



# ORGANIZATION OF SPORTS-FOR-ALL EVENTS GUIDELINES AND RECOMMENDATIONS (BETA VERSION)



Co-funded by  
the European Union



Gdansk  
Sports Centre





This guide is a small guideline that has been elaborated by the experience of (Gdansk Sports Centre ( Poland ), Association Sport for all ( Serbia ), World Bike Tour ( Portugal ), La Sansi ( Spain ), hosts of sports-for-all events that share their experiences in the realisation of sports events, in order to improve and be more efficient and effective in the organisation of an event.

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## Introduction

### Purpose of this guide

This guide aims to offer information, inspiration, and examples of successful initiatives for grassroots sport organizations. It demonstrates how to organize sports for all events, emphasizing a step-by-step approach to the HOW and providing TIPS AND TRICKS for ensuring events are safe, inclusive, and environmentally friendly. Additionally, it offers guidance on establishing partnerships and effective communication carried out based on the identification of the existent guidelines regarding the organization of sports-for all events.

### WHAT Organization of Sports-for-All events represents?

Nowadays, there are many guidelines and recommendations regarding the organization of sport events. Nevertheless, these guidelines are mainly focused on operational procedures and not so much in guaranteeing the implementation of sports-for-all concept in a wide sense. It is also possible to find Guidelines for green events, or even – based in the experiences developed during COVID-19 pandemic– guidelines for guaranteeing public health and social distancing.



## Definition of sport for all event

### Definition of sport for all event

Although they have distinct conceptual origins, the terms 'sports for all' and 'grassroots sports' are commonly employed to describe sports and physical activity practices that are inclusive to individuals of all ages, genders, or conditions, conducted at a non-professional level, and pursued for health, educational, social, or recreational purposes. These sports and physical activities may be organized in structured or non-structured formats, taking place regularly or in specific circumstances, such as special events with a defined purpose. (cf. Report to the Commissioner Tibor Navracsics by the High-Level on Sports Grassroots and the European Sport Charter, last version published in 2021).

Independently of the perspective or the designation, sports for all plays an essential role to promote citizenship and healthy lifestyle at a personal and communitarian level.



## Background and general objectives

HOST4ALL project has born of the will of 4 experienced organization in organizing sports-for-all events through different approaches (mountain, city, water) and sports (skiing, running cycling and others) and countries (Serbia, Poland, Portugal and Spain) in combining their practical experiences and creating a common, but wide vision regarding the organizations and implementation of sports-for-all events.

The general objective of this guidelines is to improve the capability of sport event organizers to promote a sports-for-all approach through the (1) identification of existent guidelines regarding the organization of sports-for-all events, and the (2) implementation of specific measures to promote sports-for-all participation in sports events.

In line with HOST4ALL aims, and based on the partners experience together with the guidelines identified, the project intends to create specific guidelines and recommendations for sports-for-all event organizers that will be tested and validated in 1 event per partners. Thus, the guidelines and recommendations to be launched will cross best-practice indicators with an experimental-based approach.

Partners of the project are 4 organizations from 4 different countries (World Bike Tour from Portugal, La Sansi Athletics from Spain, Sports for All Association from Serbia and Gdansk Sports Center from Poland) that combine different missions and positionings in the sports sector (combining a private sports company, an athletics club, a sports-for-all nation-wide association and a municipality) with deep experience in organizing sports-for-all events in different environments (water, mountain, city) and specific practices (running, skying, cycling, ...)



According to the report on diagnosis and benchmarking - actions taken to identify guidelines and recommendations regarding the organization of sports-for-all events, we noticed several important indications and decided to implement them in organization of our events in accordance with the definition of sport for all events and the values this movement carries.

