



# **KENT FA DISABILITY FOOTBALL TOOLKIT**

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# **PURPOSE**

This toolkit has been produced to supply all Kent affiliated disability teams with advice and guidance on developing a disability football session.

Kent FA have produced this document in order to support clubs around planning a disability session, recruiting disabled footballers, promoting sessions and ensuring sessions are accessible and inclusive for all abilities.

The document looks to identify frequently asked questions and challenges associated with disability football, but it must be understood that this is only provided as guidance rather than policy.

If you have any queries in relation to anything mentioned, the Kent FA workforce are on hand to support.

Should you wish to gain any further information please feel free to contact the County FA: [development@kentfa.com](mailto:development@kentfa.com)





# **PLANNING A SESSION**

If you are thinking about developing a disability football session you should initially contact Kent FA. We will be able to provide information about what disability football sessions are currently being delivered in the local area and provide guidance about any gaps in provision.

## **PLAYER RECRUITMENT**

Player recruitment is one of the most challenging aspects of disability football especially when establishing a new session.

However, we know disabled people want to be physically active and play football so it is making sure they are aware of what is being offered. When planning a session think about who you want to attend.

Consider how you would like to recruit for a session.

- Is the session (PAN) suitable for all disabilities or is it impairment specific?
- Can both male and female players attend?
- Are you targeting adult or junior players?
- Do you need more than 1 session to cater for everyone?
- Are there any other sessions being delivered locally?



# **BUDGET & FUNDING**

When planning your session make sure your club or organisation can afford to deliver the session.

Take into consideration the cost of facility hire, coaching costs and purchasing equipment.

You will need to ensure the session is sustainable so you should consider how much to charge players to play and take into consideration your costs.

Plenty of organisations offer small pots of funding to new and existing clubs looking to provide disability sports provision, both on a local and national scale, so these definitely should be explored when setting up a session.

## **FACILITIES**

Ensure you use a facility that is safe and accessible for disabled people.

It also needs to be in a location that is accessible for disabled people so they don't have to travel too far and can access public transport if necessary.

Similarly, try to plan the time and day of the session so that people can attend to ensure you get maximum participation.

The venue should feel comfortable so players can enjoy their football and could be the difference in them turning up each week.







# **EQUIPMENT**

Think about what equipment you will need to deliver sessions. Balls, bibs, cones and any specialist equipment that can help make the session more inclusive.

For example if a participant is visually impaired you may require different coloured footballs or a bell ball.

# **PROMOTION**

When promoting the session use the same channels as you would for any other session at your club such as Social Media, local newspapers and community noticeboards.

Places such as supermarket or doctors surgeries, through healthcare professionals and via websites and social media channels of other local organisations are great places to advertise the information too.

Target local organisations that are already working with disabled people including specialist support schools, disability charities & sports organisations like Kent Sport. Tag us in on any promotion on social media so we can share opportunities too.



# COACH SUPPORT

It is important to consider who will deliver and lead the football sessions.

Someone who is passionate about developing the session will help drive the session and make it a success.

They should be a good role model with the necessary coaching qualifications and they will need to have completed the following:

- ✓ FA Level 1 in Coaching Football or the NEW FA Introduction to Coaching
- ✓ Valid FA Level 1 Introduction into First Aid \*
- ✓ Valid FA Safeguarding Children Workshop \*
- ✓ Valid FA CRC check.

Safeguarding and First Aid courses are now online and part of the new. Introduction to Coaching course fee.

[Course information can be found here](#)



# **VOLUNTEERS**

It is important to ensure the lead coach has enough support and an appropriate coach to player ratio is followed. This will vary depending on the ability and needs of the players .

Try to recruit a number of volunteers to assist with delivery to make sure the session runs smoothly and players have enough support.

Parents who attend the session may be interested in helping with the session or registering players as they arrive and depart.

We encourage all those volunteers who are going to take a more active role to complete the free online 'FA Playmaker' course. The FA Playmaker course is a prerequisite for the new Introduction to Coaching course and people with an active role within the game should complete the course.

