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Ministry of Culture, Community and Youth



DISABILITY SPORTS

MASTER PLAN 2024

ENABLING SPORTS FOR ALL



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Glossary

Persons with disabilities:

Individuals whose prospects of securing, retaining places and advancing in education and training institutions, employment and recreation as equal members of the community are substantially reduced as a result of physical, sensory, or intellectual disabilities, as well as autism.

Disability sports:

Disability sports are sports or sporting activities played by persons with disabilities. These may include adapted versions of existing sports as well as sports created specifically for persons with disabilities, such as goalball. It encompasses Paralympic, Deaf, and Special Olympics sports, representing a diverse range of competitive and recreational activities tailored to various abilities and needs.

Paralympic sports:

The word “Paralympic” derives from the Greek preposition “para” (beside or alongside) and the word “Olympic”. Its meaning is that Paralympics are the parallel Games to the Olympics and illustrates how the two movements exist side-by-side.

Para sports:

Participated by athletes with disabilities from developmental to pathway and at high performance levels.

Para athletes:

Athletes with disabilities who participate or compete in para sports.

Special Olympics sports:

More than 30 Olympic-type sports played by persons with intellectual disabilities globally.

Unified Sports:

Sports or sporting activities which teams up people with and without intellectual disabilities to promote social inclusion, foster friendship, and understanding through shared training and competition.

Inclusive Sports:

Sports or sporting activities where people with and without disabilities participate together. These sports foster equal involvement, with participants competing on the same teams or enjoying games on equal terms. This approach promotes social integration and mutual understanding through shared sporting experiences.

Foreword by Chairperson

Launched in 2016, the first Disability Sports Master Plan (DSMP) expanded sporting opportunities for persons with disabilities. Building upon the progress we have made since, the refreshed DSMP 2024 represents yet another step forward in building a more inclusive sporting ecosystem.

In support of the Enabling Masterplan (EMP) 2030, the DSMP 2024 seeks to achieve three 'E's – **engage** persons with disabilities through physical activity, **enrich** their lives by instilling values through sports, and **empower** them to strive for sports excellence.

We wanted to hear from the ground. Therefore, members of the Enabling Sports Taskforce and I engaged with various stakeholders: persons with disabilities, caregivers, and partners in the disability sector. Their lived experiences and views shaped DSMP 2024. We will make 10 strategic moves focusing on three 'A's, i.e. to increase **accessibility**, enhance **awareness**, and to enable the sporting **aspirations** of persons with disabilities.

I express my deep appreciation for the contributions of Taskforce members and all who have contributed to this report. DSMP 2024 reflects our collective commitment to enrich the lives of persons with disabilities through sport. Long may the flame for disability inclusion burn bright and wide in Singapore's sporting landscape!

Eric Chua
Senior Parliamentary Secretary,
Ministry of Culture, Community and Youth &
Ministry of Social and Family Development



Introduction

Sport is a powerful unifier and enabler



Tiger Balm National Boccia Championship 2024. (Source: MCCY)

everyone's aspirations are supported and celebrated, regardless of ability.

The DSMP 2024 is a collaborative effort of everyone in our disability sports ecosystem. It includes grassroots participants, high-performance athletes, government agencies, sports organisations, social service agencies, partners from the private sector, and ground-up groups.

At the heart of this ecosystem are our key disability sports organisations: the Singapore National Paralympic Council (SNPC), Singapore Disability Sports Council (SDSC), Special Olympics Singapore (SOSG), and Deaf Sports Association (DSA) Singapore. Together with Sport Singapore (SportSG), these organisations are the driving force behind our vision to break down barriers and open up new sporting opportunities for persons with disabilities.

In collaboration with our partners, the DSMP 2024 embraces the full spectrum of abilities, supporting persons with physical, sensory, and intellectual disabilities, as well as autism, to thrive in and through sports.

Sport inspires the human spirit, pushing us to reach beyond our perceived limitations and achieve greatness. Through sports, we bring people from all walks of life together.

We hope to make sports accessible to all, to empower individuals of all abilities to realise their fullest potential.

This desire to create an inclusive society where there is upliftment for all, has inspired us to chart the next bound of ambitions under the DSMP 2024. We want to encourage disability sports at all levels, fostering a sporting culture where

Key disability sports partners:



Progress made since the launch of Disability Sports Master Plan

The DSMP was launched in 2016 to enable persons with disabilities to improve their quality of life and build a more inclusive society. This would be achieved through raising awareness of disability sports, expanding access and opportunities for sports participation by persons with disabilities, and developing organisational and professional capabilities.



Person with disability using pool wheelchair and ramp at an ActiveSG inclusive swimming pool. (Source: SportSG)

a. More accessible facilities

ActiveSG sports facilities are now more accessible to persons with disabilities.

8 inclusive ActiveSG gyms have been set up, and SportSG is on track to make all ActiveSG gyms inclusive by 2026.

8 ActiveSG swimming pools have been retrofitted with ramps for wheelchairs, with two more pools being retrofitted by 2025.



Persons with disabilities can start their sporting journey through SportSG's "Yes! I Can" disability sports programme. (Source: SportSG)

b. More opportunities to play sports, in schools and the community

These include learn-to-play programmes such as 'Yes! I Can' and 'Play-Ability' weekly recreational programmes and 'Intro a Sport' programmes. There are more competition opportunities for persons with disabilities, including at the National School Games, as well as other para sport events and sports competitions organised by SportSG or disability sports organisations.



(Left) Learn-to-play programmes run by SDSC or their partner organisations such as Learn-to-Shoot, Learn-to-Sail, and Introduction to Goalball enable persons with disabilities to try out disability sports and learn fundamental skills required from trained instructors and coaches. Participants of all ages and disability groups can join these programmes. (Source: SDSC)

Today, around 3,200 persons with disabilities participate in regular disability sports programmes conducted by SportSG, SDSC, SOSG, and DSA.

