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**University of
Nottingham Sport**
Disability Sport

Disability Sport guide

2016-2017



Sport is for everyone

University of Nottingham Sport work alongside the Student Union and Disability Support team to ensure that there are accessible sporting and fitness opportunities for students at the University.

Sports membership

Students who have a disability or a long term medical condition may be entitled to a 50% reduction in sports membership fees. In order to find out if you are eligible for this reduction you will need to meet with a member of the Disability Support team. You can contact them via email at: **disability-support@nottingham.ac.uk**

Sports Buddy scheme

The University is keen for everyone to be able to access sport facilities, activities and events across all of our campuses. If you find it difficult accessing sport at the University and would like to find someone to go with, then the Sports Buddy scheme could be for you.

The aim of the scheme is to pair you up with a buddy who enjoys similar sports and activities to you. If you'd like to find out more please contact the Disability Sport Officer or visit: **www.nottingham.ac.uk/disabilitysport**



A man wearing a red cap and a light blue t-shirt is seated in a red wheelchair on a green basketball court. He is looking towards a basketball that is suspended in the air above him. The background is a blue wall. The text 'Our sporting offer' is overlaid on the left side of the image.

Our sporting offer

Supported fitness sessions

As a disabled student or student with mental health difficulties, you can access supported fitness inductions and sessions at both the David Ross Sports Village and Jubilee Sports Centres. The supported fitness sessions have been introduced to ensure that disabled students and staff can access a consistent level of support when exercising.

Goalball

Goalball is a Paralympic sport which is designed for visually impaired people but can be played by anyone. The University's club trains twice a month and it's just £3 per session to play. Anybody who is interested in playing, volunteering or coaching with the club can contact the Disability Sport Officer or go to: www.nottingham.ac.uk/disabilitysport/goalball

Wheelchair basketball

You can play wheelchair basketball at Nottingham with the University's Wheelchair Basketball club and you can also attend introductory Engage Wheelchair Basketball sessions to try the sport out. For more information please go to: www.nottingham.ac.uk/disabilitysport

University sports clubs

We are committed to developing club sport for disabled students. Clubs involved include equestrian, swimming, kayak, canoe polo, basketball, athletics, archery, tennis and trampolining. You can find out about club sport on our website at: www.nottingham.ac.uk/disabilitysport

British Universities and Colleges Sport (BUCS)

Within the BUCS competition programme disabled students have the opportunity to compete across a number of sports including swimming, athletics, archery and indoor rowing. To find out more about these opportunities please contact the Disability Sport Officer.

Diversity in Sport award

This award is an integral part of the University's annual sports awards and aims to promote equality of opportunity for different groups, widen participation, tackle discrimination and demonstrate the values set out in the University Sport and Disability Sport strategies.

Welfare in Sport

In partnership with BUCS and Student Minds the University is committed to delivering the **Welfare in Sport** initiative. The key aim of the initiative is to develop the inclusivity of club sport, providing mental health awareness training to increase club knowledge and confidence in this area.

Disability sport scholarships

Our scholarship offers elite sports men and women a complete programme of support, which will allow them to train, study and settle in to University life, as seamlessly as possible.

We are working with One Athlete, who will provide strength and conditioning coaching, physiotherapy and performance mindset to our disabled sports scholars.

If you are an elite sportsperson studying at the University and would like to find out more about the Disability Sport Scholarship scheme: go to:
www.nottingham.ac.uk/sport/disabilitysport/performance

Your Disability Sport Officer

Hannah Webber is dedicated to supporting disabled students wanting to play sport and get active.

You can visit Hannah in her office at the David Ross Sports Village. Alternatively, contact her via the following:

e: hannah.webber@nottingham.ac.uk

t: 0115 8468121

www.nottingham.ac.uk/disabilitysport

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