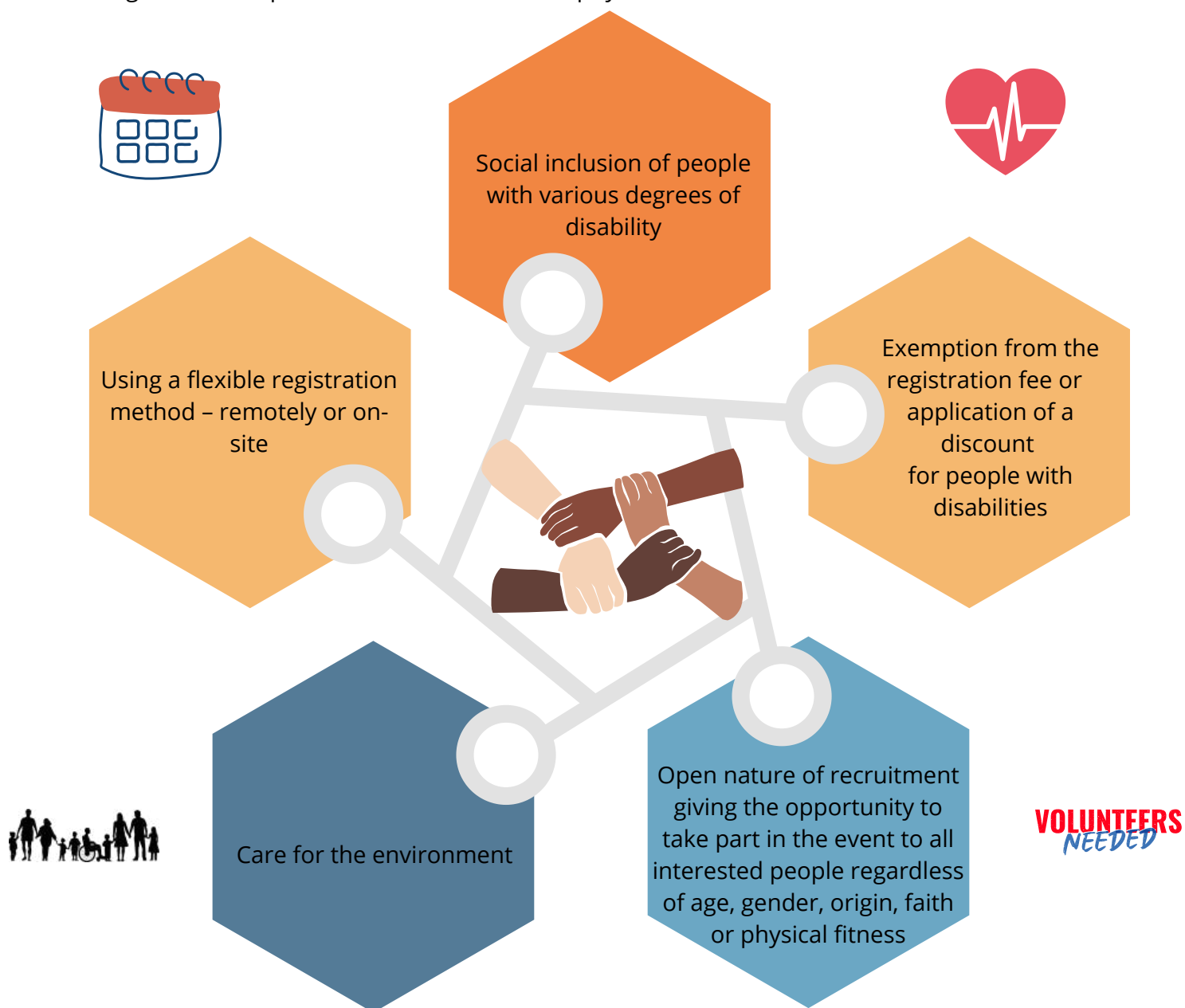
In our view, contemporary sports-for-all initiatives and events should ensure diverse levels of health, education, and social promotion. This includes:

- 1 Ensuring equality and involvement of individuals with various conditions (persons with disabilities, and those with different social background) in the events.
- 2 Guaranteeing safety, security, and public health conditions (medical protection, event security, e.g.COVID-19 measures or similar protocols).
- 3 Promoting public health, respecting communities, and contributing to environmental well-being (by adopting clean and SUSTAINABLE PRACTICES)."



- **Key characteristics**

Organizers of sports for all events should pay attention to:





Planning the event on a day/days off from work (usually weekends or weekend dates in the case of longer events), so that as many participants as possible can benefit from it



Proposing a form of activity with requirements available to everyone (simple, uncomplicated form), so that it can be participated by amateurs for whom the activity itself is important, not competition or high sports level



Creating optimal conditions for intergenerational and intercultural integration, in which participants learn and inspire from each other



Ensuring medical safety and security at a level appropriate to the scale of the event (doctors, paramedics, security services, specialized vehicles)

**VOLUNTEERS**  
NEEDED

Promoting the idea of volunteering and its social value through active involvement of volunteers in the preparation and implementation of the event



In the following sections of this guide, you will find useful tips and ideas based on the key features mentioned above, such as organizing inclusive, safe and green events but also establishing local partnerships, working with volunteers and communicating before, during and after a sporting event.



Before embarking on the planning process...

### ! Green tip

take a moment to reflect on the true necessity of elements for your event. Many aspects of sporting events are incorporated out of habit rather than genuine essentiality. Eliminating single-use products is a viable option. Pause and question what modifications can be made to yield positive environmental sustainability results. If a specific product is indispensable, explore options crafted from recycled or more eco-friendly materials. Optimize for alternative choices whenever feasible.

## HOW TO ORGANIZE A SPORT FOR ALL EVENT?

### What to think about BEFORE starting to plan a grassroots sport event?

It is important for an organization to consult with stakeholders to identify what the community needs, what activities are required, and if they have appropriate resources. A stakeholder is anyone who has an interest in the organization. These can include government leaders, ministry of sport, local municipality or council authorities, teachers, participants, spectators, and parents.

