Changing Lives Through Sport and Recreation

CPISRA
An Introduction to the Cerebral Palsy Sports and Recreation Association

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Welcome to CPISRA

Since its formation in 1969, CPISRA has been driven by the vision that "all people who have CP or related neurological conditions have the opportunity to benefit from and participate in sport and recreation throughout the World". The two key words in this vision are "all" and "benefit". There has been a lot of progress made by CPISRA and the disability sports communities in enabling access to sport. The most notable evidence being the Paralympics; for which CPISRA was a founding organisation and continues to be a very active partner in developing adaptive sports and athlete participation. We have made great progress, but our real work towards delivering our vision is just starting. In many parts of the World there is still little social awareness of opportunity. Events and recognition for the more impaired athletes is limited, and whilst participation has significantly increased over the last 20 years, it is still relatively low throughout the World.

Many studies have reported that participation in sport positively impacts physical and mental health as well as individual personal development. CPISRA constantly witnesses and receives anecdotal evidence of the wellbeing and social benefits of participation, often they are literally life changing. Understanding and promoting awareness of these profound benefits will help to extend opportunity to all as we push our Vision and message across the globe.

CPISRA is passionate about promoting sport for recreation, wellbeing and enjoyment, as well as sport development and elite competition and is an innovative organisation of members, volunteers and partners. The organisation has been instrumental in the development of new and adaptive sports, including Boccia, CP Football and RaceRunning which all now feature on the World stage for elite sport. The CPISRA World Games 2018 very successfully introduced a new programme format combining World Games Sports, Development Camps and Competitions and Educational Workshops, providing a unique environment that embraced both performance and development. Such innovation will continue as we expand our scope and activity in accordance with our strategic plan and extend opportunity to help meet the above outlined need.

This brochure provides more information on our organisation, including some highlights of our motivation and range of activities.

Craig Carscadden MBE
Spastic Hemiplegic CP, Former Paralympian
CPISRA Chief Executive
What is CPISRA?

CPISRA is the leading international sports organisation governing and promoting sport and recreation for Cerebral Palsy (CP) and related neurological conditions.

CPISRA was a founding organisation of the Paralympics and today is one of only four International Organisations of Sport for the Disabled (IOSD) recognised by the International Paralympic Committee (IPC) representing impairment groups.

CPISRA creates opportunities for people to take part in and enjoy recreational and competitive sport, as well as developing grassroots adaptive sport and encouraging regular physical activity.

CPISRA is made up of worldwide members and a community of volunteers including an advisory board, specialist committees and networks.
WHAT IS CEREBRAL PALSY?

Cerebral Palsy (CP) describes a group of conditions characterised by a permanent (but not unchanging) physical disability that affects movement. It is a neurological impairment caused by a brain injury before, during or shortly after birth. There are four main types of CP depending on the area of brain affected; spastic, dyskinetic, ataxic and mixed. Spastic CP can be further categorised by the part of the body it affects; monoplegia, hemiplegia, diplegia and quadriplegia. CPISRA supports people with CP and related neurological conditions. When referring to CP in this brochure we are including those with related neurological conditions.

The gross motor function of children and young people with CP can be categorised into 5 different levels using a tool called the Gross Motor Function Classification System (GMFCS).

CP affects approximately 17 million people worldwide.

- No two people with CP are affected in exactly the same way.
- 1 in 5 children with CP cannot talk.
- 1 in 2 people with CP live in chronic pain.
- 1 in 10 people with CP have a severe vision impairment.
- 1 in 3 children with CP cannot walk.
- 1 in 25 people with CP have a severe hearing impairment.
- 17 million people is triple the population of Ireland.
- 6 in 10 people with CP have normal or superior intelligence.
- 17 million people is triple the population of Ireland.

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Sport For Change

PARTICIPATION IN SPORT POSITIVELY IMPACTS PHYSICAL AND MENTAL WELLBEING, AS WELL AS INDIVIDUAL PERSONAL DEVELOPMENT.

WHAT IS SPORT FOR CHANGE IN A CEREBRAL PALSY CONTEXT?
Sport for Change is the use of sport and sporting events to empower and give individuals with Cerebral Palsy opportunities to express their autonomy, current skill set and capabilities. Through the medium of sport and physical activity, individuals can experience and learn new skills and knowledge; encouraging personal development, life skills and confidence, enabling them to flourish and become more active in their communities.

WHAT DOES IT MEAN FOR CPISRA?
CPISRA aims to provide opportunities to allow individuals with Cerebral Palsy to be the best they can be; whether in sport, employment or their personal lives. Giving individuals with CP opportunities to flourish as individuals leads to a wider spectrum of opportunities in other parts of their life, such as mastering skills (whether that is in sport, recreation or daily life) and to develop and pursue their talents. CPISRA is a leader in providing opportunity for personal development and social engagement by creating events, competitions, camps and removing barriers to participation.

