



Cerebral Palsy Sport
.....



English Federation
of Disability Sport

Making **active lives** possible

Sheffield
Hallam
University

Sport Industry
Research
Centre



CP Sport - Final Report 2017

Final Report



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.

Introduction

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.

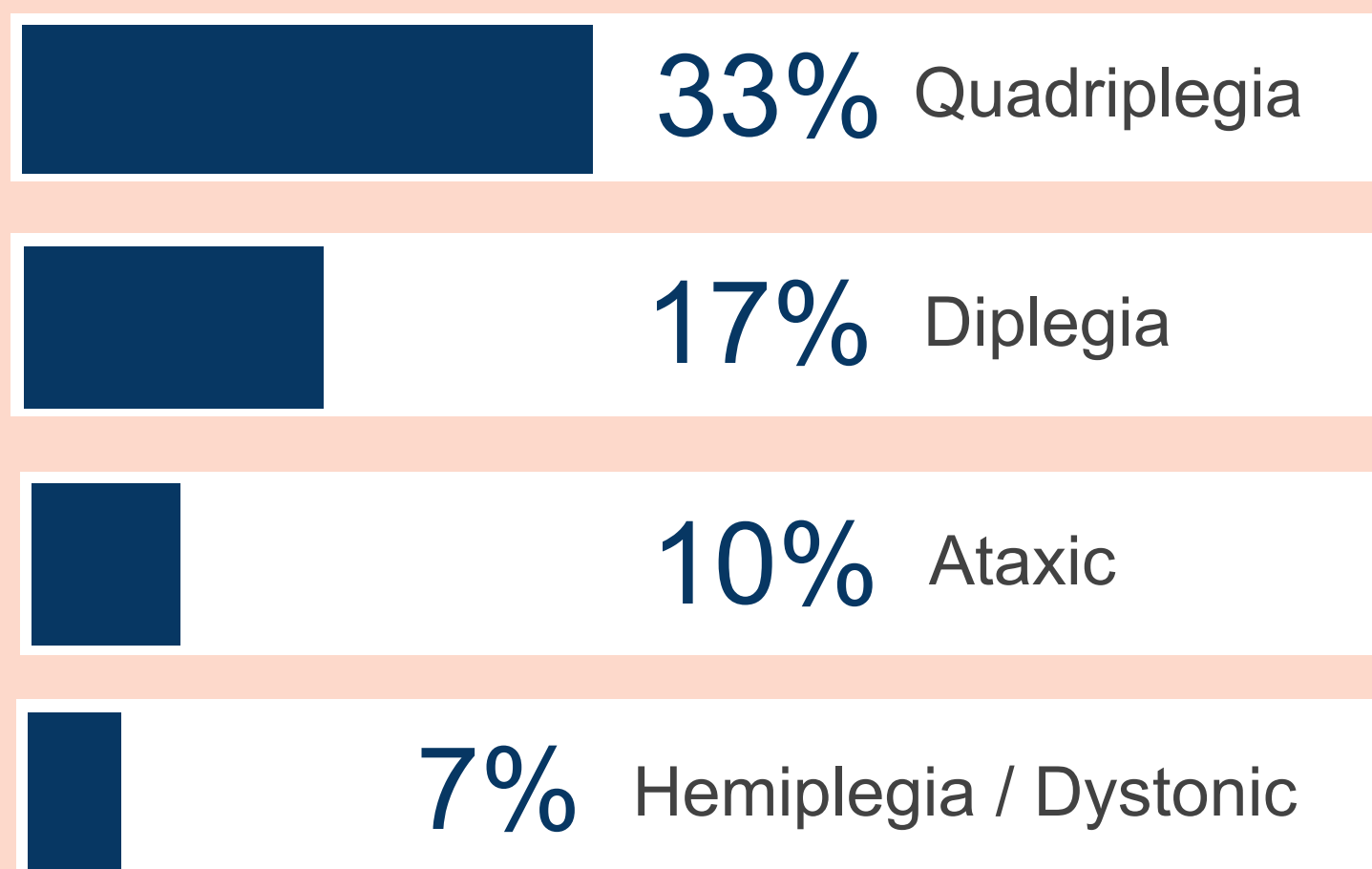
The majority of participants are...

- 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



Profile Of Respondents



Participation in adapted sports

Why do people take part?