Also important is identifying the right target audience for a sport program in terms of who is involved – older people, youth, or those with disabilities. As a grassroots leader, providing sport activities that allow for mass participation is important.

Choosing the right tools (sport and games) and assessing available spaces is also important. In many rural communities there are many open spaces that can safely be used for sport; in the city, however, it can be more difficult to find appropriate spaces to play. The type of space needed is an important consideration, as well as sports chosen, because they will have an impact on equipment needs too.



## 1. Detailed plan

Having devoted time to meticulous planning of a grassroots activity, the next step is its execution. Prior to the event, coordinate individuals and equipment, provide detailed instructions on assigned tasks for each person, and ensure a balanced distribution of work to avoid overwhelming anyone. The successful delivery and management of a grassroots event or program require the following elements:

### Why – Knowing Why

- Be clear in communicating why the event or program activity is being held, who it is intended to benefit, and what are the specific aims and objectives. Think about linking the event with other important celebrations like national days or international days. If the event is being used to generate awareness and promote a longer-term program, make sure all the details are ready in advance to share.

### ! Inclusive event tip

Consider the idea of cooperation with some of the associations that deal with collecting different types of contributions or donations at your mass events

### Where – Finding a Venue

- The venue can be a dedicated sport venue (multi-purpose courts/fields), but could also be a community hall, place of worship, school, or university.
- Make sure all the booking details are taken care of for the venue. Sometimes that means filling in booking forms, paying a deposit, asking or emailing a staff member to find out how to go about using their facilities for a day.

### **! Safety tip**

Consider transport options available for all the people who should attend, and consider their safety (for example: Is it safe to walk home after dark? Will busses be running at that time?).



### **! Safety tip**

### **! Green tip**

Organize transport (if necessary) to make sure people can get to and from the venue safely. Considering dedicated bus lines to support sporting events you also ensure that event participants arrive in the least environmentally damaging way.

### **When – Setting the Time**

- Be clear who needs to arrive at what time for the event to run smoothly.
- The organizing team/committee usually arrives first to help set up and leaves last.
- Make sure when invitations are prepared, to be clear what time they should arrive (for example, all volunteers are invited to arrive one hour before the program starts to receive instructions and help set everything up).

### **Who – Organizing People**

- The organizing team /committee will take on different tasks during the event.
- Get people who are reliable, pleasant, and trustworthy!
- Invite participants.
- Seek consent from teachers, parents, or school principals if the event involves school students during school hours.

### ! Inclusive event tip

- ensuring appropriate equipment and technical facilities
  - organizing events in accessible places or routes, i.e. without architectural barriers or best adapted to the needs of people with disabilities (route accessible to wheelchairs)
  - selection of appropriate staff to handle the event (assistants for people with disabilities, sign language interpreters, guardians of people with social maladjustments)
- Decide who will referee or umpire if there are competitions and invite them.
  - Invite any sponsors or partners to the opening or prize giving.

### ! Green tip

There are many potential partners who see great opportunities to improve their image by involving their brand in sporting events. The choice of the event to be supported may depend on the values that the event brings. Thanks to sponsors and their support, a sports event may have the opportunity to implement ecological solutions that require a greater financial outlay.

## What – Planning a Grassroots Sport Session

When planning a grassroots sport event, a good organizer should always prepare thoughtfully in advance.

Here are some tips for a detailed plan:

- Set aside plenty of time to plan. Remember to reflect upon it.
- Set personal and team goals that are achievable.
- Divide the time up into sections so that all relevant activities are included.
- Prepare all the equipment before the session (for example: balls, cones, whistles, bibs, hoops, score
- Sheets, clipboard, pens/pencils, first aid equipment, water, signage).

### ! Inclusive event tip

In the application form make sure to include questions about possible disabilities among participants in order to:

- ensure appropriate equipment and technical facilities
  - organize events in accessible places or routes, i.e. without architectural barriers or best adapted to the needs of people with disabilities (route accessible to wheelchairs)
  - select appropriate staff to handle the event (assistants for people with disabilities, sign language interpreters, guardians of people with social maladjustments)
- Avoid events or activities where participants are standing still or waiting in lines.
  - Prepare events where participants can be creative and take risks.
  - Make the events are enjoyable for everyone.
  - Make sure that the content of the event is age appropriate.
  - Ensure both a warm-up and a cool down within the event activities.
  - Incorporate technical, tactical, and social skills in sessions.

## 2. Participation of people with different conditions

Here are some aspects of different backgrounds event organizers should be aware of:

GOS ASFAS WBT LS

### DISABILITY

- **Visual**

GOS websites are adapted to the needs of the visually impaired people. After selecting text, the narrator reads it, which facilitates communication and service for people with visual disabilities.

