



Unified Rugby Course

➤ What is Unified Rugby?

Trust Rugby International Spain

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It is the sport where a group of people (both women and men) with and without learning disabilities train, play and compete together in the same team.



The Trust Rugby International Model

The aim is to create and develop unified sporting practices, following the model created by Trust Rugby International in our unified rugby team.

The project focuses on adult sportsmen and women, as this is when the most serious integration problems begin. The project is based on three fundamental areas: social, sporting and health benefits.

Social project: The project was always created as a social integration project using sport as a vehicle. One of the most shocking statistics we read was that 80% of people with disabilities in Scotland were unable to name a single friend. People with learning disabilities face many problems; discrimination, social exclusion, low income, prejudice. 8 out of 10 will have been bullied as children, 50% of families with a disabled child live in poverty, only 1/3 of people with learning disabilities participate in some kind of training programme and only 6% of people with a learning disability of working age have a job (source - Mencap).

This isolation of people with moderate or mild disabilities only worsens whatever medical circumstances they have. While they are of school age, they have an environment in which to interact

and develop, but when this stage of their lives ends, they see how their friends continue their lives and theirs are held to a standstill.

The important thing about the project was that it should have an inclusive aspect, it was not about doing sport for disabled people but about creating a team where everyone could enjoy participating in a sport with non-disabled people. The team is fully unified as men and women with and without disabilities play equally. The figure of the enabler, who will be a reference, micro-coach, partner and friend, is essential to the success of the activity. These players are present in all the training sessions and the bonds that are created between teammates are the spirit of the project.

People who are part of the team immediately see their social circle multiply and being part of a group boosts their self-esteem and confidence. They find a place where they are important.

Sports Project: Our model has been based on Rugby Union for a number of reasons. Rugby is a sport that transmits a set of values of respect, honesty and fellowship that is difficult to find anywhere else. Also, the nature of the sport allows for the inclusion of people of different physical conditions in terms of height, weight, strength or speed.

Using rugby also means breaking down the limiting prejudices that society has about what a person with a learning disability can or cannot do. We choose to focus our attention on the abilities that people have and the things they can do.

Health Project: Sport has health benefits as everyone knows, but in the case of people with disabilities the benefits are manifold. Physical activity leads to an improvement in their general physical condition, which in turn often leads to a reduction in medication or in some cases to doing without it.



The values transmitted by the enablers are the central part of the project, they are people who voluntarily attend the training sessions with the double function of practicing sport and helping other people to enjoy the benefits of sport.



Affective bonds are created that lead to sincere friendships that could not have happened without the common element of sport.



Rugby
inclusivo.mp4

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