



The following are some top tips on how to coach and empower young wheelchair users from our perspective as young wheelchair users.

We are all young leaders who have come through the Activ8 Academies programme which is a sports coaching programme aimed to encourage young wheelchair users to take up sport coaching opportunities.

The documents below are how we leave a legacy from the opportunity we have been provided.

We hope the documents below will be helpful to all of those that read it.

Thank you for letting us use our voice to empower other young wheelchair users.



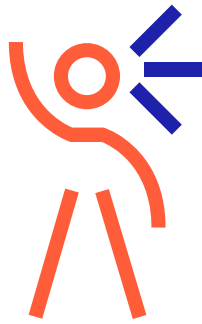


How to coach young wheelchair users

- **STOP** making assumptions – do we actually need support? **JUST ASK!**
- **ASK** me if I want help **DON'T** assume.
- **DON'T** focus on what has happened to me, focus on me **now** and **understand** what I **can** and **cannot** do **now**.
- **Treat** me the **age** I am – if unsure **ask** me what age I am.
- **Be patient** and **talk to me** if there's something you want to know about me.
- **DON'T** expect me to be able to do everything **but** **DON'T** leave me out.
- **Encourage** me, be **supportive** and give **appropriate feedback**.
- **Explain** what we are doing in an **accessible** way – ensure that I **understand**.



- **DON'T** be scared to ask questions – what we can physically do – **JUST ASK!**
- Find solutions **WITH** me, **NOT FOR** me – make solutions **TOGETHER**.
- Talk to me and **NOT** my carer.
- **DON'T** be **afraid** to contact me before sessions to ask how I want to do something.
- **Use** the **Social Model of Inclusion** to coach (society adapts for need) rather than the Medical Model (something that needs solving).
- **DON'T** touch me or my chair without **permission, ask first!**
- **Make sure** we're having **FUN**.
- **Be patient** with **communication** – I may need **more time** to process or answer you back.
- **DON'T** just walk in front of me when I am doing something. I may not be able to see you there.



Becoming a Young Leader or Coach

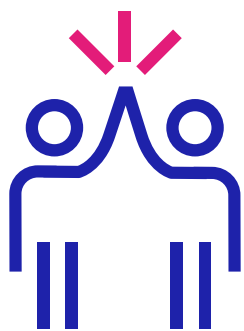
Why are young leaders/coaches so important?

- You are the **leaders/coaches** of the future.
- You have the **lived experience** of being a young person.
- Young people **understand** other **young people**.
- You can be the **role model** that other young people need.
- Don't listen to those judging you they do not know you – **you** are the only one who **knows what you can do**.
- **Empowered** young people keep organisations **fresh** and **relevant**.
- People don't dictate your **future, you do** – they only do that if you LET THEM.
- **Be yourself**, don't try to be someone else – you don't need to change for others.
- **I can** and **I will**.
- **Think** of your role model – what can you **learn** from them and **share** with others?



Top Tips for being the best young Leader or Coach

- Be **approachable** and be **friendly**.
- **Don't talk over others** – everyone has something valuable to add into the mix!
- Don't be afraid to **ask** for **help** and **guidance**.
- **Utilise** other young leaders' **knowledge** and **experience**.
- Always **keep learning**.
- **Admit** when you **need help**.
- With the right **support** and right **opportunities**, I can **thrive**.
- There is **always** a way to do things for yourself and others – you just have to find that way.
- Always **keep progressing**.
- Don't be afraid to **challenge stereotypes** – people don't know until they know.



Top Tips for Inclusive Engagement in Sport

- I have human **rights** – **respect them**.
- **Everyone deserves** to be **empowered/enabled**.
- **Nothing** about us, **without us**.
- Intersectionality – **don't exclude** by trying to include others.
- **Don't touch** me and don't touch my chair **without my permission**.
- Own your own inclusive practice – it's **everyone's responsibility** to be inclusive.
- **Keep it simple** – don't over complicate it.
- To include me, **ask** me how I want to be included.
- **Understand** when you are being exclusive or inclusive – **be self-aware**.
- **Inclusion** is within **everyone's ability**.