In printed and electronic communication and promotion tools, such as posters, banners or dedicated event websites, we use appropriate contrast and enlarged font ensuring communication and information availability.

During sports events we use sound signals - a siren, a megaphone, a starting pistol, a whistle or a countdown from loudspeakers so that a blind or visually impaired person knows when and what is happening. Of course we allow to start with a guide, which also ensures safety of participants.

Visually impaired people, in addition to sound signals, can navigate the race route more easily thanks to the bright colors of the route markings (arrows, dangerous places and obstacles) and the staff wearing reflective vests. In order to clearly mark the places, we also use horizontal spray-painted signs in a bright color.

- traditional (leaflets, posters) and electronic (websites) communication and promotion tools with appropriate contrast and enlarged font.

## • Hearing

Deaf and hearing-impaired people can count on announcements that are displayed on the clock - countdown to the start. Events organized by GOS, thanks to “HOST4ALL” EU project, are additionally equipped with special communication cards, thanks to which contact with deaf and hearing-impaired people has become much more efficient. Thanks to the introduction of communication cards, deaf people can register without barriers, receive a package and take part in the events organized by us.

We always try to make sure that events that require greater skills and motor coordination from the participant are communicated in this way during promotion, which allows a person with a disability to choose the best event for themselves.

The employment of a sign language interpreter is also one of the innovations during large GOS events, which will make these events more accessible.

- use of electronic information boards
- starting light signal
- sign language interpreter
- mirrors in rooms where dance/fitness classes take place
- displaying simple picture messages on the screen during yoga classes e.g.



## • Mobility

GOS organizes sports events of varying difficulty. During the promotion and communication process, we always include a short description of the event, so that the participant has the knowledge and can assess for themselves whether they will cope with the hardships of competition.

The overriding principle of the events is the simplicity of reaching the competition office and communication on the event area. Each event organized by GOS is based on individual orders for portable toilets and sinks.

GOS has its own tents, which we use for the needs of the event infrastructure. The tents are always set up in places accessible to everyone and are marked with PVC signs with information about what is inside (changing rooms, package collection, deposit, etc.)

When organizing a running event, which is the oldest street race in Poland called the “Westerplatte Run”, we provide participants with transport to the starting line by renting buses. Everyone safely reaches the starting line where changing rooms and a deposit are waiting, which is later returned to the finish line via buses. After finishing the race, participants receive their deposit based on their starting number.

- the event must be planned in a place accessible to everyone
- free access to an accessible toilet and changing room



## • Mental

The event addressed to people with intellectual disabilities is the swimming competition AKCES SWIM (more on this in the GOS testimonial). These competitions are characterized by an increased number of event service staff - therapists, caregivers, educators and volunteers. Of course individual competitions are adapted to the participants' abilities (swimming with equipment and in a paddling pool). Apart from that, the entire setting of the event is completely standard, so as to integrate the community and not give the feeling of taking part in something special, because it is just an ordinary swimming competition, like any other.

- information in pictorial form or understandable and easy-to-read text
- zone of silence/calmness/rest
- required company of a caregiver

## • Social maladjustments

An event that does not require an entry fee and is available to everyone in this regard is "Gdansk is Running". The flagship event of GOS, which is organized in the fall. There is no entry fee, only open registration for everyone. "Gdansk is Running" is an initiative that integrates residents and allows them to spend time in a sporting way.

## EQUALITY

- **Woman**

\* Lack of time and lack of childcare: Women's leisure tends to be reactive to the needs of their families. They often have less leisure time than men, as they take on the greater burden of responsibility for housework and care for children and elderly relatives.

- provide crèche facilities or classes for toddlers and children, so that adults can bring their children when they go to exercise

\* Personal safety on the streets, on public transport, and in and around sports and community venues is a particular problem for women. Some groups are particularly vulnerable. For example, black and minority ethnic (BME) girls and women can become the focus of racist behavior. People with disabilities are often the targets of bullying and abuse. Travelling to and from venues for sports or physical activity can present particular barriers for these groups.

- make a safety assessment of the venue, taking into account the security of the area, street lighting, transport links, etc.
- ask participants about their experiences and views of personal safety in those areas.
- offer self-defense lessons and personal alarms.
- ensure activities are offered in locations or facilities that are safe and appropriate for women and girls. Also exercising in groups can make physical activity safer for women and girls.

Sports events organized by GOS naturally promote accessibility, equality, diversity and tolerance. We do not exclude anyone because of their origin, gender identity or religion. We do everything with respect for human diversity, including and giving the possibility of integration of different social groups.

- **Gender**

We are trying to change the rules for each of our sport discipline so it is mixed at the end. Which means at least one member should be the opposite sex..