From 2016 to 2023, around 55,000 participants participated in disability sports programmes and outreach activities.

c. More opportunities for mainstream and special education (SPED) school students to play together

At the annual Play Inclusive campaign which was first introduced in 2018, students from mainstream and SPED schools train on the same teams for about eight sessions before competing together at the finale event. This enables meaningful interactions which promote understanding, foster empathy, and encourage greater sensitivity and respect.

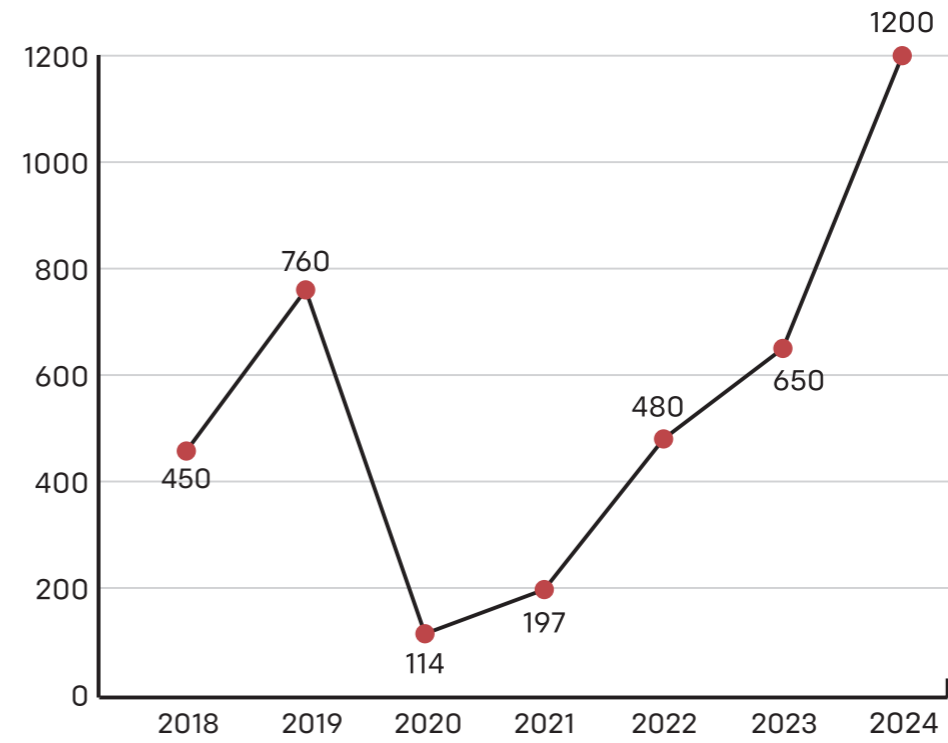
This strong alliance between SportSG, SOSG, SDSC, and the Ministry of Education (MOE) underscores their collective commitment to build an inclusive society through sports.



Even during COVID, Play Inclusive 2020-24* participants were physically present to kickstart the blended event (physical and digital) at Toa Payoh ActiveSG Sport Hall. Other participants joined the event via Zoom. (Source: SportSG)



Play Inclusive 2024 was held at the National Stadium for the first time. It added five new events including soundball, wheelchair rugby, relay run football, and basketball skills. It was also the first time Play Inclusive was open to members of the public to participate in inclusive sports such as blind running, boccia, cycling, floorball, football, para athletics, shooting, and wheelchair rugby. This raised awareness of disability sports. (Source: SportSG)



*Due to Covid-19, Play Inclusive 2020 and 2021 were held virtually and the number of Play Inclusive participants were affected.

The Play Inclusive campaign has grown from 450 participants in 2018 to 1,200 participants in 2024.

d. Strengthened capabilities in disability sports, including coaching expertise

SportSG and SDSC organise disability awareness and technical courses and workshops in various sports.



Participants at an International Paralympic Committee (IPC) Athletics coaching course learning how to secure a para throwing chair.

Singapore Sport Institute’s (SSI) Sports Medicine and Sports Science team also works closely with strength and conditioning coaches, nutritionists, and sports psychologists and physiotherapists to ensure para athletes are in optimal physical and mental state for competitions.

Coach Singapore (CoachSG) organises coaching courses with SDSC and SOSG, and a topic on inclusive coaching has been incorporated into CoachSG Level 1 curriculum across all sports.



Persons with disabilities participating in the CP Football Trial in preparation for the new sports module, CP Football, in 2024. Students engaged in adaptive football games where carton boxes were attached to the front of the wheelchairs. This modification allowed students to pass and push the ball using their wheelchairs, making the activity more inclusive and exciting. (Source: Cerebral Palsy Alliance Singapore (CPAS))

e. More opportunities for students with disabilities to participate in physical activities and sports in mainstream schools and SPED schools

These include sports CCA, school-based sporting activities and programmes, Sports Education Programme (SEP), National School Games (NSG), and sports competitions and activities organised by sports organisations.

MOE has enhanced professional development in inclusive PE in schools. The Physical Education and Sports Teacher Academy (PESTA) has conducted training on inclusive PE for all schools. Community-of-Practice (COP) sessions are organised for PE teachers in SPED schools to share good practices regularly.

In mainstream schools, teachers trained in inclusive PE use a differentiated instructional approach to support the learning of students from different disability groups.

MOE has also rolled out the new SPED PE Teaching and Learning Syllabus in October 2024 that focuses on promoting well-being through active participation in sports and physical activities within and beyond schools. SPED schools will facilitate a wide range of experiential and enjoyable PE learning opportunities for students that ensure inclusivity and accessibility.

What has been done by MOE?

