



INCLUSIVE ADVENTURE ACTIVITIES TRAINING



This introductory course is designed to inspire participants to help make their adventure activities and outdoor environments more accessible and inclusive for people with a disability.

This course is aimed at:

- Outdoor activity instructors.
- Adventure providers.
- Disability services.
- Centre managers.
- Development officers.
- Anyone who has an interest in having knowledge of inclusive adventure activities.

Course certification:

On completion of the course, all participants will receive a CARA Centre Certificate of Attendance endorsed by Sport Ireland.

Course resources:

The training will provide access to resources that will increase the knowledge related to Inclusive Adventure Activities. All course participants will receive a PDF resource manual.

Cost of the course:

€100 per person. (Group bookings are also available)

The following areas will be covered:

- **E-learning content (pre-course):** Introduction, Legislation, Language and Communication, Including People with Disabilities in Physical Activity and Sport and understanding of Paralympic, Special Olympics and Adapted Sport.
Pre requisite prior to attending the practical session.
- **Workshop activities:** exploring equipment and facilitating how to engage people with disabilities in an adventure environment.
- **Planning for adventure activities.**
- **Planning for the unplanned:** rescues and emergencies.
- **Scenarios and practical activities** (land and water based).
- **Ongoing support** for you (CARA, Inclusive Adventure Activities Training Manual).

HOW DO I BOOK A PLACE?

Upcoming dates and venues are available at www.caracentre.ie and individual bookings can be made [online](#)

HOW CAN MY ORGANISATION BOOK A COURSE?

If you have 14 people and would like to book a course, please contact CARA on 066 7145672 or email caratraining@ittralee.ie.