90%

'It's fun'



83%

'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%

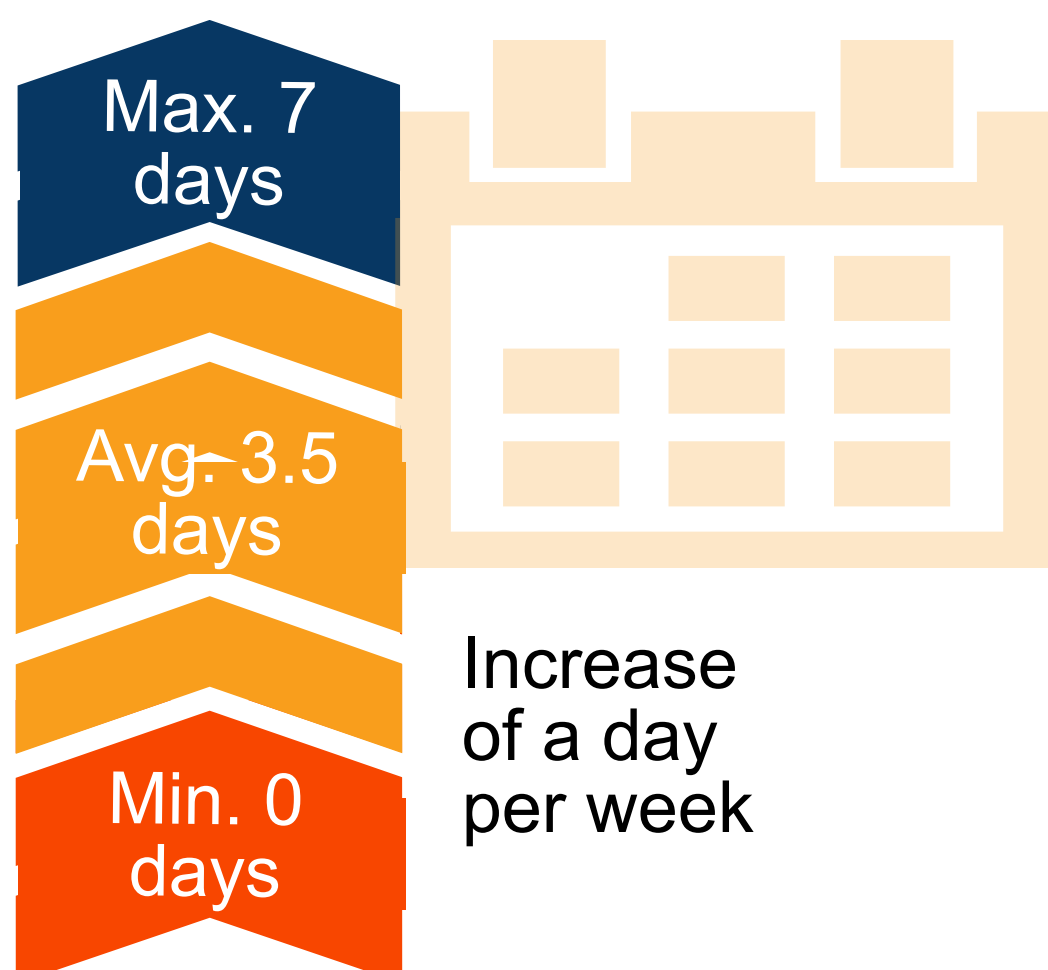
of participants felt that there was an improvement in their self esteem and confidence as a result of participating in an adapted sport



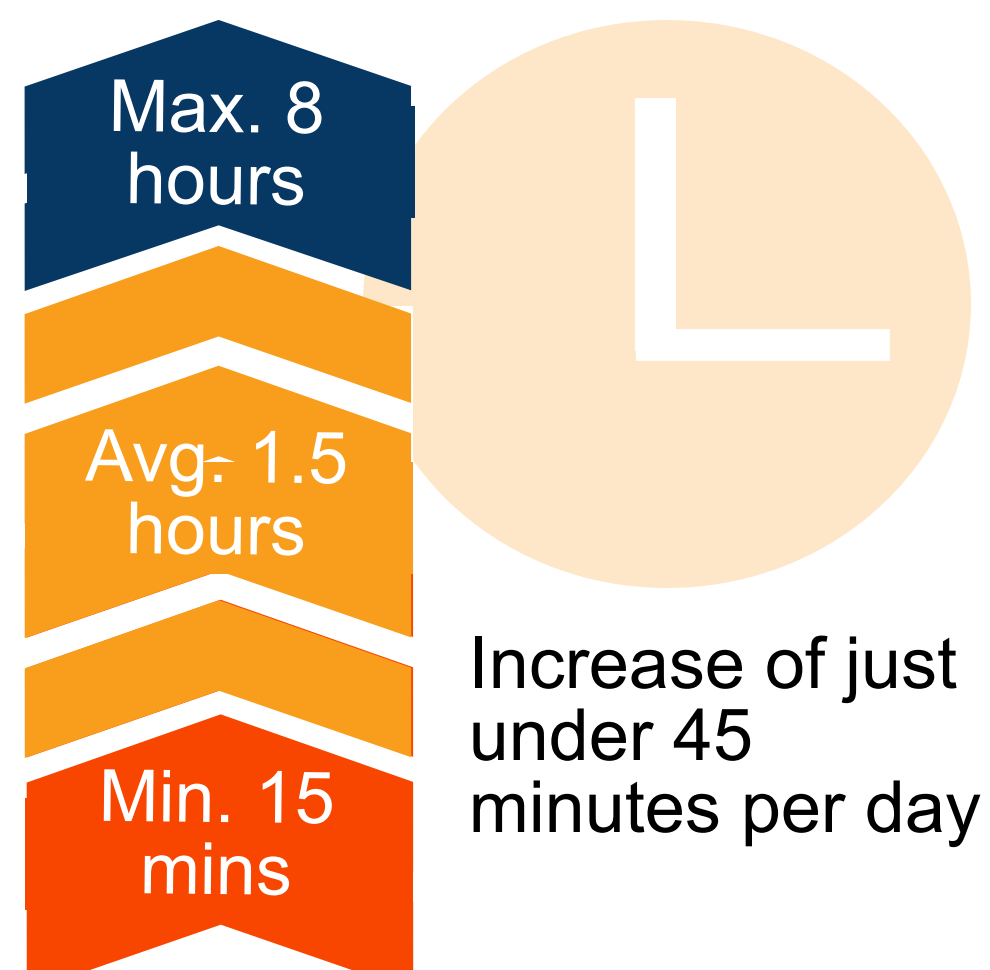
How often and for how long are people physically active?

