

National Events

Health in the United States—A Review of the First Decade of the 21st Century

Date: Thursday, October 6, 2011

Time: 11am EST

Location: Webinar

Speakers:

- ✓ Howard Koh, MD, MPH, Assistant Secretary for Health
- ✓ Edward J. Sondik, PhD, National Center for Health Statistics
- ✓ Jewel Mullen, MD, MPH, MPA, Commissioner, Connecticut Department of Public Health

Summary: According to the announcement, "The presentation will cover the end-of-decade assessment of progress in achieving the Healthy People 2010 goals and objectives."

[Register Now!](#)

Inclusive Nutrition and Physical Activity Programs

Date: Tuesday, October 18, 2011

Time: 1-2pm EST

Location: Webinar

Speakers:

- ✓ **Jim Rimmer**, PhD, Professor in the Department of Disability and Human Development at the University of Illinois at Chicago
- ✓ **Amy Rauworth**, MS, RCEP, Associate Director of Operations and Exercise Physiology Research at the Center on Health Promotion Research for Persons with Disabilities (CHP) at the University of Illinois Chicago

Summary: According to the [AUCD website](#), "NCPAD will share their program successes

and offer ideas for inclusive programs at the community and local level. Join the webinar for an engaging discussion on including people with disabilities in your health promotion efforts."

[Register Now!](#)

The National Release of the Healthy People 2020 Leading Health Indicators

Date: Monday, October 31, 2011

Time: 10am EST

Location: 2011 APHA Annual Meeting, Washington Convention Center, Washington, D.C.

Speaker: Howard Koh, MD, MPH, Assistant Secretary for Health

Summary: According to the announcement, Dr. Koh will be calling "on the nation to take action on this decade's high priority health issues. The Healthy People 2020 Leading Health Indicators will be launched on October 31, 2011 at 10 a.m. at the Washington Convention Center."

October is Disability Employment Awareness Month

As designated by Congress, every October is Disability Employment Awareness Month. The Office of Disability Employment Policy is responsible for planning activities and distributing materials that celebrate the contributions and skills of individuals with disabilities as well as highlight the barriers to employment that still exist for individuals with disabilities.

To learn more about the Office of Disability Employment Policy, visit their website at: <http://www.dol.gov/odep/>.

ADA Corner

ADA Amendment Improves Accessibility at Rail Stations

Due to a new amendment to the ADA, persons with disabilities will experience improvements in their ability to travel via intercity, commuter, and high speed trains. The new rule requires that new station platform construction and significant renovation allows persons with disabilities to get on or off any car on a train. To learn more, visit the following websites:

- ✓ <http://www.dot.gov/affairs/2011/dot12311.html>
- ✓ https://www.disability.gov/transportation/accessible_transportation/transportation_laws_%26_regulations

Policy Workgroup

The IFC Policy Workgroup was recently launched to oversee a comprehensive initiative to advance systemic change for individuals with disabilities through a coordination of policy, advocacy and education efforts.

2011 Physical Activity and Sport for People with Disabilities—Policy Symposium

The Physical Activity and Sport for People with Disabilities - Policy Symposium was a Strategic Planning Policy Conference on Physical Activity for Students with Disabilities, which took place on June 21-22, 2011 at the US Access Board Conference Room in Washington, DC.

Overview

In June, 2010, following the concerted efforts of over 100 groups including the Inclusive Fitness Coalition (IFC), the Government Accountability Office (GAO) completed its first ever study on the state of physical activity and athletic opportunities for students with disabilities. As a result of the recommendations put forth by the

GAO study, the Department of Education has committed to completing two policy undertakings by the end of this fiscal year:

1. Clarify schools' obligations under the Rehabilitation Act to provide athletic opportunities for students with disabilities.
2. Provide resources and facilitate information sharing to assist state and schools in serving students with disabilities in physical education (PE) and athletics.

Given the policy changes that are forthcoming from the Department of Education, the Inclusive Fitness Coalition with Georgetown University hosted a policy symposium to bring together key stakeholders to create a community blueprint for action. Over the course of two days, leading experts developed a strategic plan for how various sectors can contribute to expanding school-based physical activity and athletic opportunities for students with disabilities.

Documents related to the symposium:

- ✓ [GAO Executive Summary](#)—Students with Disabilities: More information and guidance could improve opportunities in physical education and athletics
- ✓ [Letter to Arne Duncan, Secretary of Education](#)
- ✓ [Letter to Congress](#)
- ✓ [IFC: Summary of GAO Report Key Findings](#)
- ✓ [IFC: 2011-2012 Policy Briefing Document](#)
- ✓ [IFC Policy Highlights](#)
- ✓ [Obesity and Overweight Prevalence Among Adolescents with Disabilities](#)

For more information on the symposium, please visit <http://www.incfit.org/node/617>.

