

# COME In

**COME In (Creating Opportunities for sport Members at grassroots level to Enable Inclusion)** is a European project, financed by the Erasmus+ program of the European Commission. The project is led by **OPES** and organised in collaboration with 4 European organisations: **ENGSO Youth, SPARC, Special Olympics** and **ANESTAPS**. Its goal is to facilitate access to sport activities for young people with disabilities.

This cooperation between European organisations aims at responding to this issue by creating working groups, in order to encourage physical activity for people with disabilities, by the training of sport clubs and coaches towards inclusion.

Final result of the COME In project: A **TOOLKIT** to guide different implicated actors

- Increase sport activity for people with disabilities
- Propose to sport clubs possibilities to encourage inclusion
- Enhance the training of sport trainers and coaches in matters of inclusion

According to a study of the FDJ (Française des Jeux) about sports and disabilities, **70%** of people with disabilities in France wish to engage in sports and physical activities. However, the percentage of people with disabilities actually engaging in those activities is far from that number. For example, Italy counts only 17% declaring regularly practicing sports. Furthermore, according to the ANDES (Association Nationale des Élus au Sport) and the study of the FDJ : "87% of people with disabilities declare that engaging in sports or physical activities is essential or important, however a gap exists, between the recognition of the fundamental character of sports and the actual possibility to engage in those activities.

The first part of the project was to **collect good practices** in order to build a program for sport trainers and coaches. This program would help to **implement and adapt sports activities** and to **include people with disabilities**. During the 24 months of the project, different events have taken place. First, a **training course for 24 participants** has been organised. Afterwards, those 24 participants have **implemented and tested several activities in 3 different countries (Italy, UK, France)**.

The second part of the project consisted of **gathering and evaluating the feedback of the different activities in order to complete the toolkit**.

After consulting, thinking and editing, the results were finally **presented at a conference, during the 41th National Meeting of ANESTAPS in Nantes**.