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

Days per week



Hours/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



70%

'The adapted equipment'

2



85%

'It's fun'

1



62%

'It's challenging / 'It makes me feel fit and healthy'/ 'Taking part in sport'

3

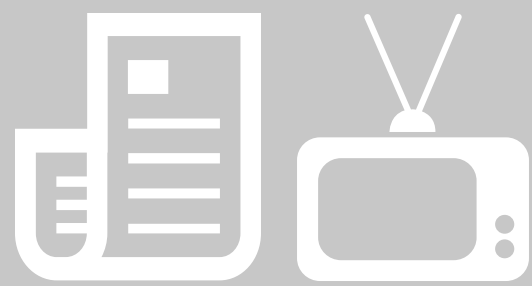
85%

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?



73%

Greater awareness



58%

More funding for the sport



58%

More people taking part



58%

More activity in my area



50%

Support to access the sport



46%

More competitions



Parent of a Race Runner:

"More opportunities to participate"

Parent of a Race Runner:

"More advertising and awareness"

Quality of life and subjective wellbeing

5 = Excellent
4 = Very good
3 = Good
2 = Fair
1 = Poor

Health

3.48

Before participating
in an adapted sport

Good



3.88

After participating in
an adapted sport

Good

Life satisfaction

3.13

Before participating
in an adapted sport

Good



4.46

After participating
in an adapted sport

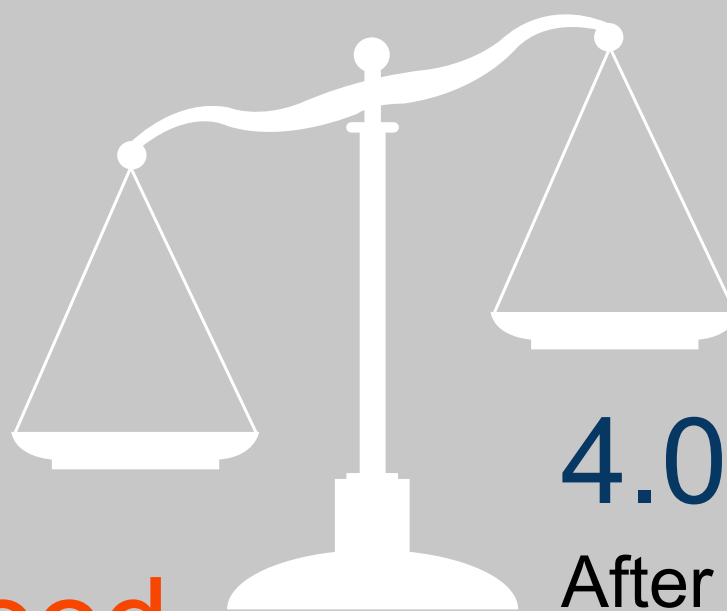
Very good

A worthwhile life

3.33

Before participating
in an adapted sport

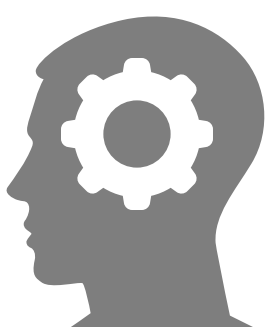
Good



4.09

After participating
in an adapted sport

Very good



75%

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

Happiness

- 5 = Very happy
- 4 = Somewhat happy
- 3 = Neutral
- 2 = Not very happy
- 1 = Not at all happy