APAC Petitioning Senate HELP Committee

Submitted by Pamela Skogstad, APAC Legislative Committee

The APAC Legislative Committee is in the second year of finalizing language in a document which will request the Senate HELP Committee to include "highly qualified APE teacher" in section 300.26 when specially designed physical education is required.

IDEA reauthorization is slated for late 2012 or 2013. The goal of the committee is to submit the final draft to each Senate HELP Committee member in the fall of 2012.

Senator Harkin's chief education staffer, Michael Gorman-McCormick has reviewed the draft letter. His response was, "*the message is clear, admirable, and worthy of review.*"

Timeline moving forward:

1. Garner support from nationally, state, and local associations.
2. Submit letter to Senate HELP Committee members in the fall of 2012.
3. Now is the time, we have a window of opportunity to make a huge impact on the quality of physical education for children with disabilities and the quality of the professional teaching or monitoring these programs.
4. The Committee welcomes data, research, and documents which would support the different appendixes.
5. Please send a letter of support and any information the committee can add to the appendixes to Pamela Skogstad.

For more information, questions or contributions, please contact:

Pamela Skogstad

Email: akskogstad@aol.com

Phone: 907-782-3521

Toll free: 877-782-3521

Fax: 907-782-3505 fax

The APAC Legislative Committee needs your support to ensure this document is accepted by the Senate HELP Committee.

NCAA Inclusion Summit

On September 19, 2011, leaders in the higher education community and from advocacy groups gathered in Indianapolis, IN to discuss the advancement of inclusion in intercollegiate athletics. The meeting was broad in nature, covering the inclusion of many different groups, but focusing more specifically on issues related to gender, race, disability, and sexual orientation. While much progress has been made in regards to inclusion, there remains much work to be done. The discussions at this summit were insightful and, admittedly, only just the beginning of the work that needs to be done.

Click [HERE](#) for more information on the summit.

Click [HERE](#) for a list of presenters and their biographies.

The summit was streamed live on the web. To view a live blog that was maintained during the summit, click [HERE](#).

Play Workgroup

The inclusive play workgroup focuses on increasing awareness of the issues related to inclusive play environments. We believe play environments must be developed in the context of how children live their lives. By championing programs which demonstrate excellence in these areas, the workgroup strives to demonstrate that a healthier and safer world can be created for all children through access to play.

2012 Conference on the Value of Play: Multi-Generational Actions and Strategies

When: February 26-29, 2012

Where: Clemson University, South Carolina

What: Join us in beautiful upstate South Carolina to discuss play in all of its forms and for people of all ages.

Website: [http://
usplaycoalition.clemson.edu](http://usplaycoalition.clemson.edu)

What you'll take away from the conference:

- ✓ New research from leading academics in the field.
- ✓ Information on why play is such a crucial part of our life at every age.
- ✓ Actions and strategies to help incorporate play into our daily lives — regardless of our ages.
- ✓ New connections with others focused on increasing awareness of the value of play.

To view the **Call for Presentation Submissions**, please go to: [http://
incfit.org/node/648](http://incfit.org/node/648).

The Inclusive Fitness Coalition encourages all members interested in inclusive and accessible play to attend the conference and contribute to the work the Play Coalition is doing!

US Play Coalition Monthly Newsletter

The US Play Coalition has a monthly newsletter as well. Their most recent newsletter can be found by clicking [HERE](#). If you have inclusive content that you would like to include in upcoming editions of their newsletter, please send it to Jessica Madrigal at jmadri1@uic.edu.

Worldwide Day of Play

September 24, 2011 was the 8th annual Worldwide Day of Play (WWDOP). Between 12pm and 3pm on September 24th, Nickelodeon networks "went dark" to inspire kids to turn off the television and go outside and play. During the event, the President's Council on Fitness, Sports and Nutrition (PCFSN) made a big announcement about the Million PALA Challenge. The Million PALA Challenge is a joint PCFSN-Let's Move! initiative launched last September to encourage one million Americans to earn their Presidential Active Lifestyle Award (PALA).

WWDOP is part of Nickelodeon's ongoing Big Help effort to empower kids to make healthy choices. Nickelodeon partnered with PCFSN earlier this year to promote their own PALA challenge. Through their vast marketing channels and popular on-air talent, they helped us reach millions of kids and families.

To watch videos, view pictures, and read tweets from the event, visit [http://
www.nick.com/thebighelp/worldwide-
day-of-play-live](http://www.nick.com/thebighelp/worldwide-day-of-play-live).

More information on the event can be found at <http://www.incfit.org/node/644>.

Health and Fitness Club Workgroup

The main mission of the Health and Fitness Club Workgroup is to motivate owners and managers of health/fitness facilities to develop an environment that is inclusive, providing accessibility to all. This may involve, but is not limited to, changes to equipment, facilities, programs, practices, staff training, and marketing.