- **Age**

Events organized by GOS include division into age categories. It starts with the youngest, i.e. children up to 4 years old. The youngest children are not awarded or categorized so as not to make them feel weaker, defeated and worse. In categories from 4 years old we give out statuettes and let children enter the podium so that they feel appreciated and exceptional. In children's categories we most often use categories every 2 years. After the youngest, we include the following age categories - youth up to 16 years old, then twenty-year-olds, thirty-year-olds, forty-year-olds and so on. - and of course the division into women's and men's categories.

During our events we are training to involve different age categories from an early age to seniors, not only in competitions but also in ski school. It is very important for all of them to feel included and needed.

- different age categories

- **Physical conditions**

We are having different levels in the ski schools which means that even for beginners and people or kid who never tried any physical activity can join.

- **Faith**

- any sports outfit

- **Origin**

- integration of migrants with the local community

Social inclusion can be tackled from many angles, but one of the most innovative ways is to do it through sports. As stated by UNHCR, ‘for children and youth uprooted by war or persecution, sport is much more than a leisure activity. Sport provides an opportunity to be included and protected – a chance to heal, develop and grow. Sport can also be a positive catalyst for empowering refugee communities, helping to strengthen social cohesion and forge closer ties with host communities’. Working in the same direction, the European Union expressed in the EU White Paper on Sport (2007) that “Sport can... facilitate the integration into society of migrants and persons of foreign origin as well as support inter-cultural dialogue”. Furthermore, the European Union Work Plan on Sport (20142017) recognizes that the sport sector has great potential to promote and achieve sustainable social inclusion, education and training.

- If your country is a refugee-receiving country consider consulting the programs such as [International Sport and Culture Association](#) is offering in order to find inspiration on how to include refugees in activities you organize

If you work in a public institution responsible for promoting a healthy lifestyle and physical activity among citizens, take advantage of the experience of the Gdansk Sports Centre, which is implementing the "Get active in Gdansk" program since 2013.



What is this program about?

“Get active in Gdańsk” consist of a series of free of charge activities organized regularly, no less than once a week. They are aimed at the residents of Gdańsk. The program is being implemented using municipal facilities and interesting outdoor areas, such as beaches or parks. Selected classes are also held online, i.e. without leaving home! The selected activities are a response to residents' interest in a given form of exercise. Innovative disciplines are also promoted. Everyone can choose something for themselves. The nature of individual classes is to be as accessible as possible. Its goal is to create a positive habit of movement, regardless of age or condition. Interested people can join the program at any time, exercise regularly or occasionally in selected workouts. They are led by experienced instructors. No registration is required - they can join at any time.

What activities does the program offer? Tuesdays with Zumba and Zumba Gold, Wednesdays with Healthy Spine, Thursdays with Yoga and Fridays with Senior Gymnastics. And in addition: running training, Nordic walking classes, Obstacle Course Race training, “A healthy mind in an active body” classes and “Get active in rescue” for the summer. An online physical activity browser has been created to make it easier to find available activities in the city.

Sounds very accessible and inclusive, doesn't it?



### 3. Guarantee of safety, security and health conditions

#### MEDICAL PROTECTION

- **Equipment**
- **Human resources**

When organizing sports events by GOS, we always provide care from an ambulance crew. Depending on the number of participants, this is one rescue team with a doctor or several. The specificity of the events also requires appropriate action, so forest events include medical support with a quad vehicle and foot patrols.

In case of ASFAS events beside the ambulance crew we always have a doctor with us available 24/7 to all our participants with all necessary equipment for the first aid.

#### SECURITY

- **Equipment**
- **Human resources**

Very often the event takes place in areas frequented by outsiders who are not participants in the event. This requires ensuring protection in the form of hired security, which maintains order and safety. Security services are also engaged in expo zones.

Our sports events require the employment of technical staff to set up the competition infrastructure, the race route and to service nutrition and water points, deposits and medals. We also cooperate with the Gdansk Regional Volunteer Centre.

This is very important part of our Ski event. GSS (Gorska služba spasavanja) is the main partner for taking care of the security during the competitions and ski school.

## GOOD PRACTICES AFTER THE PANDEMIC



## 4. Healthier and greener events

### • Office

In order to minimize costs and negative impact on the environment, we always provide an online registration sheet so that all procedures regarding consent to participate in the event are in electronic form. We do not print participant cards or consent forms for participation in competitions. Advertising banners, posters and event promotion have fully moved to the world of social media, thanks to which the risk of producing plastic advertisements has decreased. If a plastic banner has to be created because the specifics of the event require it, we strive to make it universal, i.e. without the date or event number, only with the name. Thanks to this action, we use it for several subsequent events. One way to avoid plastic is also a reusable chip. It is programmed for a specific event and after it, the Participant is obliged to return it. Thanks to this, we avoid producing a larger number of chips made of plastic.