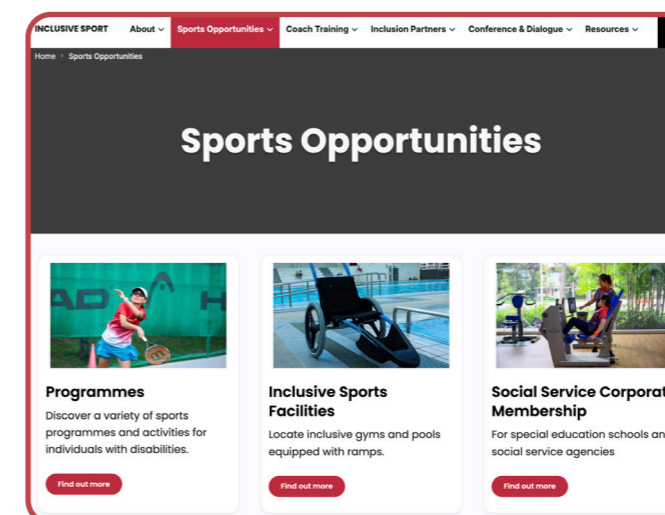
- **Professional Development in Inclusive PE**
Mainstream schools have at least one PE teacher who is trained in Inclusive PE to support the learning of students with special needs
- **New SPED PE Teaching and Learning Syllabus (TLS) [from Jan 2025]**
The new SPED PE TLS seeks to prepare all SPED students for lifelong sports participation through a PE curriculum that:
 - a. Places greater emphasis on the holistic value of PE;
 - b. Exposes students to a comprehensive range of learning areas; and
 - c. Provides guidance to strengthen partnerships with parents and the community

f. Greater awareness of disability sports opportunities

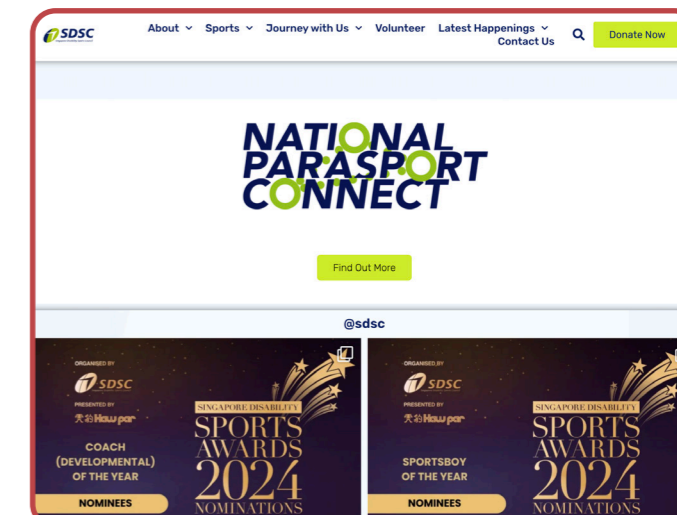
For example, SportSG and SDSC have developed online resources to better connect persons with disabilities to relevant sports programming.

Persons with disabilities, their caregivers, and disability service providers can access SportSG's newly launched one-stop portal to find information on disability programme providers, inclusive facilities, and useful resources.

They can also access SDSC's online portal which provides information on available programmes and connects persons with disabilities to a disability sport of their interest.



Link to SportSG's one-stop portal:
<https://www.inclusivesport.gov.sg/sports-opportunities>



Link to SDSC's online portal:
<https://sdsc.org.sg/national-parasport-connect/>

g. More community and corporate support for disability and para sports

SportSG and other stakeholders in the disability sports ecosystem have developed a network of support through community and corporate partners to grow disability sports. This has allowed us to raise awareness of disability sports in Singapore and garner more support for Team Singapore para athletes.

Community and corporate partners have stepped forward in various ways to support initiatives to encourage more persons with disabilities to do sports. For example, corporate partners contributed donations towards the Heartwheels scheme which helped meet the transport demands for disability sports programmes.

Other ground-up initiatives include the PlayBuddy programme which provides free sports programmes for children with disabilities, and Runninghour which promotes integration of persons with special needs through sports.



Saturday Runs at Bishan Park where volunteers run alongside persons with disabilities. (Source: Runninghour)



(Source: SportSG Jeremy Lee)

Impact of DSMP

The DSMP has contributed to increased sports participation rate¹ among persons with disabilities.

Nonetheless, despite the progress made, there still exists a gap between sports participation for persons with disabilities and that of the general population, which stood at 73% in 2023.

Given the progress that we have made in the past eight years, it is now timely to build on these efforts and update our strategies in the DSMP.

Based on the National Sports Participation Survey (NSPS) conducted by SportSG, the sports participation rate for persons with disabilities has grown from 28% in 2015 to 46% in 2023.



Persons with disabilities engaging in a game of wheelchair rugby. (Source: MCCY)

¹ Sports participation rate refers to those who have participated in sports or exercised at least once a week in the past year



GOOD PROGRESS SINCE LAUNCH OF DISABILITY SPORTS MASTER PLAN IN 2016

1 More accessible ActiveSG facilities

- 8 inclusive ActiveSG gyms now; By 2026 - all inclusive
- 8 ActiveSG swimming pools with ramps for wheelchairs; 2 more in 2025


2 More opportunities to play sports in schools & community


- About 55,000 persons with disabilities participated in disability sports programmes and activities
- More competition opportunities for persons with disabilities




3 More opportunities for students in mainstream and SPED schools to play together

- Increase in Play Inclusive participants



from 450 in 2018  to 1,200 in 2024

4 Strengthened capabilities in disability sports ecosystem, including coaching expertise

- More coaching courses organised by CoachSG, SDSC and SOSG
- Incorporation of inclusive coaching into CoachSG's Level 1 curriculum across all sports

