

About OneAbility

OneAbility is a network of approximately 50 organizations and groups who are working together to promote and improve sport and recreation opportunities for people with disabilities.

OneAbility's mission is to foster active living and sport participation for people with disabilities by facilitating connections, partnerships, advocacy, education and knowledge sharing among its' members and communities.

Contact Us!

For General Inquiries:

oneabilityvictoria@gmail.com

For Programming and Events:

oneabilityevents@gmail.com

Website:

www.oneability.ca



ADAPTIVE SPORTS CATALOGUE



Our Members

Adapt Island

Promotes accessibility to the outdoors and shares up-to-date information about inclusive programs, adaptive sports equipment, and accessible outdoor activities located on central Vancouver Island.

Contact Information & Website

<https://adaptisland.ca/>

<https://adaptisland.ca/contact/>

Good for people with PHYSICAL DISABILITIES

BC Blind Sports and Recreation Association (BCBSRA)

Facilitates participation and encourages skill achievement in all aspects of physical activity for British Columbians who are blind, visually impaired, deaf-blind, or who are blind/visually impaired and have additional disabilities.

Contact Information & Website

info@bcblindsports.bc.ca

604-325-8638

<https://bcblindsports.bc.ca/>

Good for people with PHYSICAL DISABILITIES

CanAssist

An organization of the University of Victoria dedicated to helping people with disabilities improve their quality of life and to increasing awareness of disability issues.

Contact Information & Website

canassist@uvic.ca

250-721-7300

<https://pacificsportvi.com/programs/psvi-wheelkids/>

Good for PHYSICAL DISABILITIES, COGNITIVE DISABILITIES

Canucks Autism Network

Provides programs for individuals on the autism spectrum and their families, while promoting acceptance and inclusion.

Contact Information & Website

info@canucksautism.ca

604-685-4049

<https://www.canucksautism.ca>

Good for people on the AUTISM SPECTRUM

Cerebral Palsy Association of British Columbia (CPABC)

Aims to create a Life Without Limits for people with disabilities.

The calendar on the website updates monthly with the activities offered by the organization for that month.

Contact Information & Website

info@bccerebralpalsy.com

604-408-9484

<https://www.bccerebralpalsy.com/>

Good for people with CEREBRAL PALSY

City of Victoria

The City's recreational programs aim to create a welcoming and respectful environment for individuals of all backgrounds, ages, abilities, gender identities, expressions and what makes each of us unique.

Contact Information & Website

<https://www.victoria.ca/recreation/accessibility-inclusion>

Good for all disabilities

Easter Seals BC & Yukon

Dedicated to providing programs and services to persons with diverse abilities that help build their self-esteem, self-confidence and sense of independence.

Provides online classes and day camps for people aged 6-49. Can choose from a variety of one-hour, weekly online classes or full day camps.

Contact Information & Website

eshousevcr@eastersealsbcy.ca

604-736-3475

<https://www.eastersealsbcy.ca/>

Good for people with COGNITIVE DISABILITIES

Embrace Arts Foundation

Embrace is an organization devoted to creating meaningful artistic opportunities for individuals of all abilities. They run classes, camps, school programs, shows, and community events on Vancouver Island. Embrace strives to build safe places of connection through movement, music, and artistic expression.

Contact Information & Website

[https://www.embracearts.org/
info@embracearts.org](https://www.embracearts.org/info@embracearts.org)

Good for all disabilities

Gorge Narrows Rowing Club

The Gorge Narrows Rowing Club rows on the Gorge Waterway in Victoria. Adaptive rowing programs are available, must book a free consultation via emailing clubmanager@gorgerowing.ca to start.

Contact Information & Website

info@gorgerowing.ca

250-384-0736

<https://gorgerowing.ca/pararowing.html>

For further rowing connection support- connect with Lisa at lisa.tschannen@rowingbc.ca

Good for people with PHYSICAL DISABILITIES

Hampton Little League - Challenger Division

The Challenger division of Little League Baseball was established in 1989 as a division to enable boys and girls with special needs to enjoy the game of baseball along with the millions of other children who participate in Little League world wide. Challenger games are played as T-ball games, coach pitching, player pitching or a combination of the three – whatever our players need in order to participate fully.

Contact Information & Website

250-385-0022

<https://hamptonlittleleague.com/challenger-division/>

Move Adapted Fitness

Provide a supportive space with adaptive equipment so that all individuals have access to physical activity and exercise.

Contact Information & Website

778-433-6559

<https://moveadaptedfitness.ca>

moveadaptivefitness@gmail.com

Good for people with PHYSICAL &/OR COGNITIVE DISABILITIES

Panorama Recreation

Committed to providing supports and services for community members that work to minimize barriers and encourage participation for individuals of all abilities.

Contact Information & Website

250-656-7271

<https://crd.bc.ca/panorama>

Good for people WITH PHYSICAL &/OR COGNITIVE DISABILITIES

Pacific Institute for Sport Education

Non-profit supporting your health and wellness through state-of-the-art facilities, programs, education and services – accessible to all of our community members and all of their abilities, programs, education and services – accessible to all of our community members and all of their abilities.