3.57

Before participating
in an adapted sport

Neutral



4.17

After participating
in an adapted sport

Somewhat
happy



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

Connectedness

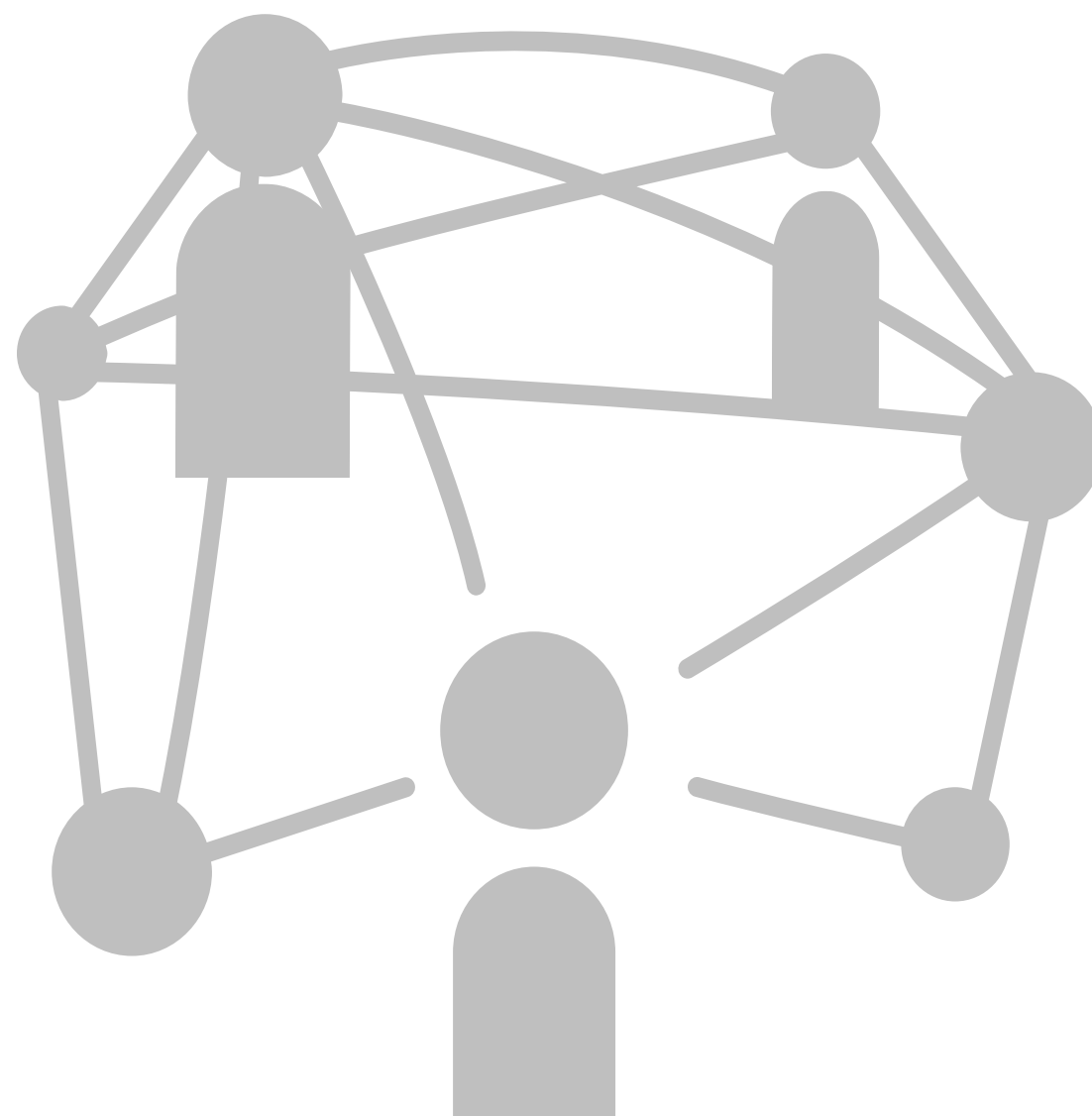
Percentage increase after participants took part in an adapted sport...

↑ 21% +

Community
belonging

'I feel a part of
society/my
community'

Level of agreement improved but average score remained 'neutral'



↑ 30% +

Community
participation

'I felt positive about
participating in my
community'

Responses changed from 'neutral' to 'agree'

↑ 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