- [Playmaker course information](#)

# **MENTORING**

Experienced coaches and volunteers within your club could act as a mentor and provide help and guidance when planning and delivering your sessions.







# **INCLUSIVE DELIVERY**

Adopting the following principles will help to make your session a quality experience for disabled people. Even simple steps such as making them feel welcome when they arrive can make a huge difference and leave a good first impression and make them want to return!

## **REASSURE PLAYERS**

Some disabled players will fear standing out or they are not good enough to play.

Ensure your session is suitable for their needs and encourage and support when necessary.

## **MAKE IT INCLUSIVE FOR PLAYERS**

Some disabled players will feel they are not good enough to take part so ensure all players are included regardless of their ability.

## **LISTEN TO PLAYER FEEDBACK**

Listen to players at all times and take on board their comments and feedback to ensure the session is inclusive and accessible for all.

## **ENCOURAGE PLAYER PROMOTION**

Encourage players to share their experience and promote it to others to help the session grow.



# **DISABILITY PLAYER**

## **PATHWAYS**

Disability Football continues to grow year on year and provision is expanding both locally and nationally.

There are opportunities for players to play PAN disability football and in some cases impairment specific competition.

An established player pathway exists from grassroots to elite level.



KENT DISABILITY  
FOOTBALL LEAGUE  
REGISTERED CHARITY NUMBER 1058801

### **KENT DISABILITY FOOTBALL LEAGUE (KD FL)**



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The Kent Disability League has gone from strength to strength since its creation. With an independent committee, the league continues to grow, offering provision for adults and youth players.

The league hosts several fixtures days throughout the season, which provides competitive pan-disability opportunities for clubs across Kent. Disability football operates across the 4 year age bandings as seen below:

U12 – 8-12 years

U16 – 13-16 years

Adult – 16 years +





# **SAFEGUARDING**

Our commitment to Safeguarding Football can play an important role in helping people live fulfilling lives. We are committed to creating and maintaining safe, positive and inclusive environments. We support our clubs in their responsibility to safeguard the welfare of all children/adults at risk involved in football. This comes with a duty of care for those providing opportunities to ensure participation is free from abuse and neglect.

## **Minimum expectations and standards**

We identify all children and adults playing within a PAN Ability session/team as vulnerable. Therefore understanding Safeguarding policies and procedures is a priority.

- FA DBS
- FA Safeguarding Children Workshop
- FA Adults at Risk
- FA Safeguarding for Committee Members Course

## **Important considerations**

Location can have an impact on participation as stated, but consider how safe the venue will be. Are the toilets/changing facilities open to the wider public? You will need to plan ahead for anyone wishing to go to the toilet, without sending them off alone.

If a player's carer is attending they could escort them, but do not assume carers will be present all the time. Any carers on site do not count towards coach ratios either.







## **SAFEGUARDING (CONTINUED)**

### **Policies and Procedures**

Your club will be required to have a safeguarding children policy. Kent FA will be able to support you with a 'Safeguarding Adults at risk' policy and procedures.

This will provide guidance and essential information when working with adults at risk.

### **Kent FA Designated Safeguarding Officer**

Lucy Kidd is the Designated Safeguarding Officer at Kent FA. She is the best person to talk to about any concerns or questions you may have.

Email - [safeguarding@kentfa.com](mailto:safeguarding@kentfa.com)

Phone - 01622 934044

(9am - 5pm Monday - Friday)



# CHECKLIST

Action	By When	Completed?
Contact County FA		
Budget The Session		
Decide Which Players To Recruit		
Confirm Session Day & Time		
Purchase Equipment		
Put Appropriate Coaching Team With The Correct Qualifications in Place		
Recruit Any Additional Volunteers		
Check Facility & Confirm Booking		
Promote The Session		
Affiliate Team/Session with Kent FA		
Begin Delivery of Sessions		



Use this checklist to help monitor progress and development and ensure you have considered everything outlined in this toolkit.





# **NETWORK**

[Kent FA](#)

[The FA Disability  
Football](#)

[Kent Sport](#)

[The Activity Alliance  
Talk to Me Principles](#)

[Activity Alliance  
Impairment Specific  
Guidance](#)