5 More opportunities for students with disabilities to participate in sports in mainstream & SPED schools


- At least one PE teacher in all MOE schools trained in inclusive PE
- New SPED PE Teaching and Learning Syllabus, to promote students' well-being through participation in sports and physical activities

Legend

- CoachSG - Coach Singapore
- SDSC - Singapore Disability Sports Council
- SportSG - Sport Singapore
- SPED - Special Education
- SOSG - Special Olympics Singapore
- PE - Physical Education

DSMP 2024 will focus on:

- 1. Increasing accessibility** to disability sports programmes
- 2. Enhancing awareness** of disability and inclusive sports activities
- 3. Fulfilling aspirations** of persons with disabilities
- 4. Partnerships** as a key enabler



Enabling Sports Taskforce

In May 2023, the Enabling Sports Taskforce, chaired by Senior Parliamentary Secretary, Ministry of Culture, Community and Youth & Ministry of Social and Family Development, Mr Eric Chua, was formed to refresh the DSMP.

The Taskforce comprises representatives from MOE, Ministry of Social and Family Development (MSF), SG Enable, SportSG, SNPC, SDSC, SOSG, as well as former Team Singapore athlete Theresa Goh. See Annex A for the composition of the Taskforce.

The DSMP 2024 outlines key moves that will help us achieve these goals.

In support of the Enabling Masterplan 2030, the Taskforce envisioned to achieve the following by 2030:

- a. Raise participation in disability sports to 70% by 2030;
- b. Sustain podium success and increase in the number of para athletes and sports represented at major Para Sports Championships and Major Games; and
- c. Increase awareness to build a cohesive society through inclusive sports.



(Source: MCCY)



(Source: MCCY)

Vision for Disability Sports in Singapore and Strategic Shifts to Achieve Vision

Our shared vision for disability sports is to see more persons with disabilities engaged, enriched, and empowered through sports, without barriers. This will enable them to live better through sports.

Our shared vision for disability sports will guide our society in taking steps over the long-term.

In the medium-term, our stakeholders have called on more action to enhance the awareness, accessibility and aspirations of our persons with disabilities towards disability sports.

We will work towards achieving this shared vision through three areas of focus – to **ENGAGE**, **ENRICH** and **EMPOWER**.

 <p>Sports as a key lever to promote engagement among persons of all abilities</p>	<p>Sports will be an accessible platform where persons with disabilities can engage with the broader community and create shared experiences and memories.</p> <p>Inclusive sports will be a common feature of our society, including in the schools and in the community. Through this process, we can build understanding, trust and respect among persons of all abilities.</p>
 <p>Lives of persons with disabilities are enriched through sports</p>	<p>Sports will be a key avenue that can enrich the lives of persons with disabilities, including both their physical and socio-emotional well-being.</p> <p>We will expand opportunities for all persons with disabilities, regardless of the type or severity of their disability, to play sports. We will bring together persons of all abilities to engage in inclusive sports activities.</p> <p>Through well-curated programmes that are made more accessible in schools and in the community, persons with disabilities can better appreciate the benefits of physical activities and positive values associated with sports, such as resilience.</p>
 <p>All persons with disabilities are empowered to pursue their sporting aspirations</p>	<p>We will provide opportunities and empower all persons with disabilities to pursue their sporting aspirations.</p> <p>Persons with disabilities who aspire and have the ability to pursue sports at the high performance level will have access to trained coaches and structured pathways towards competitions. Their experiences and achievements in disability sports competitions will be shared with fellow Singaporeans.</p> <p>In doing so, we can foster a strong sense of national identity and inspire generations of Singaporeans.</p>

Public Engagements and Consultations

The Taskforce engaged 850 stakeholders.

440
through broad-based
dipstick surveys

110
through dialogues

300
through targeted
engagements

To identify challenges faced by persons with disabilities in accessing and participating in sports and gather ideas to address these challenges.



Broad-based dipstick surveys

We surveyed persons with disabilities, caregivers, and volunteers from August 2023 to April 2024.



Dialogues with stakeholders

We held dialogues with persons with disabilities, caregivers, para athletes, coaches, National Disability Sports Associations, volunteers, ground-up disability sports groups, and educators. These allowed participants to exchange ideas on strengthening social inclusion through sports and enhancing support for persons with disabilities to pursue sports.



Targeted engagements

We engaged stakeholders to deep dive into the challenges and possible solutions. We spoke to SPED school educators, athletes, disability sports organisations, coaches, and parents and caregivers of persons with disabilities participating in community and high performance sports. The Taskforce also consulted the Handicaps Welfare Association, Movement for the Intellectually Disabled (MINDS), Rainbow Centre and SPD to road-test ideas for DSMP 2024.

More details of the engagement sessions are at Annex B.



Feedback from public engagements and consultations.

“Every single person, regardless of what their disabilities, [should have] the opportunity to enjoy sports. It’s just being human.”

“There is a lack of awareness. When you tell people about Special Olympics, Runninghour, maybe those who are in SPED schools are quite aware. But when you go out [and ask] the general public, not many people know.”

“If there isn’t a caregiver to bring the child to the programme, then it’s difficult because some are not as independent. We have volunteers picking up the athletes for the programme and bringing them back home. [Persons with disabilities] need additional facilitation, in this case, transport, [so] they can have that chance to train or play sports.”

“Opportunities to compete are really lacking, especially for the younger ones. If it’s not possible to send the kids overseas, competing on a smaller scale within Singapore, [having] to play and compete together helps them get to the elite level.”



ForwardSG Focus Group Discussions held on 1 June 2023. (Source: MCCY)



Focus Group Discussion held with parents and caregivers at SDSC Forum 2023 on 9 September 2023. (Source: MCCY)

“Coaches [who coach able-bodied athletes] are afraid to coach [persons with disabilities] because they don’t quite understand the exact constraints, [and] the needs of para athletes. They fear to injure, they fear they do something wrong [and] because of the fear they don’t want to do anything para sport-related. They rather just stick to [coaching] able-bodied.”

