



Inclusive Fitness Initiative (IFI) Level 1 Staff Training Course



Candidate Course Information Sheet

Are you fit enough to break down barriers?!

Suitable for:

All front of house leisure staff - managers, receptionists, facility staff, fitness suite staff, caterers, cleaning staff, recreation assistants, supervisors and others actively involved in organising and delivering fitness opportunities to disabled people.

Aims of course

- To provide an opportunity to explore the barriers disabled people face
- To develop knowledge of why fitness facilities should make their provision more inclusive
- To provide an understanding of how to make services more inclusive to disabled people through the IFI

Learning outcomes

Those who complete this course will:

- Feel more confident when working with disabled people
- Appreciate the impact on disabled people of how their service is currently provided
- Be aware of the current thinking around the use of appropriate terminology
- Understand the difference between the "social" and "medical" models of disability
- Know how to apply the social model to their areas of work
- Be aware of the "business case" for inclusive provision
- Have a basic knowledge of the Disability Discrimination Act 1995 and 'what is reasonable' in relation to altering provision under the Act
- Learn a variety of communication techniques
- Understand the importance of effective communication and know how and when to offer assistance to a disabled person
- Identify potential barriers disabled people face in relation to accessing physical activity
- Be aware of a range of solutions to these barriers and identify action points to support the effective delivery of inclusive fitness services

Please see overleaf

Delivered by: an accredited EFDS tutor

Duration: 5 hours

Timings: Registration: 9.15 am
Start: 9.30 am
Lunch: 1.00 to 1.30 pm
Depart: 3.30 pm

A training room is required to deliver the course in with the following equipment

Equipment required: LCD projector (or OHP) and screen,
DVD player and TV (or screen)
Flipchart and Pens

Course resources:

Comprehensive fact sheets and workbooks are provided for each delegate

Candidates should bring a pen and notepad

Candidate numbers:

Maximum of 24 candidates per course

Certificates of attendance:

Issued on completion of the course

Continuing Professional Development (CPD)

Suitable for 6 points under the Register of Exercise Professionals (REPS) CPD scheme



Skills Active - Active Passport

For course candidates who have an "Active Passport" EFDS Inclusive Training is a registered verifier. Contact EFDS Inclusive Training if you require us to verify your attendance. For further details on Active Passports go to www.activepassport.co.uk

This document is available in alternative formats