October Conference Call—Stay Tuned!

The date and time for the Health and Fitness Club Workgroup October conference call will be announced soon.

Update on the Advanced Notice of Proposed Rulemaking (ANPRM)—Equipment and Furniture

At this point, there is no update on the comments received to the ANPRM regarding the accessibility equipment and furniture under Titles II and III of the Americans with Disabilities Act (ADA). The next steps in the process will be a Notice of Proposed Rulemaking (NPRM) and, eventually, a Final Rule that will be legally-binding. We will

keep you as updated as possible throughout this process.

For more information on the ANRPM, please visit http://www.ada.gov/anprm2010/equipment_anprm_2010.htm. (Note: the period for public comment on the ANPRM has passed.)

Vote NOW! ASTM Standard Specification for the Universal Design of Fitness Equipment for Inclusive Use for Persons with Functional Limitations and Impairments

Voting is now open for F08.30, the ASTM ballot pertaining to the design of fitness equipment.

For voting members: To access the ballot, please go to <http://myastm.astm.org> and login. This will give you access to your personalized 'MyCommittees' page.

The ballot will be open and available on the web from **September 13, 2011 until October 13, 2011**.

If you would like to join ASTM, please visit <http://www.astm.org/JOIN>.

Summary of F08.03: The information presented in this specification is necessary to assure that the fitness product being designed is accessible, functional, and safe for both users with and without functional limitations or impairments when the equipment is operated according to the manufacturers operation instructions.

For more information on F08 on Sports Equipment and Facilities, please visit: <http://www.astm.org/COMMIT/COMMITTEE/F08.htm>.

For more information on F08.03, please visit: <http://incfit.org/node/200>.

Inclusion Programs

Written by Jennifer Pleimann CPT, CSCS, USAW FitBuddies:

<http://buddiesinaction.wordpress.com/>

One of the most frequent requests I receive from parents is for more inclusion programs. More and more programs today are heading in that direction. I think one thing that is important to remember in designing programs for individuals with disabilities is knowing when it is appropriate to include and when it is appropriate to separate. To simplify, I have divided this into 3 categories with examples:

- ✓ Full Inclusion: Individuals with a disability are receiving the exact same services with their "typical" peers
Example = Inclusive Soccer Program in the Bay Area
(<http://www.e-soccer.org/Index.htm>)
- ✓ Partial Inclusion: Individuals with disabilities receive a program in a "typical" environment
Example = FITBuddies, small group training for individuals with disabilities, offered in a gym along-side other "typical" programs
(www.buddiesinaction.com)
- ✓ Non-Inclusive: Individuals with disabilities receive a specialized service in a separate location (some have included inclusion programs but in general, I am speaking of facilities that specifically focus on programs for individuals with disabilities)
Example = The Us Too Center in Orange County is a facility specifically for individuals with special needs
(<http://www.ustoogymnastics.org/index.html>)

The important thing to note is that we need ALL types of recreation programs for individuals with differing abilities. While inclusion is great and I am a big advocate for designing programs around inclusion, I also feel it is extremely important to know what type of program and setting best addresses a child's individual needs.

Read [NCPAD's March blog entry](#), written by Carolyn, regarding inclusive programs.

Other inclusive programs to check out:
<http://www.inclusivesports.org/>

In The News

- ✓ In June, the United Nations met to discuss Sports for Inclusive Development. Read more about that meeting [HERE](#).
- ✓ Northern California now has a magazine for families of children with disabilities. To learn more, subscribe, or share with parents, visit: <http://godandelion.com/>.

New Resource in the Accessibility Toolkit—Coming Soon!

BE SAFE... Fitness Equipment Safety Guidelines for Persons Using Mobility Devices

This will be a freely downloadable poster on strength training safety guidelines for wheelchair-users. The poster was done by Beneficial Designs, Inc. through the RERC-RecTech D4. Development of Uniform Standards for Accessible Fitness Equipment project. Visit www.beneficialdesigns.com for more information on the project.

You will be able to find the resource [HERE](#).

Conferences and Conventions

A new page has been created to help Health and Fitness Club Workgroup members and other interested individuals stay up-to-date on upcoming conferences. We encourage you to attend conferences. More importantly, though, we encourage you to present and exhibit at conferences. On the website you will find submission deadlines and resources you can use. You may want to think about

collaborating with other workgroup members on these presentations. The more we can get the word out about inclusive fitness, the better—and you are the ones who can do that!

You can find the information here:
<http://incfit.org/node/663>

Below are a few of the upcoming conferences. Be sure to check out the entire list on the website. You can also find other upcoming conferences on disability [HERE](#).

Club Industry 2011

When: October 12-14, 2011

Where: Chicago, IL

Website:

<http://www.clubindustryshow.com>

Summary: Club Industry Show is the tradeshow and conference that unites the entire fitness community, focusing on both the common operating challenges and individual needs of for-profit and not-for-profit facilities.