PHYSICAL WELLBEING
Physical activity (through sport and leisure) encourages strength, muscle activation, cognitive skills, movement and fitness. Providing opportunities for individuals with Cerebral Palsy to participate in accessible sport and physical activity allows access to the basic right of good physical health and wellbeing.

MENTAL WELLBEING
Participation in sport can increase general ‘life satisfaction’ by providing opportunity for enjoyment and happiness, and reducing symptoms of anxiety and stress. Through sport and physical activity, individuals are able to pursue their autonomy and have a chance to experience self-determination and grow their confidence and self esteem.

SOCIAL CHANGE
Through sport and physical activity, individuals meet others, have a chance to develop friendships and engage in a community or social group. Individuals reflect on these experiences and on themselves, which can encourage lifestyle changes and influence personal and social development.
The International Cerebral Palsy Society (ICPS) was founded and an internal sports and leisure group was formed.

The first Cerebral Palsy Games were held in London, UK.

International Cerebral Palsy Games held in London, UK.

At the close of the Edinburgh ICPS Games, the birth of the Cerebral Palsy Sports and Recreation Association (CPISRA) was announced, which would be separate to the ICPS.

The CPISRA World Games has been held at various locations internationally.

**Timeline:**

- 1969
- 1972
- 1974
- 1976
- 1978
- 1982
- 1984
- 1986
- 1989
- 1991
- 1993
- 1997
- 2001
- 2005
- 2010
- 2011
- 2013
- 2015
- 2016
- 2018
- 2020

**Events:**

- **1969:** International Cerebral Palsy Games held in London, UK
- **1972:** International Cerebral Palsy Games held in Montrodat, France
- **1982:** First Cerebral Palsy Games were held in London, UK
- **1984:** First World Championships of CP Football at the CPISRA World Games
- **1988-2014:** CPISRA continues to evolve Boccia and CP Football, exponentially increasing opportunity and competition pathways
- **1991:** Inception of RaceRunning
- **1997:** First RaceRunning Camp and Cup Competition
- **2001:** First CPISRA RaceRunning World Championships
- **2005:** Motion adopted for CP Football to become an independent sport
- **2010:** RaceRunning included at the IWAS World Games
- **2011:** RaceRunning classification and physiology research begins
- **2013:** Boccia International Sports Federation (BISFed) formed
- **2015:** RaceRunning debut at World Para Athletics European Championships
- **2016:** International Federation of CP Football (IFCPF) formed
- **2018:** CPISRA continues to evolve Boccia and CP Football, exponentially increasing opportunity and competition pathways
- **2019:** RaceRunning debuts at World Para Athletics World Championships, inaugural CPISRA international recreation camp held and inaugural CPISRA Development Games held
- **2020:** CP Awareness project launched in Africa
40 YEAR HISTORY OF THE CPISRA WORLD GAMES: A GLOBAL DEVELOPMENT STORY

The first CP World Games were held by the International CP Society (ICPS) in 1972. CPISRA became independent from the ICPS in 1978 and since then has held regular regional and world championships. In 2018, Sant Cugat in Spain hosted the CPISRA World Games and welcomed 600 participants from 30 countries for the broadest schedule to date, showcasing World Class competition in elite para-sport, as well as development sport camps and competitions.

Boccia was the first sport developed by CPISRA and provided a much needed competitive sport pathway for people with severe impairment. It made its Paralympic debut in 1984 with a total of 19 competitors from 5 different countries. The Boccia International Sports Federation (BISFed) became independent to CPISRA in 2013 and the sport is now practised by more than 50 countries worldwide.

The development of CP Football has allowed individuals with Cerebral Palsy to take part in the World’s most popular sport. The first CP Football World Championship was at the CPISRA World Games in 1982 and it debuted at the Paralympics in 1984. The International Federation of Cerebral Palsy Football became independent to CPISRA in 2015 and now has over 40 worldwide members.

Frame Running, formally known as RaceRunning, provides an opportunity for aerobic sport and recreation for people with severe motor and coordination impairments. Frame Running became a CPISRA development sport in 2001 and the first CPISRA RaceRunning World Championships were held in 2005. Frame Running debuted at the World Para Athletics (WPA) World Championships in Dubai in November 2019, and is now on the WPA provisional programme for Paris 2024.

CPISRA DEVELOPED ADAPTIVE SPORTS

CPISRA develops and promotes adaptive sports for people with Cerebral Palsy, to enjoy recreationally and to provide pathways to competitive and elite sport. Developing adaptive sports allows people with Cerebral Palsy to more easily access sport for recreation and the physical and mental benefits that this brings. CP Football and Boccia were both developed by CPISRA and now have their own governing bodies, and Frame Running is approaching a new exciting phase in its development under the CPISRA International Frame Running Committee.