“People with autism, I think that is the group that still doesn’t feel confident, going out on their own. If they go to places like the MRT, there is not enough support to help them navigate [when they feel overwhelmed].”

“There is very little representation in the media, so people don’t really know much. [Disability sports] is only shown to special schools or just to special organisations. More coverage is needed. It plays a part at how people are perceiving [persons of diverse abilities].”

“My [visually impaired] husband spends three hours taking multiple buses to travel to and from Yan Kit Playfield. [Having] multiple training venues will be good.”







(Source: SportSG Flona Hakim)

Summary of Disability Sports Master Plan

Based on the engagement findings, three strategic themes were identified, namely

- (i) increasing **accessibility** to disability sports activities and programmes;
- (ii) enhancing **awareness** of disability sports and inclusive sports activities; and
- (iii) fulfilling **aspirations** of persons with disabilities who desire and have the potential to do sports at high performance level. In addition, the Taskforce identified the need for a new Enabling Sports Fund to encourage ground-up initiatives on disability sports.

Strategic Theme	Strategic moves
 <p>Increase accessibility to disability sports activities and programmes</p>	<ol style="list-style-type: none"> 1. Increase number of regular participants in disability sports programmes from 3,200 today to ~5,400 by 2030 2. Expand opportunities for persons with disabilities to participate in school and community sports programmes and competitions 3. Enhance access to and within ActiveSG sports facilities to support individuals with different disability types
 <p>Enhance awareness of disability sports and inclusive sports activities</p>	<ol style="list-style-type: none"> 4. All mainstream schools to conduct programmes for students to experience disability sports by 2028 5. Increase outreach of Play Inclusive to enable more persons with disabilities to play sports together with the wider community from 1,200 to ~3,000 by 2030 6. Improve reach of stories of persons with disabilities doing sports through different stakeholders and channels
 <p>Fulfill aspirations of persons with disabilities who desire and have the potential to do sports at high performance level</p>	<ol style="list-style-type: none"> 7. Establish a National Training Centre (NTC) for para sport as part of Home of TeamSG (HTSG) 8. Establish Para Sports Community Hubs (PSCHs) to expand sporting opportunities for persons with disabilities to participate in sports, and also at the pathway and high performance level 9. Grow competencies of coaches in disability sports and support personnel's expertise in high performance disability sports
Enabler	Strategic move
 <p>Partnerships</p>	<ol style="list-style-type: none"> 10. Launch a new Enabling Sports Fund with a targeted \$10 million by 2030 to support disability sports initiatives

Meet
**Gemma
Rose Foo**
who started
riding as a form
of therapy



(Source: MCCY)

Gemma Rose Foo is a talented Para-Equestrian athlete who was introduced to the sport through Hippotherapy at Riding for the Disabled Association (RDA) Singapore and quickly developed a love for Para-Dressage. She made her competitive debut in 2008 and has since represented Singapore in various international competitions.

Gemma's achievements include participating in the 2012 London Paralympic Games and Tokyo 2020 Paralympic Games. She has continued to excel, placing third in the Freestyle Test Grade I at Pferd International Munchen 2021. At the Paris 2024 Paralympic Games, Gemma strongly cemented herself as a true top 10 Grade 1 athlete in the World and remained as the 2nd highest ranked athlete in Asia. She is an inspiration to many with her dedication and success in the sport of Para-Equestrian.

Strategic Theme 1:

Increase Accessibility to Disability Sports Programmes and Activities

The Taskforce acknowledged the progress on programmatic and infrastructural enhancements for disability sports activities and recognised that more can be done to help more persons with disabilities participate in sports.

Engagement Findings

Respondents shared that more could be done to increase sporting opportunities for persons with disabilities in schools and in the community. There was a **perceived lack of opportunities and motivation for persons with disabilities to participate in physical activity and sports**, especially after graduation from SPED schools. **Caregivers**

also expressed that they have little knowledge on how they could support persons with disabilities to be physically active.

The following strategic moves will be put in place to make disability sports more accessible for persons with disabilities.

STRATEGIC MOVE 1:



Para Sports Academy - Para Swimming (Source: SportSG)

We will complement these efforts with better outreach to persons with disabilities in schools and the community.

Increase number of regular participants in disability sports programmes from 3,200 today to ~5,400 by 2030

Every SPED school will be encouraged to appoint a coordinator who will recommend sports opportunities from various community partners to students and parents.

SportSG, SDSC, SOSG and DSA will create additional capacity in their regular programmes from 3,200 regular participants today to ~5,400 by 2030.

The coordinator will work with SportSG, SPED teachers, students, and their families to support SPED school students to participate in suitable community sports programmes and activities based on their strengths and interests (i.e. students will be directed to such platforms at graduation or even earlier). This will build on efforts to strengthen partnership with families and the community to support SPED students from being active in school to active for life.

SportSG will identify appropriate community-based sports opportunities from various partners (including SOSG and DSA) and recommend them to SPED schools. Sharing this information with schools will help persons with disabilities and their caregivers learn more about community sports activities they can participate in outside of school, which will be especially beneficial for graduating students. Participating in regular community-based disability sports programmes such as

Para Sport Academy and SportCares will encourage students to remain active after graduation.

We also intend to partner interested social service agencies (SSAs) to train their volunteers to conduct simple sports programmes to encourage more of their clients to participate in sports. Collateral on community sports programmes can also be distributed through community touchpoints (e.g. People's Association (PA), SSAs, healthcare practitioners and services, SG Enable and Enabling Services Hubs (ESHs)). This will help persons with disabilities and their caregivers know where to access community sports programmes. SportSG will also partner the ESHs to bring sports programming to persons with disabilities, such as by working with grassroots and community groups to develop interest groups based on the interests of persons with disabilities, including inclusive sports.

