Inclusive Sports and Recreation Co-design Workshop

July 6th, 2017

Lesson Plan

Opening Remarks:

* By Jess and Dave
* The future is here. Create the future for inclusive sports and recreation.

Orientation:

* Three design sessions (July 7, 21, Sept 16th and Training session before December).
* What do we want to achieve?
  + Solutions to make sports and leisure more inclusive for children and youth in Ontario.
  + At the same time, we will uncover broader benefits that other sports organizations can use in Ontario.
  + We will develop training program that uses inclusive processes and tools that could be replicated by other sports organizations. Same as the one we use, except we will refine it along the way.
  + Begin our journey
* Explore, generate, deliver model
* Today’s program – Show EGD diagram. Housekeeping details.
* How we will conduct ourselves – imagine the future as you want it, consider all ideas including crazy ideas, no “buts”, only “ands”, agreed on principles, adult learners/teachers, fun, be open to ideas different than our own, no limit to what is possible, take ownership of the day, etc.
* diversity
* Adult learning principles: our experiences, have your say, listen to ideas different than your own, etc.

Exercise #1: Dyads introduce and identify 2 things in common with one another, and I thing that makes you unique from anyone in this room.

Debrief: introduce your friend to others. We are a diverse group. Let our diversity flourish today.

Inclusive Design overview and key concepts: (slide presentation)

* 3 dimensions
* Disability as a mismatch
* Persona. Outliers are more diverse – why design for outliers: innovation, curb cuts; one size fits one; adaptability
* Ideation - generate many, many ideas. No limit to what is possible.
* Feasibility, desirability, viability

Form Groups

* Review individual profiles posted in the wall
* Volunteers to form teams with input from others
* Name your team

Exercise #2 – Exploration: Teams to discuss barriers in sports and recreation for youth and children with disabilities, and identify the most critical barriers that impede inclusion in sports and recreation.

Debrief: Grouping of like ideas; ranking by dots.

Select barriers your team wants to work on – feasible, viable, desirable

Instructions for building persona

Exercise #3 - Select a Challenge: Each team to choose a challenge from exercise #2. Teams are to select a challenge that they feel excited about finding solutions to. There must be consensus among team members.

Debrief: Quickly share the challenge your team has selected.

Exercise #4 – Create a persona: An imaginary person with unmet needs related to your team’s challenge. Someone with unmet needs inspired by people you know. Use any supplies available such as craft paper, makers, etc.

Debrief: Not necessary?

Exercise #5 – Generate Ideas: Imagine all possibility. No “buts”, use “ands”. All ideas count.

Debrief: Present your persona and how unmet needs might be addressed. Get feedback from other groups.

Exercise #6 – Looking Ahead. Map out a plan to explore your ideas and get feedback from stakeholders. Use the template provided to break down tasks, roles and timelines.

Supplies Required:

* Materials to build persona
* Markers, post-it notes, flip chart paper
* Tent cards
* Recipe cards
* Dollar store stuff for building persona: wire brushes, craft paper, etc.

Other Stuff:

* How to form teams inclusively
* Make EGD diagram accessible
* Provide exercises to Marshall by Wednesday
* Ask Jennifer to see if anyone asked for accommodation
* Finalize food and refreshments by Wednesday pm
* How to pay for supplies and food?
* Talk to Jennifer about capturing broader benefits
* Buy supplies
* Arrange for vidyo and notify Anna
* Arrange for flipchart, markers, tape
* Prepare slides (blind person)
* Prepare handouts (blind person)
* Access to 49 McCaul
* Develop evaluation form