



## Cerebral Palsy International Sports and Recreation Association

A demand for sports and recreation camps:  
findings and conclusions



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## Executive Summary

Between September 2017 and November 2017, CPISRA (Cerebral Palsy International Sports and Recreation Association) conducted an online questionnaire study on the demand for sports and recreation camps for individuals with Cerebral Palsy and with similar neurological conditions. The questionnaire study was also designed to examine participation rates, the benefits of sports and recreation for individuals with Cerebral Palsy and similar neurological conditions, as well as what individuals would gain from having an opportunity to go to a sports and / or recreation camp. This report aims to present the findings of the questionnaire study, what the findings mean as well as make recommendations for delivering sports and recreation camps which are inclusive for individuals with Cerebral Palsy and with similar neurological conditions.



In total, 150 people participated within the study worldwide. The findings show that whilst some individuals with Cerebral Palsy or with a similar neurological condition do participate in sports and recreation, only 20% of individuals were currently participating in sport and only 50% were currently participating in recreational activities. Likewise, when the data revealed that individuals would try different activities if they were given the opportunity, this suggested that there would be a higher rate of sports and recreation participation amongst individuals with Cerebral Palsy and similar neurological conditions if more opportunities were made available. As a result, this highlights that currently there are not enough opportunities for individuals to participate in sports and recreation, and that individuals need to have more sports and recreation opportunities. It can be said that opportunities such as sports and recreational camps are important in increasing participation rates as they can provide a structured and instructor-led range of activities, which can introduce individuals to different sports and recreational activities. The research also revealed that by giving individuals with Cerebral Palsy and with similar neurological conditions more opportunities and a wider array of activities to choose from, this can also increase their life experiences and help them to develop as a person. This is through giving them a chance to experience different activities and to develop their confidence, self-esteem and life skills.

The results of the questions which asked about whether individuals would attend a sports and / or a recreational camp also revealed that the idea of a sports and / or a recreational camp was very appealing to individuals, parents, carers, guardians, therapists and other professionals. All three questionnaires which were used in the study recorded above 80% of respondents stating that if they did attend a sports and / or a recreational camp, such an experience would benefit them or someone which they know who had Cerebral Palsy or a similar neurological condition. The findings indicated that camps would widen individuals' experiences as well as develop their personal and social skills, confidence and wellbeing. The perceived benefits were as being:

- To have the opportunity to develop their confidence and life experiences,
- To have the opportunity to meet new people and to experience independence away from home,
- To have the opportunity to learn life skills,
- If attending a sports camp, to have the opportunity to develop their experience of a sport and of sports training,
- If attending a sports camp, to have the chance to focus on sports training and to gain advice and feedback on their sports training from other coaches and sport professionals.

Therefore, from the analysis, it can be determined that sports and recreational camps would provide individuals with Cerebral Palsy and similar neurological conditions with an increase level of opportunities to broaden their sport and recreational experiences, which can also broaden their life experiences and influence their personal development. The development of sports and recreational camps which are inclusive for individuals with Cerebral Palsy and similar neurological conditions are therefore vital, as sports and recreational camps can also improve individuals' skills sets and increase their sports and recreational interests and participation. Consequently, it is recommended that while developing and delivering a camp, it is important to think about the individuals attending camp, what are their needs and sport and recreational interests. This is so that the camp design can be based upon the camp participants' needs and that the camp can be engaging for the participants. It is also recommended that the development and delivery of sports and recreational camps has to be seen as an investment in societal development.