STRATEGIC MOVE 2:



Football teams at Play Inclusive (Source: SportSG)

Competitive sports can help to enhance physical performance, develop mental and emotional skills, promote socialisation, and provide a sense of recognition and personal achievement.

We will enhance persons with disabilities' access to school- and community-level sports competitions by including more parallel or inclusive sports events into existing platforms.

This will build on recent efforts by SportSG in 2024 to introduce categories at Pesta Sukan that enable more persons with disabilities to compete in such sports competitions, alongside persons without disabilities.

We will also extend **new funding support to organise the Special Olympics Singapore**

Expand opportunities for persons with disabilities to participate in school and community sports programmes and competitions

National Games so that more persons with intellectual disabilities can celebrate their sporting talents and competitive spirit.

These efforts are integral in fostering a more inclusive sporting culture.



Badminton doubles at Play Inclusive 2019 (Source: SportSG)

In particular, we note the value of teams which allow persons of all abilities to interact, train, and compete together.

MCCY will work with PA, schools, and National Sports Associations to provide more opportunities for persons with disabilities to participate and compete in sports competitions, such as National School Games, Pesta Sukan, Inter-SPED schools competition, and Play Inclusive.

STRATEGIC MOVE 3:



Daniel trying out inclusive gym facilities at Bukit Canberra ActiveSG Gym (Source: MCCY)

We will continue to enhance access to and within ActiveSG sports facilities so that persons with different disability types find them accessible.

We will explore ways to better support individuals with different disability types, including through the introduction of calm rooms and the provision of disability-friendly

Enhance access to and within ActiveSG sports facilities to support individuals with different disability types

washrooms as part of Sport Centres' rejuvenation plans.

SportSG strives for all new development and renovation projects to go beyond the basic accessibility codes and to include facilities such as adult diaper changing facilities with hoist and adult foldable beds.

These efforts could then be shared and adopted across other public sports facilities. In parallel, we will work with relevant agencies under the Enabling Masterplan 2030 to further enhance accessibility and connectivity for individuals with disabilities.

All ActiveSG Sport Centres will have a calm room by the end of 2030, starting with a pilot calm room in each zone by the end of 2025.

Sophie Soon and her passion for Para Swimming



(Source: MCCY)

Sophie Soon was diagnosed with cone-rod dystrophy, a condition that causes deteriorating vision that may eventually lead to blindness. Despite her visual impairment, Sophie has excelled in both sports and music, achieving Grade 8 in violin and performing with The Sam Willows at the 2014 President's Star Charity Show.

She has focused on swimming, winning three gold medals at the 2015 SPH National Para-Swimming Championship and making her international debut at the 2015 ASEAN Para Games. Sophie made her Paralympic debut at the Tokyo 2020 Paralympic Games, finishing 4th in the Women's 100m Breaststroke SB12. She won her first world championship title at the Madeira 2022 World Para Swimming Championships, earning silver and setting a

“When I swim, I feel a sense of independence and freedom which I never get to experience on land. When I’m walking about, I’m always either relying on my guide dog, a white cane, or a sighted guide to assist me in my mobility. But when I swim, I do it all on my own and I love that I get a moment of freedom by myself.”

– Sophie Soon, Para Swimmer

new personal best. Sophie's achievements include winning gold and silver medals at the ASEAN Para Games and the World Para Swimming Championships.

Strategic Theme 2:

Enhance Awareness of Disability Sports and Inclusive Sports Activities

The Taskforce noted that beyond the efforts to build awareness amongst persons with disabilities on sporting opportunities, it will be meaningful for the larger population to develop a deeper understanding of disability sports and inclusive sports activities. This would also facilitate more sporting interactions among all Singaporeans, regardless of abilities.

Engagement Findings

Persons without disabilities often lack knowledge on how to play sports with persons

with disabilities, including in schools and in the community.

Notwithstanding existing efforts in schools and the community, awareness of inclusive sports activities and opportunities could be enhanced. While there have been media features on para athletes and broadcasts of TeamSG para athletes in action at the ASEAN Para Games, we can do more to increase publicity of para athletes to serve as role models and inspiration for persons with disabilities.

STRATEGIC MOVE 4:



Students experiencing inclusive sports and para sports during the I'mPOSSIBLE programme (Source: Pei Tong Primary School)

To promote understanding and build awareness of the challenges faced by persons with disabilities when doing sports, all mainstream schools will conduct at least one disability sports related programme (e.g. CCA, Sports Education Programme² (SEP), Values in Action experiences or any other form of school activities) by 2028.

The scope and design of the programme will be planned at the school-level, so it can best fit into the existing school programming and optimise the students' learning. MOE will

All mainstream schools to conduct programmes for students to experience disability sports by 2028

also facilitate sharing of good practices among schools. This will help build awareness among students from a young age on how to interact and play sports with persons with disabilities.

SportSG and MOE will ramp up the number of schools which offer SEP and expand inclusive sports offerings within the SEP. MOE will also include more events in the NSG so that more students with disabilities can compete and interact together.

By 2028, all mainstream schools will offer opportunities for students to experience disability sports.

Today, 30-35% of mainstream schools offer such experiences.



A game of sitting volleyball at the I'mPOSSIBLE Workshop aimed at challenging and changing the perceptions of how young people perceive persons with disabilities. (Source: SCSC)

STRATEGIC MOVE 5:



Launch of Play Inclusive 2023. (Source: SportSG)

Increase outreach of Play Inclusive to enable more persons with disabilities to play sports together with the wider community

To build greater awareness of inclusive sports, SportSG, SOSG, and SDSC will scale up Play Inclusive competition and enable more persons with disabilities to play sports with able bodied partners.

