

Things people with a disability should consider are:

- What activities do I like? (i.e. do I want to compete in sport or just participate in physical activity? Do I want to be involved in individual or team sports/activities (i.e. sailing, cycling, table tennis, cricket, football, etc.)
- How can I be involved and how do I want to be involved? (i.e. as a participant, coach/instructor, official, administrator, event organiser etc.)
- When can I be involved? (i.e. during the day, one night a week, on the weekend)
- Do I need help to be involved? (i.e. to get there, to participate)
- Who can help me get involved? (i.e. family, friends or a “buddy” from within the organisation/community)
- Where can I find a club or activity in my area?
(See the www.dsr.nsw.gov.au)



Further resources and assistance

Sport and physical activity providers have a wide variety of opportunities for anyone who wants to get involved in sport and physical activity.

For further information about You're in the Game contact:

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