When organizing a deposit before the start, we always specify that the participant must have their own bag, backpack or sack for the things they leave there. We do not share or minimize use of plastic bags. Very often, when planning gadgets for starter packs, we include reusable cotton bags and gadgets that are actually useful - puff hats, winter, autumn or peaked hats, bags for sports items, water bottles, etc.

- minimizing the amount of waste generated (waste segregation, electronic forms of documents, possibility of resignation from the medal, reusable promotional materials – banners, starting numbers; electronic forms of promotion – screens)
- making participants aware of the importance of pro-ecological behavior by organizing accompanying or educational events on this topic (campaign to collect cans, the possibility of purchasing seedlings, interviews and thematic talks)
- necessity of printing - economical font and duplex printing
- reusable info or promo boards/ banners (without dates or logos which can be printed)
- ID's and t-shirts for event crew - reusable, made from eco-friendly materials

## • Refreshing points

Nutrition points are often supplied with water from municipal hydrants. The company managing the waterworks in Gdańsk tests the water before the sport event to verify if it is drinkable. Participants receive water in biodegradable cups, which are cleaned into special containers after the event and taken to a waste sorting plant. If it is not possible to supply the water point directly from a hydrant, we use water in large 20-litre bottles. This allows them to be poured into cups, thus avoiding small plastic bottles and larger amounts of waste.

- use of public waterworks for nutrition points where participants can hydrate during activity

## • Gastronomic zone

The gastronomic zone is a zone always equipped with a large number of containers for waste segregation. When ordering meals for participants, we reserve that they cannot be served in plastic or styrofoam. It must be a biodegradable product. Most often contractors use a range made from wheat bran or sugar cane. The gastronomic zone is a zone always equipped with a large number of waste containers, which are segregated. Universal marking and color division of waste makes it easier to find out which container to throw the given waste into.

- using ecological cutlery and dishes and recommending the use of your own water bottles

## • Route and event area

The route is marked with reusable arrows and for large events we always use road markings in the form of universal road signs, which we rent from external entities. This allows us to avoid unnecessary printing and laminating of markings. The regulations and a map of the area where the event takes place are available online. We do not print such things and do not hang them at the event office, because everyone has a mobile phone and can check important information by entering the dedicated event website, mostly using the QR code.

- try print universal arrows that you will reuse on the tracks of all your events
- fastening banners/ boards - elastic rubber with hooks or natural ropes instead of disposable plastic fastening straps

## • Marketing

We communicate everything online through social media and dedicated websites.

- produce 80% of banners and beach flags so that they can be reused several years in a row
- when promoting your event prioritize digital communication over printed material
- start package

## • Start package

When we work with partners and sponsors, we make them aware of the ecological aspect of our events. We try not to distribute thematic leaflets in the starter pack. Instead, we focus on organizing active stands that encourage interaction, various games, competitions and lotteries. This works better than a leaflet that ends up in the trash and pollutes the environment.

## • Sponsors and partners

Good practices in the field of organizing sports events have led to the fact that event partners themselves emphasize eco character of the event. In addition, we try to involve municipal companies dealing with waste segregation, water supply or city cleaning.

- Try to involve partners and sponsors who are eco-friendly or undertake activities connected with taking care of the environment

## • Transport and expo

If the event requires it, we help Participants get to the start (e.g. the Westerplatte Run), but as a rule we try to select the locations of sports events so that there is public transport nearby to make it easier to get there. Thanks to this, we minimize the number of cars traveling on the streets. As a municipal unit, we set ourselves ecological education of society as one of our goals, along with sports activation. For example we organize various types of hikes combined with collecting garbage in forests and parks.

- promotion of public transport, cycling or walking
- organization of bicycle parking lots at events to facilitate access to the event
- displaying information about nearby bicycle rental stations in information
- brochures
- if it is possible, try to replace the car with a bicycle, scooter or a motorcycle

The values all OUR events have in common concern a positive impact on the physical and mental well-being of our society, promote openness to diversity, guarantee safety and health and raise awareness of caring for the environment. **In this guide we are showcasing how to take care of these segments while organizing your event.**

Grassroot sports events include local and small-scale sport events. This is to distinguish from larger, mass events such as the Olympics or the FIFA World Cup. grassroots sports events instead focus on small organisations, NGOs, and schools that create local community-related sports events. These are often established in a bottom-up matter and include the needs and contexts of their local communities.

In this scope, the general objective of THIS GUIDELINES is to “Improve the capability of sport event organizations to promote a sports-for-all approach”, which is in line with the “Inclusion and diversity” horizontal priority of the Erasmus+ Programme and “Encouragement of healthy lifestyles for all” vertical priority of sports collaborative partnerships.

