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca).

## **Official Wheelchair Basketball Rules**

The Official Wheelchair Basketball Rules is an online guide that outlines the rules for Wheelchair Basketball including information regarding the game, court, equipment, teams, playing regulations, violations, fouls, officials and player classification system. For more information about this free guide, please contact the International Wheelchair Basketball Federation at 70 Dunkirk Drive, #203, Winnipeg, MB, Canada R2M 5R4, telephone: 1-204-632-6475, fax: 1-204-415-6515, email: [IWBFSecretariat@aol.com](mailto:IWBFSecretariat@aol.com) or website: <http://www.iwbf.org>.

## **Paralympic FUNdamentals Physical Literacy Resource Athletics (Grades 2 and 3)**

Paralympic FUNdamentals Physical Literacy Resource Athletics is an online resource that provides teachers with creative and fun activities that expose students in grades two and three to the parasport of athletics by describing lesson plans and an athletic assessment. For more information about this free resource, please visit the Canadian Paralympic Committee website at [www.paralympic.ca](http://www.paralympic.ca).

## **Paralympic FUNdamentals Physical Literacy Resource Athletics (Grades 4 to 6)**

Paralympic FUNdamentals Physical Literacy Resource Athletics is an online resource that provides teachers with creative and fun activities

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that expose students in grades four to six to the parasport of athletics by describing lesson plans and an athletic assessment. For more information about this free resource, please visit the Canadian Paralympic Committee website at [www.paralympic.ca](http://www.paralympic.ca).

### **Paralympic FUNdamentals Physical Literacy Resource Boccia (Grades 2 and 3)**

Paralympic FUNdamentals Physical Literacy Resource Boccia is an online resource that provides teachers with creative and fun activities that expose students in grades two and three to the parasport of boccia by describing lesson plans and a boccia assessment. For more information about this free resource, please visit the Canadian Paralympic Committee website at [www.paralympic.ca](http://www.paralympic.ca).

### **Paralympic FUNdamentals Physical Literacy Resource Boccia (Grades 4 to 6)**

Paralympic FUNdamentals Physical Literacy Resource Boccia is an online resource that provides teachers with creative and fun activities that expose students in grades four to six to the parasport of boccia by describing lesson plans and a boccia assessment. For more information about this free resource, please visit the Canadian Paralympic Committee website at [www.paralympic.ca](http://www.paralympic.ca).

### **Shoot for Fun, Shoot to Excel, Shoot for Life: Long-Term Archer Development Model**

Shoot for Fun, Shoot to Excel, Shoot for Life: Long-Term Archer Development Model is an online resource that outlines the key principles of the Federation of Canadian Archers' LTAD Model which with successful implementation will lead to better and more skillful archers, as well as a thriving sport supported by quality coaches, officials and volunteers at all levels in Canada. For more information

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about this free resource please visit the Archery Canada website at [www.archerycanada.ca](http://www.archerycanada.ca).

### **Sledge Hockey Accessibility: Design Guidelines for Arenas**

Sledge Hockey Accessibility: Design Guidelines for Arenas is an online guide that is intended for building owners and managers wishing to accommodate the sport of Sledge Hockey, as well as help to evaluate existing systems and guide future construction. For more information about this free resource, please contact the Canadian Recreation Facilities Council at telephone: 416-426-7062, fax: 416-426-7385, [www.crfc.ca](http://www.crfc.ca), [info@crfc.ca](mailto:info@crfc.ca) or [www.CRFC.ca](http://www.CRFC.ca) and Hockey Canada at [www.hockeycanada.ca](http://www.hockeycanada.ca).

### **Sledge Hockey Coaching Resource**

Sledge Hockey Coaching Resource is an online resource designed for existing hockey coaches to make the transition from coaching able-bodied hockey to coaching athletes with a disability in sledge hockey. For more information about this free resource, please visit the Hockey Canada website at [hockeycanada.ca](http://hockeycanada.ca).

### **Sledge Hockey Core Training and Stretching Manual**

Sledge Hockey Core Training and Stretching Manual is an online resource designed in to give sledge hockey players and coaches a resource to use to improve their own core strength and help them enjoy and achieve a higher level of success in the sport of sledge hockey. For more information about this free resource, please visit the Hockey Canada website at [hockeycanada.ca/sledgehockey](http://hockeycanada.ca/sledgehockey) or contact Tony Carbonette an Athletic Therapist with Hockey Canada.