ACE Fitness Symposium

When: November 3-5, 2011

Where: San Diego, CA

Website: <http://www.acefitness.org/symposium>

Summary: Explore emerging fitness trends and techniques, uncover innovative solutions in exercise programming, discover useful strategies to gain new clients and learn how to not only train them, but to coach and empower them to make permanent lifestyle changes.

40th National Adapted Physical Education Conference

When: November 17-19, 2011

Where: Long Beach, California

Website: <http://www.napeconference.org/NAPEC40.htm>

Summary: This conference attracts leading researchers and instructors from throughout the nation and world to present and share

best practices regarding implementing successful and highly-effective adapted physical education and activity programs for people with disabilities.

Keynote speakers:

- ✓ Lisa Silliman-French, Ph.D—Texas Woman's University
- ✓ Angela Madsen—RowofLife Adapted Ocean Rowing Transatlantic Row

IFC Members Providing Opportunities for Continuing Education

Are you presenting at a conference or event? Will you be attending an expo? Let us know! We would be happy to share information regarding your presentation and/or exhibit in our next newsletter!

If you are planning to attend **APHA's 139th Annual Meeting and Exposition** in Washington, DC from October 29-November 2, please visit the National Center on Physical Activity and Disability's booth in the exhibitor hall! Hope to see you there! The theme for the meeting is Healthy Communities Promote Healthy Minds and Bodies. For more information, visit <http://www.apha.org/meetings/AnnualMeeting/>.

Grant Opportunities

Here you will find a sampling of grant opportunities that are available. For a full list of grant opportunities and a full summary of each grant, please visit <http://incfit.org/node/331>. If you know of additional grant opportunities, please inform Jessica Madrigal at jmadri1@uic.edu.

2011-2012 New York City Community Impact Grant

Deadline: October 14, 2011

Summary: These grants will provide seed money for projects of community-based organizations

located in and serving the New York City area. Awarded projects will help further the goal of our organization by specifically focusing on improving the cardiovascular health of youth. The maximum award will be \$25,000.

For more information click [HERE](#).

World Sport Chicago Scholarship

Deadline: November 16, 2011

Contact: Stephanie Miller (email wscscholars@worldsportchicago.org or call 312-861-4946)

Summary: World Sport Chicago (WSC), the legacy organization of Chicago 2016's Olympic and Paralympic Bid, created the World Sport Chicago Scholarship Program to reward Chicago high school student-athletes for their demonstrated commitment to athletics, academics and the Olympic values of excellence, friendship and respect.

To be eligible, students must:

- ✓ Be high school juniors
- ✓ Live and attend school in Chicago
- ✓ Maintain a 2.0 unweighted GPA or higher
- ✓ Participate in an eligible Olympic/Paralympic sport for two seasons in the last three years. Athletes of all abilities are encouraged to apply!
- ✓ Be willing to fulfill the WSC Scholar Duties

Applications are available at www.wscscholars.org.

Access for Athletes—Challenged Athletes Foundation

Deadline: December 1, 2011

Summary: The grants provide resources for adaptive sports equipment, sports prosthetics, training, and competition grants so that those with physical disabilities can once again, or for the first time, participate in sports.

For complete application details, click [HERE](#).

What is Going on in Your State?

Through networking with IFC members, we know there are many valuable resources related to topics of interest to all IFC members in circulation. In the upcoming months we will continue to collect those resources on our website for you to view and share. Currently, resources for each IFC workgroup are being collected on the IFC website.

- ✓ For resources on health and fitness clubs visit <http://incfit.org/node/235>.
- ✓ For resources on playgrounds and play areas visit <http://incfit.org/node/238>.
- ✓ For resources on policy visit <http://incfit.org/node/563>.

Get Connected!

Welcome New Organizational Members!

New York State Inclusive Recreation Resource Center

The Autism Council of Rochester, Inc.
Lomas Schoolhouse Studio

Kentucky Wesleyan College Department of Kinesiology & Health Promotion

University of Texas at Arlington - MOVIN' MAVS ADAPTED SPORTS AND RECREATION

Art Realization Technologies (A.R.T.)

Inside Out Play Park, LLC

Athletic Mental Performance

Betty Wright Swim Center at Abilities United
Challenge Alaska

Click [HERE](#) to view a listing of all members.

IFC on Facebook and Twitter

Did you know IFC is on Twitter and Facebook? Follow and like us today!

Twitter: <http://www.twitter.com/incfit>

Facebook: <http://www.facebook.com/Incfits>

Please contact Carolyn Lullo via email at clullo2@uic.edu if you would like to add your organization's Facebook and Twitter information to your page on the IFC website.



We welcome your comments, contributions and best practices for future issues. Please email Jessica Madrigal at jmadri1@uic.edu.

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