## An example 1:

### ORGANISING A BIKE TOUR

[World Bike Tour](#)

**Organiser:** Happiness Condition

**Tips & Tricks:** Promote social cohesion, encouraging cultural exchange and understanding through community-driven events and activities.



Video: <https://www.instagram.com/reel/C-uxkmkq11I/>  
<https://www.instagram.com/reel/CuhUUhfR1D7/>  
<https://www.instagram.com/reel/CunPmBnrczs/>

**An example:**

## HOW TO ORGANISE A sport for all CITY MARATHON?

[Course de la Mercè](#)

[www.cursadenassos.barcelona](http://www.cursadenassos.barcelona)

**Organiser:** La Sansi

**Tips & Tricks from La Sansi**



Video Cursa dels Nassos: <https://www.youtube.com/watch?v=NE4FnRwJ9-o>

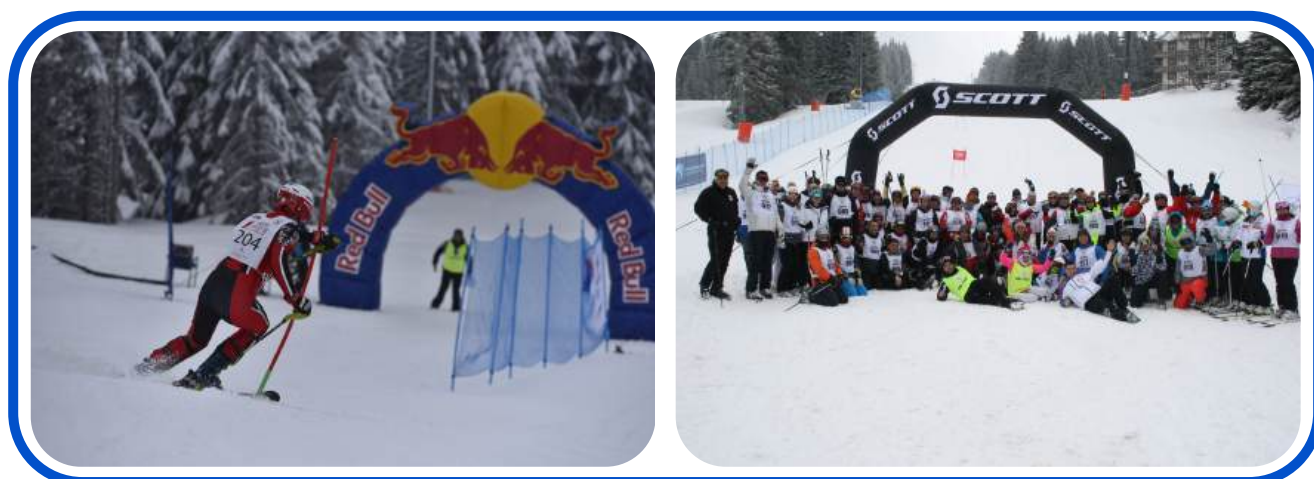
Vídeo Cursa de la Mercè: [https://www.youtube.com/watch?v=tB\\_Q53V0wNo&t=8s](https://www.youtube.com/watch?v=tB_Q53V0wNo&t=8s)

## An example:

### ORGANISING OPEN SKI FESTIVAL OF SPORT FOR ALL

**Organiser:** Association Sport for all Serbia

**FACT:** Intergeneration activity can be inclusive and inspiring for all age, gender, faith and origin categories.



Video: <https://www.youtube.com/watch?v=QHfWPpfhDqw>

## An example:

An example:

### HOW TO ORGANISE A “RUN FOR FUN” EVENT?

**Organiser:** Gdansk Sports Centre

**FACT:** You can create an active local community through Sport for all events



Video: <https://www.youtube.com/watch?v=sRmw2mtymQ0>

## TESTIMONIALS

### Gdansk Sports Centre

Gdansk Sports Centre acting on behalf of the Municipality of Gdansk is responsible for „creating an active local society”. Fulfilling this mission, GOS offers the residents of Gdańsk, as well as a wider group of recipients from outside the city, various types of activities and sports competitions integrating different groups. One of the events worth mentioning and organized in cooperation with the AKCES Foundation for the Development of Social Integration, is the swimming competition for people with intellectual disabilities called "AKCES SWIM". The competition participants are residents of community self-help homes, social welfare homes, nursing homes, occupational therapy workshops and special schools. Each year, the event integrates nearly 100 participants from a dozen or so support facilities. During the competition, competitors with various degrees of disability win medals in categories adapted to their abilities (freestyle, swimming with a board, paddling competitions for competitors with multiple disabilities – movement problems, paralysis, phobias etc.). Actually, each competitor is fighting against their own limitations, but also against their rivals - as evidenced by the sad faces after defeat. How much joy the opportunity to compete brings, can be seen in a wide smile of the participants and the great joy of the winners while receiving trophies and awards. The atmosphere of these competitions is truly unique and exceptional. Such event also provides great motivation for further training, overcoming one's own weaknesses and setting new goals to achieve. An important issue is the involvement of the school volunteer community in the preparation and management of the competition, which allows for the integration of a wider group of stakeholders. The competition is held under the patronage of the President of the City of Gdansk, and the guests of the event are local VIPs and sponsors, who thus raise the rank of the event. As organizers, we are very happy and proud that one of our swimming pools has become home to such a great initiative. It is not only a place for sports performance, but it also plays a very important social, rehabilitation and integration role.

