United Nations logo **United Nations Human Rights Council**

**United Nations High Commissioner for**

**Human Rights.**

**Making sure that people with disabilities can take part in sport and physical activity**

**Sport includes all types of sport. Physical activity can be many things like walking, cycling, keeping fit and visiting places.**

A picture containing clipart

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# A picture containing logo Description automatically generatedAbout us

We are part of the United Nations (UN).



The United Nations is a group of countries that work to make the world better and safer.

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# About this report

This report is about the right of people with disabilities to take part in sport and physical activity.

Physical activity can be many things, like:

* Going for walks
* Going to the gym and keeping fit
* Dancing
* Cycling
* Playing together with other children

A picture containing text, window

Description automatically generatedA picture containing text

Description automatically generatedThere is an important document about the rights of all people with disabilities in the world.

It is called the **Convention on the Rights of Persons with Disabilities**.

A picture containing vector graphics

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The document says that people with disabilities have a right to take part in sport and physical activity.

A picture containing icon

Description automatically generated

They should not be left out.

Many countries have promised to do what the document says.

A picture containing text, crossword puzzle, clipart

Description automatically generatedThis report is about:

* What countries must do to make sure that people with disabilities can take part in sport and physical activity
* Some good work that countries told us they are doing

# What is happening at the moment

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Sport and physical activity is very important.

It can help people to:

* Be happy
* Be healthy
* Icon

  Description automatically generatedTake part in the community

But it is hard for many people with disabilities to take part in sport and physical activity.

A person with the hand on the face

Description automatically generated with low confidence

For example:

People often have unfair ideas about people with disabilities.

They might think that people with disabilities cannot do sport.

A person in a wheelchair

Description automatically generated with medium confidenceA picture containing icon

Description automatically generatedMany sport and activity places are hard for people with disabilities to enter and move around in.

Icon

Description automatically generated with medium confidence

Sports equipment is often hard for people with disabilities to use.

A picture containing clipart

Description automatically generated

Many people with disabilities do not get the right support to take part in sport and physical activity.

A picture containing transport, wheel

Description automatically generated

For example, many people cannot get the wheelchairs or equipment they need.

A picture containing text, clipart, vector graphics

Description automatically generated

People who run activities might not know how to support people with disabilities.

Information about sport and physical activity is often hard to understand.

A person in a wheelchair

Description automatically generated with low confidence**What countries must do**

Countries must make sure that all people with disabilities can take part in sport and physical activity where possible.

Icon

Description automatically generated

People with disabilities should not be left out.

They should have the same chances as everyone else to take part and do well.

A picture containing text, clipart

Description automatically generatedPeople with disabilities should be able to take part in:

* Sport and physical activity for everyone
* Sport and physical activity just for people with disabilities

A picture containing vector graphics

Description automatically generatedBut people with disabilities should not be forced to take part in things that are only for people with disabilities.

They should have a choice about what to take part in.

A person sitting on a bench

Description automatically generated

People with disabilities should also be able to take part in other ways.

For example:

* A picture containing text, clipart

  Description automatically generatedWatching sport and activities
* Working for sports and other organizations. And helping them to make decisions

A picture containing text

Description automatically generated

* Teaching other people to do sport and physical activity

Shape

Description automatically generatedPeople with disabilities should get the support they need to take part in sport and physical activity.

A person holding a computer

Description automatically generated with low confidenceThis includes:

* Enough money to live on
* Information they can understand about sport and physical activity
* Wheelchairs and other equipment
* Training

A group of people sitting in a wheelchair

Description automatically generated with medium confidence

Countries should work with adults and children with disabilities:

* To make laws and plans about sport and physical activity
* To check how the laws and plans are working for people with disabilities

A person in a wheelchair

Description automatically generated with medium confidence

Countries must help women and girls with disabilities to take part in sport and physical activity.

For example, by working to stop violence that happens to women and girls while they are doing sport.

Countries must work to make public places easy for people with disabilities to use.

Diagram

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For example:

* Gyms and sports clubs
* Buildings and places that many people visit
* Parks and beaches
* Paths

A picture containing text, shoji, crossword puzzle, clipart

Description automatically generated

There should be rules for organizations about making

public places easy for everyone to use.

Countries should check that organizations are following the rules.

A picture containing clipart, vector graphics

Description automatically generated

Countries must make sure that children with disabilities can play and do sports with children without disabilities.

This could be in school or other places.

A group of people sitting in a wheelchair

Description automatically generated with medium confidenceStaff who run sports and activities should get good training about people with disabilities.

People with disabilities should help run the training.

Shape

Description automatically generated

Countries should tell people with disabilities and their families about their rights to do with sport and physical activity.

A picture containing text

Description automatically generatedFor example:

* Why sport and physical activity is good
* Where people with disabilities can do sport and physical activity
* Extra support they can get

Shape

Description automatically generated with medium confidenceCountries should get information about how people with disabilities are taking part in sport and physical activity.

This will help countries know what to do and how their plans are working.

Shape

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Countries should give organizations money and support to help them include people with disabilities.

This includes private organizations.

A group of people sitting in chairs

Description automatically generated with medium confidence

Countries should help organizations work together on sports and physical activity for people with disabilities.

This includes different countries working together.

For example, countries can give money and support and share ideas.

A group of people posing for the camera

Description automatically generated with medium confidence**Some good work that countries are doing**

A law about helping people to visit Uruguay includes people with disabilities.

A person in a wheelchair

Description automatically generated with medium confidence

A project in Finland is helping more girls with disabilities to take part in physical activity.

A picture containing text, seat

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A picture containing clipart

Description automatically generated

Mexico and Australia have laws to stop people with disabilities being treated unfairly.

A picture containing text, clipart

Description automatically generated

The UK has rules to help keep children with disabilities safe when they do sport.

Icon

Description automatically generatedIcon

Description automatically generatedChile is making it easier to bring equipment for people with disabilities into the country.

A person sitting at a desk

Description automatically generated with low confidence

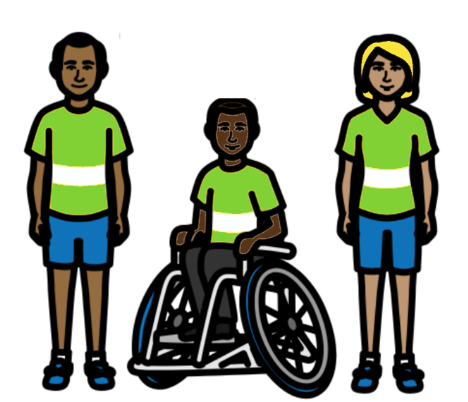
People who are training to be sports teachers in Lithuania learn about people with disabilities.

A picture containing transport

Description automatically generated

Argentina and Australia give money to some sports people with

disabilities to buy equipment.



Australia gives money to projects that help people with disabilities to take part in local sports.

Diagram, icon

Description automatically generated

Russia built places for a big sports event that people with disabilities can use.

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