Final Report

The Sport Industry Research Centre were commissioned by CP Sport to evaluate three of its adapted sports - Race Running, Frame Football and Touch Golf.

The purpose of the research was to:

1. Identify whether each of the adapted sports are 'fit for purpose'.
2. Identify the impact of each of the adapted sports on its participants.

Methodology

A mixed method approach was used to capture evidence from participants and stakeholders and included the following methods:

1. Online survey of participants.
2. Interviews and focus groups held with participants and stakeholders including parents, coaches and development staff.
3. A case study of each adapted sport as well as four case studies of individual participants in Race Running and Frame Football.

This final report is based on results from a survey of 30 participants (22 Race Runners and 8 Frame Football players). All respondents provided baseline data; 19 respondents provided follow up data (T1) and 12 people provided 2 follow ups (T1 and T2) at least 3 months apart to establish change as a result of participation in the sports. A total of 22 interviews/focus groups were held with stakeholders including coaches, development officers and parents from Race Running and Frame Football. The researchers attended two Race Running and two Frame Football events. The results should be interpreted as indicative because of the small sample size, although this also reflects the size of the two sports.

Profile Of Respondents

The majority of participants are...

- Aged 7-23 (one participant over 40)
- 87% have Cerebral Palsy
- 78% are members of an adapted sport club

63% Male

Type of Cerebral Palsy

- 33% Quadriplegia
- 17% Diplegia
- 10% Ataxic
- 7% Hemiplegia / Dystonic
Participation in adapted sports

Why do people take part?

- 90% 'It’s fun'
- 83% 'It keeps me physically active'
- 70% 'It gives me confidence'
- 60% Meet new people / make friends
- 57% 'It gives me independence'
- 50% 'It makes me feel good about myself'
- 50% 'It’s better for my needs than other sports'
- 50% Stay healthy / improve health
- 43% Competition

77% of participants felt that there was an improvement in their self esteem and confidence as a result of participating in an adapted sport.

How often and for how long are people physically active?

Since taking part in one of the adapted sports...

Days per week

- Max. 7 days
- Avg. 3.5 days
- Min. 0 days

Increase of a day per week

Hours/minutes per day

- Max. 8 hours
- Avg. 1.5 hours
- Min. 15 mins

Increase of just under 45 minutes per day
Since taking part in one of the adapted sports

Respondents take part in an adapted sport for just over 1.5 days when they participate on an average week, which is just under half of their weekly activity.

23% of respondents did not take part in any form of physical activity before participating in an adapted sport.

This cohort are now physically active on average for just under 3 days a week since taking part in an adapted sport. Just under half of this time is spent participating in an adapted sport.

33% have been participating in an adapted sport for between 1 and 3 years.

27% have been participating for less than 6 months.

53% take part in more sport since participating in an adapted sport.

Race Running participant:

"It gives you freedom"

Sustainability

88% of participants would like to participate more in the adapted sports.

85% of participants would like to be more physically active.

86% of participants would like to continue to participate in the adapted sports.
Barriers to participation

- 23% Support to attend the event
- 10% Cost to play
- 13% Transport to event
- 13% Sport is not available in my area
- 7% Don't have enough time

Parent of a Race Runner:
"The price of the equipment is too high"

Top 3 most enjoyable aspects for participants

1. 85% 'It's fun'
2. 70% 'The adapted equipment'
3. 62% 'It's challenging / It makes me feel fit and healthy'/ 'Taking part in sport'

85% of participants enjoyed participating in the adapted sport very much when they last took part.

Parent of a Race Runner:
"Being involved in the outside world, confidence and meeting other people who are also disabled"
### How could the adapted sports be improved?

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Improvement</th>
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<tbody>
<tr>
<td>73%</td>
<td>Greater awareness</td>
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<tr>
<td>58%</td>
<td>More funding for the sport</td>
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<tr>
<td>58%</td>
<td>More people taking part</td>
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<td>58%</td>
<td>More activity in my area</td>
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<tr>
<td>50%</td>
<td>Support to access the sport</td>
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<td>46%</td>
<td>More competitions</td>
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"More advertising and awareness"

"More opportunities to participate"
Quality of life and subjective wellbeing

Health

Before participating in an adapted sport: 3.48
After participating in an adapted sport: 3.88

Life satisfaction

Before participating in an adapted sport: 3.13
After participating in an adapted sport: 4.46

A worthwhile life

Before participating in an adapted sport: 3.33
After participating in an adapted sport: 4.09

75% of participants thoughts and feelings have changed positively as a result of participating in adapted sports.
**Happiness**

100% of participants 'feel happier' as a result of taking part in the adapted sports.

**Connectedness**

Percentage increase after participants took part in an adapted sport...

- **21% +** Community belonging
  - 'I feel a part of society/my community'

- **30% +** Community participation
  - 'I felt positive about participating in my community'

- **17% +** Social interaction
  - 'I had friendships and didn't feel isolated from others'

50% of respondents find it easier to make friends since taking part in an adapted sport.