## Association Sport for all Serbia

"As a participant in the Sports for All programs, I have witnessed firsthand the transformative power of physical exercise and community engagement. These initiatives are not just about promoting health; they embody a philosophy that champions social inclusion, teamwork, and respect for diversity.

During the recent Ski Festival of Sport for All, we saw grassroots organizations strengthened and sectors collaborating like never before. The event fostered a spirit of cooperation among different regions and showcased best practices from around the world.

What truly stood out was the commitment to inclusivity, especially for children and those facing various challenges. The message of 'Let's make skiing for everyone' resonated deeply, proving that sport can break down barriers and build connections, especially between different generations.

Through these programs, we're not just participating in sports; we're cultivating role models and creating an environment where everyone can thrive. The positive values we promote—team spirit, mutual respect, and community involvement—are essential for the development of top-notch sportsmanship.

I wholeheartedly support the Sports for All initiative and encourage everyone to join in this movement for a healthier, more inclusive society."

## World Bike Tour

### Bike Tour: Our Social Responsibility & Inclusiveness Statement:

The Bike Tour always has social facets as one of its main pillars. We exist to create social bonding and capitalize on it (social cohesion, human capital) by giving adapted bicycles for people with disabilities. This includes not charging those with physical disabilities. Well, 12 hand bikes are distributed annually to those with these sets of disabilities.

In many events, individuals with disabilities are invisible. They do not exist. At the Bike Tour It is not that they are forgotten or dismissed simply because (as the argument goes) Everyone Has The Right To Do Sport. The sight of the 12 year old boy doing his Bike Tour route in his electric wheelchair said it all. As he came through that finish line with his dad, the joy and pride we felt was just unbelievable. His smile spoke of joy and a successful conquest over testing times. Our staffs surrounded him as he clapped, a simple one but empowering for us all. It made us proud to be able to bless these people with this good experience and in some way, the awareness of how our event can make a positive difference for someone who has certain horrors that handicaps create. This experience effectively reenergized our mission for inclusion and reinforced the transformative quality that has always been present in sports.

## La Sansi

At La Sansi, Lloret de Mar, we organise or manage 15 races with around 50.000 participants a year, some like the Cursa dels Nassos in Barcelona on the last day of the year with 12.000 participants, in last edition broken World record of 5 km.

Many of these races have the particularity that they bring together elite athletes, adapted athletes and popular athletes of all ages at the same start. The Cursa de la Mercè in Barcelona is an inclusive race, where a lot of work is done on sustainability, we do not have bottles available throughout the race. We have been managing it for 10 years and it sells out its 13.000 picks who enjoy running through the streets of Barcelona. There is an adapted race with premiums for everyone, and another family race of one mille for all ages. Ana Belén Sabariego (person in a wheelchair). “For me, with my disability, it is important to be able to participate in an adapted race and event so that I can enjoy it without risks.”

## Inspiring Initiatives

### Plogging Events

Plogging is a fun activity where you are not only doing sports, but are saving the environment. Plogging comes from combining, "plogga" in Swedish "to pick up" and jogging which means picking up waste and running.

Emerged as a concept of combining collecting the waste and running at the same time, plogging activities have been organised globally including Mexico, India, Finland, Seoul, UK and many more.

Plogging events welcome everybody. There is no need to be a fast runner and it's free of charge. It can be organised from small groups of ten to much larger groups without a financial burden.

<https://ploggingworld.org/>

## Zero Dechet Besançon

### “A zero waste- zero carbon sporting challenge”

Zero Waste sport team had the idea of organizing a cycling event that would combine its values as a sporting challenge, with three strong commitments:

- Avoid waste production
- Do not buy new equipment
- Minimise the carbon impact

According to their website, the team of cyclists left the city Besançon in destination to [Grande Traversée du Jura](#). By choosing the Jura massif, the team wanted to highlight its attachment to the practice of local sport, as a means of reducing the carbon footprint, and advocating the return to slow travel and by land.

**Tip:** Find here a practical guide that will inspire you to develop practices in this field:  
A practical guide in French: [“40 Mesures to end plastic in my sports club”](#)

<https://ploggingworld.org/>

<https://zerodechetbesancon.fr/2022/08/20/un-defi-sportif-zero-dechet-zero-carbone/>

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