Scaling up Play Inclusive will involve more persons with disabilities, more partners, and more meaningful interactions among persons of all abilities. This will inspire communities to embrace diversity and celebrate the abilities of all individuals. Through shared sporting experiences, persons with and without disabilities can build friendships, foster understanding and promote acceptance.

Beyond Play Inclusive, SportSG will work with selected event organisers to enhance inclusive sports events and market them as signature events under the Inclusive Events banner in Singapore. Features of such signature events include having more experiential sports activities for persons of all abilities to try out disability sports.

Play Inclusive will more than double its event outreach from 1,200 participants today to 3,000 participants by 2030.

Promoting inclusion in sports for persons with disabilities and the broader community

"Play Inclusive 2024 has significantly broadened the scope of disability sports competitions and showcase events. As the President of three disability sports organisations in Singapore, I see Play Inclusive as integral to the broader vision of the Disability Sports Master Plan in transforming the lives of persons with disabilities and partners through sports in Singapore."

Dr Teo-Koh Sock Miang, President of Singapore Disability Sports Council, Special Olympics Singapore, and Singapore National Paralympic Council

² The Sports Education Programme (SEP) is a collaborative partnership between SportSG and MOE. Schools eligible for SEP are Primary, Secondary, Junior College, Centralised Institution and SPED Schools. Under SEP, each school is provided with a \$10,000 dollar-to-dollar matching grant for them to take up sports programmes from an endorsed list.

STRATEGIC MOVE 6:



Jeralyn's family members who came to support her and TeamSG's para athletes upon their return from the Paris Paralympics 2024. (Source: MCCY)

To increase publicity of athletes to serve as role models and inspiration for persons with disabilities, agencies such as MCCY, SportSG, and SG Enable will profile stories of persons with disabilities who do sports regularly. These will be amplified on various media channels.

We will leverage the Major Games and competitions (e.g. ASEAN Para Games, Asian Para Games, Paralympic Games, Deaflympics, and Special Olympics) as opportunities to spotlight TeamSG para athletes and their stories. For instance, Singapore will be

Improve reach of stories of persons with disabilities doing sports through different stakeholders and channels

hosting the World Para Swimming Championships in 2025 and this will be a good opportunity to profile TeamSG para athletes.

Beyond athletes, we will also profile persons with disabilities who enjoy sports, caregivers who support persons with disabilities in sports, and persons with disabilities who found friendship through sports. Through more structured publicity efforts, we hope to inspire persons with disabilities to participate in sports and encourage caregivers to support their loved ones to stay active through sports.



Meet Jeralyn Tan and her Coach Yurnita

Team Boccia's Paralympic Silver medalist Jeralyn Tan with her coach, Yurnita at Paris Paralympics 2024. (Source: SNPC/Goh Si Wei)

Meet Jeralyn Tan, our first Paralympic silver medallist for boccia. Her story is about conviction and perseverance, sticking through the tough times. In her early years of competing, she faced multiple setbacks and losses. But she pressed on. After several years of hard work and winning three editions of the World Boccia Cup in 2023 and 2024, she is now the world's top-ranked boccia player in her class.

Coach Yurnita has been coaching Jeralyn since 2016. She is not only Jeralyn's coach, but also her closest confidant, throughout her long journey. Their relationship spans many years, and they were involved in countless competitions – locally as well as abroad. During the Paris Paralympics 2024, Coach Yurnita had to judge not just what would work in the context of strategy in the match, but more importantly, whether in that situation, if Jeralyn could pull it off. The coach's deep bond and understanding with Jeralyn allowed her to make the right call at the right time for the athlete. In the coach's own words, the both of them are "not just like friends; we are like family". At the Paralympics, Yurnita celebrated every success and cried every tear, along with Jeralyn. This deep connection and trust allowed them to navigate both triumph and challenges successfully together. We are fortunate to have coaches like Coach Yurnita as part of Team Singapore.

Strategic Theme 3:

Fulfil Aspirations of Persons with Disabilities who Desire and Have the Potential to Do Sports at the High Performance Level



One Team Singapore Celebratory Parade for Paris Paralympics 2024 on 14 September 2024. (Source: MCCY)

Our para athletes’ extraordinary achievements have filled the nation with pride. The Paris 2024 Paralympics marked a golden chapter in our sporting history, with our Team Singapore contingent securing two golds and one silver – our best showing yet. Their achievements reflect their remarkable talent and indomitable spirit and inspire Singaporeans from all walks of life.

Building on this success, we are committed to elevating our sporting excellence further. Our focus is twofold: supporting the continued development of our current para athletes and expanding our base of sporting talent. We recognise that the journey to elite competition requires years of nurturing and dedicated support.

By investing in our para athletes and fostering new talent, we aim to cultivate a legacy of excellence that will inspire generations. With determination and the right support, our para athletes can achieve limitless success on the world stage.

Engagement Findings

We have to further strengthen the disability sports ecosystem, from providing more sporting opportunities and growing the base of aspiring athletes, to helping top athletes realise their potential. These will dovetail with the Government’s plans for the next bound of sporting excellence that was announced by the Prime Minister in his National Day Rally speech and the Minister for Culture, Community and Youth in August 2024.

STRATEGIC MOVE 7:



Artist’s impression of Home of TeamSG (HTSG) (Source: SportSG)

The Kallang Alive Master Plan galvanises efforts to build a new home for our Team Singapore athletes in Kallang. The new HTSG will integrate our sports ecosystem and further unleash the potential of our athletes, regardless of abilities.

Establish a National Training Centre (NTC) for para sport as part of Home of TeamSG (HTSG)

The new HTSG will house the National Training Centre for para sport, with dedicated training facilities to meet the needs of selected para sports.

This facility will contribute towards fostering a stronger TeamSG spirit and further develop disability sports in Singapore.