A FOUNDING MEMBER OF THE PARALYMPICS

In 1982, the International Sports Organisation for the Disabled, the International Stoke Mandeville Games Federation, CPISRA and the International Blind Sports Federation joined to create the International Co-Coordinating Committee Sports for the Disabled in the World (ICC) in order to coordinate the Paralympic Games and support inclusion for all. Other disability groups joined later and in 1989 the ICC became the International Paralympic Committee (IPC) to act as the global governing body of the Paralympic Movement. CPISRA is now one of only four international organisations of sport for the disabled (IOSDs) still recognised by the IPC to represent impairment groups.

Opportunity, Development and Participation: Introduction to CPISRA
Our Mission: To help all countries provide CP sporting and recreation opportunities, to increase CP participation in sports and recreation across the world, to advocate for CP athletes to be able to compete on a level playing field in suitable sports, to increase and improve CP sport and recreation opportunities, and to promote pathways for CP athletes to progress from grassroots participation to elite competition.

Our Role: Promote the value and benefits of sport and recreation, facilitate and deliver sports and recreation opportunities from grassroots to elite, develop new and adaptive sports and recreation, be an advocate for CP athletes across sports, and encourage research into CP exercise, well-being, recreation and sport.
CPISRA: Sport Events

DEVELOPMENT SERIES
Single or multi-sport events embracing new and development athletes.
- Growing participation in sub region
- Enabling all CP impairment groups
- Education and improvement
- Sport development
- Research

REGIONAL GAMES
Multi-sport Games conducted at Regional level with emphasis on development and performance improvement.
- Increasing participation in Region
- Extending opportunity for all
- Experience and improvement
- Training workshops
- Improving health and well-being Worldwide

WORLD GAMES
CPISRA’s premier event. A multi-sport World Games for talented and elite athletes.
- Performance and development
- World class competition for all
- Preparing athletes and teams for the Paralympics

“My first full international competition was the CPISRA World Games, an incredible experience being part of a team and representing my country for the first time. The CPISRA World Games was the gateway to my Paralympic journey, and maybe it could be yours too.”

Stephen Miller MBE, Mixed Quadriplegia; Multiple Paralympic Gold Medalist, Chair CPISRA Athletes Committee
CPIRSA: Recreation

Research undertaken by CPIRSA in 2017 found a high demand for recreational opportunities and camps. Activity camps encourage development of individuals’ confidence, self-esteem, life skills and belief in what they can do. In addition, increasing participation in recreation can lead to an increase in participation in sport.

In response to the findings, CPIRSA initiated the delivery of the below types of recreational activities. A very successful inaugural international outdoor activity camp for adults with cerebral palsy was held in September 2019, itself leading to increased opportunity and participation.

**ADVENTURE TOURS**

Provide opportunity to extend horizons, experiences and to try new things in the form of accessible adventure tours such as travelling to out of the way places, sailing, hiking, cycling, skiing, etc.

**ACTIVITY CAMPS**

Provide a development, social and education experience to encourage and increase participation in outdoor physical activity, both in day to day life and in more challenging, adventurous settings.

**EXPEDITIONS**

Provide opportunity to challenge preconceptions, self perceived barriers and push personal limits through adventure expeditions such as wilderness adventures, mountain expeditions, overseas volunteer projects, etc.

“I believe that recreational fitness has played a fundamental part in my lifestyle, giving me independence and challenging preconceptions along the way. One of my favourite passions has been my outdoor pursuits, and the undertaking of these challenges has helped me maintain a physical and healthy lifestyle.”

Julie McElroy, Ataxic Hemiplegia, Head of Recreation CPIRSA

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CPIRSA: Development

RESEARCH
- Enhance understanding of the benefits of participation to assist health professionals, sport bodies, etc. to further encourage recreation and sport development.
- To benefit individual sports through improved techniques, training, sports equipment and impairment classification.

ADAPTIVE SPORTS
Developing new adaptive sports and adapting existing sports to provide access to sport for people with Cerebral Palsy. This entails developing rules and regulations, classification systems and equipment, as well as the promotion and provision of participation and competitive events and pathways.

"Sport is an important part of my life. It is not just about the competing or training, but sport also encourages me to maintain good physical and mental health. It is also the social and active part of sport which helps me to characterise my everyday life."

Graham Condie, Athetoid Quadriplegia, Research Officer CPIRSA

WORKSHOPS/SEMINARS
- Awareness and training for athletes, coaches, officials and member staff.
- Online courses and workshops
- Opportunities for communication, networking and information sharing between sport professionals, officials, members of the community and athletes.

ONLINE ACTIVITY
In response to an ever changing World, CPIRSA are continuing to increase online activity. This includes a virtual challenge series, online workshops and courses and the inaugural CPIRSA International Conference on Physical Activity and Health for People with Cerebral Palsy or Acquired Brain Injury which will take place online in December 2021.
OUR COMMUNITY