Contact Information & Website

250-220-2500
<https://pise.ca>
info@pise.ca

Good for people with PHYSICAL &/OR COGNITIVE DISABILITIES

PacSport Vancouver Island (PVSII) - WheelKids

A fundamental movement skills program for children aged 5-12 years old with locomotor disabilities that includes wheelchair sports and games.

Contact Information & Website

island@pacificsport.com
250-754-6200
<https://pacificsportvi.com/programs/psvi-wheelkids/>

Good for people with PHYSICAL DISABILITIES

Parkinson Wellness Projects

Non-profit organization that supplies leading edge, evidence-based programs and other services that provide physical, emotional, and educational support for the Parkinson's community

Contact Information & Website

250-360-6800
info@parkinsonwellness.ca
<https://parkinsonwellness.ca>

Good for people with PARKINSON'S DISEASE

Play Beyond Expectations

Unique program specifically for young adults with disabilities.

Contact Information & Website

250-412-8500
brian@playbeyondexpectations.com
<https://playbeyondexpectations.com/>

Good for people with PHYSICAL &/OR COGNITIVE DISABILITIES

Power to Be:

Not For Profit that creates access to nature for youth, families, and adults living with cognitive, physical, financial and social barriers.

Contact Information & Website

<https://powertobe.ca/>

Good for all disabilities

RAD Recreation Adapted Society

Provides an inventory of adapted outdoor recreation equipment for low-cost rental fees.

Contact Information & Website

tel:+1-778-678-5568

info@RADsociety.ca

<https://www.radsociety.ca/>

Good for people with PHYSICAL DISABILITIES

UVIC CARSA - Just For Kicks Program

A free indoor soccer program for children (5-16 years)with disabilities to participate in soccer, make new friends, learn fundamental movement skills and develop their physical literacy.

Contact Information & Website

just4kicks@uvic.ca

<https://vikesrec.ca/inclusion-accessibility>

Good for youth with PHYSICAL &/OR COGNITIVE DISABILITIES

Vancouver Island Adaptive Snowsports

Focused on providing nationally certified snowsports instruction to the physically or developmentally challenged. Lessons can be booked online.

Contact Information & Website

adaptive@mountwashington.ca

250-334-5755

<https://visasweb.ca/>

Good for people with PHYSICAL &/OR COGNITIVE DISABILITIES

Vancouver Island Adaptive Snowsports

Focused on providing nationally certified snowsports instruction to the physically or developmentally challenged. Lessons can be booked online.

Contact Information & Website

adaptive@mountwashington.ca

250-334-5755

<https://visasweb.ca/>

Good for people with PHYSICAL &/OR COGNITIVE DISABILITIES

Victoria City Rowing Club (VCRC)

A rowing club that offers introductory, recreational, and competitive rowing programs for athletes of all ages (12+ years) and skill levels. Email to book lessons.

Contact Information & Website

programs@vcrc.bc.ca

https://www.vcrc.bc.ca/introductory_programs

For further rowing connection support- connect with Lisa at lisa.tschannen@rowingbc.ca

Good for people with PHYSICAL &/OR COGNITIVE DISABILITIES

Victoria Therapeutic Riding Association

Provide a therapeutic horseback riding experience to children and adults with diverse abilities throughout the Greater Victoria area.

Programs run September to June and the time of classes are booked online.

Contact Information & Website

admin@vtra.ca

778-426-0506

<https://www.vtra.ca/>

Good for people with PHYSICAL &/OR COGNITIVE DISABILITIES

Victoria Wheelchair Sports (VWCS)

An energetic, active, and fun sports club, geared for those that want to participate in the adaptive sport community. They offer adapted basketball, adapted rugby, sledge hockey, strength and conditioning, and tennis.

Contact Information & Website

<https://www.victoriawheelchairsports.com/>

<https://www.victoriawheelchairsports.com/contact>

Good for PHYSICAL DISABILITIES

OneAbility Calendar

https://docs.google.com/document/d/1XUmBCdHwcWeX3HoyX3_ANt45IulKR0hINbJV7upU4-E/edit

Barriers

Practical/Logistical Barriers

- Transportation limitations
- Financial Cost
- Availability/Occurrence of programs and services

Attitudinal/Informational Barriers

- Communication for sensory-impaired individuals
- Lack of / Negative support
- Lack of clear policies

Community-level Barriers

- Sense of belonging and inclusion for minority groups
- Lack of support (including caregivers and authority figures)

Personal Barriers

- Psychological State
- Cognitive State
- Emotional State
- Motivation
- Persistence to be active

Barriers are not only relevant to participants and community members, but are often faced by organizations themselves.

Mitigation

This section is specific to organizations and program development.

- Increasing **professional development** and disability engagement opportunities
- **Policy change** with *concurrent change* in **professional practice** and resource allocation to ensure sustainability of change over time
- Implementing **Models/Theories** into program planning and development. *some suggestions below:*
 - Physical Activity for People with a Disability
 - Co-Cultural Theory
 - “Intention-behaviour gap”: Using stage models to include a post-intentional phase.
- Organizational **identification and action** on observable barriers.
- **Community Outreach**

Findings suggest that recreation agencies, often unknowingly, foster organizational barriers that inhibit the perceived program accessibility or attractiveness to specific populations of people.

(Allison & Hibbler, 2004)