### **Sledge Hockey National Team Fitness Testing Guidelines**

Sledge Hockey National Team Fitness Testing Guidelines is a manual designed to serve as a guideline for sledge hockey players and coaches

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who are striving to take their game to the next level and provides an outline of the fitness testing regimes which are in place for athletes on Canada's National Sledge Hockey Team. For more information about this free resource, please visit the Hockey Canada website at [hockeycanada.ca](http://hockeycanada.ca) or contact Ed McNeely, Strength and Conditioning Coordinator with Canada's National Sledge Hockey Team.

### **Sledge Hockey Officiating Guidelines**

Sledge Hockey Officiating Guidelines is an online resource that provides an introduction for existing able-bodied hockey officials to the sport of sledge hockey and serves as a guideline for officials who are interested in making the transition to sledge hockey from the able-bodied side of the game. For more information about this free resource, please visit the Hockey Canada website at [www.hockeycanada.ca/sledgehockey](http://www.hockeycanada.ca/sledgehockey).

### **Sledge Hockey Past to Present**

Sledge Hockey Past to Present is an online resource that aims to teach individuals about sledge hockey and those who play it, including everything from the game's history to player disabilities. For more information about this free resource, please visit the Hockey Canada website at [www.hockeycanada.ca/sledgehockey](http://www.hockeycanada.ca/sledgehockey).

### **Soccer for Players with a Disability – Resource Manual**

Soccer for Players with a Disability is an online resource developed to have better trained coaches so children are able to develop more skills and have more fun, to help every player reach their full potential and to help individuals develop a passion to play the sport for life. For more information about this free resource, please contact the Ontario Soccer Association, [www.ontariosoccer.net](http://www.ontariosoccer.net).

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## **Wellness to World Cup: Long-Term Player Development for Players with Disabilities**

Wellness to World Cup: Long-Term Player Development for Players with Disabilities is an online resource manual that provides instruction for children beginning at the level of community soccer and works towards international competition. This resource includes nine stages of progression and can be downloaded for free from the Canadian Soccer Association, <http://www.canadasoccer.com/>.

## **Wheelchair Basketball Resource Guide**

The Wheelchair Basketball Resource Guide is an online guide used by teachers and community partners to teach children about wheelchair basketball, inclusion, accessibility and the ability to help all children (with a disability or not) to become active. For more information about this free resource, please contact Wheelchair Basketball Canada at [info@wheelchairbasketball.ca](mailto:info@wheelchairbasketball.ca).

## **Wheelchair Maintenance Checklist**

The Wheelchair Maintenance Checklist is an online resource designed to help manual wheelchair users identify and track the key items they should be familiar with to help maintain their sport chair. For more information on this free resource, please contact the BC Wheelchair Basketball Society at [info@bcwbs.ca](mailto:info@bcwbs.ca) or 604-333-3530.

## **Wheelchair Rugby Schools Program**

Wheelchair Rugby Schools Program is an online resource used to introduce students to wheelchair rugby, enhance awareness of accessibility and equity issues and encourage able-bodied and disabled individuals to be physical active. For more information about this free resource, including 13 lesson plans, please contact Wheelchair Rugby Schools Program at 604-333-3520 extension 208, [info@bcwheelchairsports.com](mailto:info@bcwheelchairsports.com) or <http://www.wcrugbyschools.com>.

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## Wheelchair Softball

Wheelchair Softball is a video directed towards coaches and individuals in a wheelchair that demonstrates six different skills and drills used frequently in the sport of wheelchair softball. For more information about this free video, please visit the National Centre on Health, Physical Activity and Disability (NCHPAD) website at <http://www.nchpad.org/>.

## Wheelchair Sports: Teaching Resource

Wheelchair Sports: Teaching Resource is a handbook used to help teachers make physical activity a priority for all individuals inside and outside of the classroom with a specific focus on wheelchair sports. For more information about this resource, available for \$10, please contact the BC Wheelchair Sports Association at 604-333-3520, [info@bcwheelchairsports.com](mailto:info@bcwheelchairsports.com) or <http://www.bcwheelchairsports.com>

## CONTACT INFORMATION

To learn how to have your resource added to the catalogue please contact Robert Shaw at [shawrb@mcmaster.ca](mailto:shawrb@mcmaster.ca)



Canadian Disability Participation Project

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