STRATEGIC MOVE 8:



TeamSG para athlete Aloysius Gan, an ASEAN Para Games and Asian Youth Para Games Boccia Gold Medalist. (Source: Sportplus.sg)

To grow the base of aspiring para athletes, SportSG will set up PSCHs. The five pilot sites are Pasir Ris Sport Centre (Boccia), Heartbeat@Bedok (Swimming and Table Tennis), Jurong West Sport Centre (Swimming and Para Cycling), Yio Chu Kang Sport Centre (Athletics and Badminton) and Delta Sport Centre (Goalball).

Establish Para Sports Community Hubs (PSCHs) to expand sporting opportunities for persons with disabilities to participate in sports, and also at the pathway and high performance level

The PSCHs, which have facilities prioritised for para sports, will serve as focal points to engage sports enthusiasts and newcomers to disability sports.

SportSG will set up PSCHs, with five to be established by end 2024 and more across the island by 2030

To cater to convenience and accessibility, the PSCHs will be located in ActiveSG sport centres across Singapore. To encourage participation by persons with disabilities, SportSG and SDSC will engage SG Enable and community partners that work with persons with disabilities, such as SSAs and the ESHs, to encourage interested persons with disabilities to participate in sports activities, including at the PSCHs.

Singapore will host the ASEAN Para Games (APG) in 2029. In the lead-up to APG 2029, SportSG and SDSC will target investments in specific sports and para athletes with

the potential to represent Singapore at international competitions and Major Games. This would involve fast-tracking potential talents, including those involved in the PSCHs, by providing tailored support for trainings and competitions. For example, SportSG will work with SDSC and SOSG to connect community participation and pathway nodes to form a cohesive network that facilitates the transfer of potential talents from participation to development pathways. We will also continue to support para athletes under the *spexScholarship* and *spexPotential*³.



TeamSG's Aloysius Gan and Jeralyn Tan at Boccia Training. (Source: MCCY)

Through targeted training and education initiatives, coaches can cultivate a deeper understanding of disability-specific needs, develop adaptive coaching techniques, and foster a culture of inclusivity in sports.

To grow coaching capabilities, we will enhance disability sports coaches' competencies and support personnel's expertise in high performance disability sports.

CoachSG, in consultation with SDSC, SOSG, SportCares, and PSA, will put in place a system to accredit disability sports coaches. CoachSG will consolidate current courses available to upskill mainstream coaches and provide greater clarity in training requirements for disability sports coaches. New training courses will be developed in collaboration with industry partners and international disability sports

federations to promote better synergies and clarity in training for coaches.

Beyond training efforts, we will grow expertise in high performance disability sports, such as in sports science and sports medicine. This will help support sporting talents and ensure that TeamSG athletes are equipped to compete with the best in the world.

Benefits of working on mental conditioning and resilience with coaches

"Based on my experience, I feel that mental resilience is important. Being able to adjust and recover quickly, especially with changes in weather conditions, is something my team and I will be working on back in Singapore."

- Nur Syahidah Alim, Para Archer, at Paris Paralympics 2024

STRATEGIC MOVE 9:



TeamSG's Nur Syahidah Alim and Para Archery Coach Pang Qing Liang at Paris Paralympics 2024. (Source: SNPC/Goh Si Wei)

Equipping coaches with the knowledge, skills, and sensitivity required to effectively engage and support individuals with disabilities is paramount in ensuring that sports programmes are truly accessible.

Grow competencies of coaches in disability sports and support personnel's expertise in high performance disability sports

We intend to more than double the number of registered coaches under the National Registry of Coaches who can coach persons with disabilities from ~120 today to 300 by 2030 across the participation, pathway and performance levels.

³ The Sport Excellence Scholarship (*SpexScholarship**SpexScholarship*) and the Sport Excellence Potential (*SpexPotential**SpexPotential*) programmes offered by SportSG provide enhanced level of support both financially and program wise, for athletes within Singapore's High Performance Sports system.

Enabler: Partnerships

The Taskforce acknowledged the importance of partnerships in strengthening the disability sports ecosystem.

Engagement Findings

Our engagement findings noted that the high financial costs involved in pursuing sports such as the use of specialised equipment remains a barrier to sports participation. Such financial burden can limit access and opportunities for persons with disabilities to engage in sports activities.

STRATEGIC MOVE 10:



Singapore Disability Sports Awards 2023 with SDSC's corporate partner, Haw Par Corporation. (Source: SDSC)

To encourage innovation and strengthen collaboration across different aspects of sports, a new dedicated fund will be set up to support community-initiated disability sports initiatives.

This fund, called the Enabling Sports Fund, will be launched in 2025. The fund aims to encourage impactful community-initiated disability sports initiatives and cover areas such as the purchase of sports equipment, transport support for programme participants, and coaching fees.

To raise at least \$10 million by 2030 for the Enabling Sports Fund.

Launch a new Enabling Sports Fund with a targeted \$10 million by 2030 to support disability sports initiatives

For example, this could provide seed funding for social service agencies to bring in more sporting programmes for their clientele. We will also ring-fence funding for signature events such as the SOSG National Games which is held once in four years.

We will also explore broader collaborations on different aspects of sports, such as leveraging technology, to connect more persons with disabilities to sporting opportunities. For example, SDSC is developing a one-stop platform to encourage more persons with disabilities to engage in sporting activities by connecting them with coaches and volunteers.

Over time, we hope to increase the number of successful partnerships forged over time and make the disability sports landscape more vibrant and inclusive.

Conclusion

The launch of the DSMP in 2016 marked a pivotal milestone for disability sports in Singapore, laying the foundation for fostering inclusivity through sports. Since then, we have seen good progress, with many inspiring stories of triumph and perseverance.

Our engagements have validated our progress as a community. Respondents spoke positively of the progress we have made in recent years, and offered valuable insights of how we can strengthen the disability sports ecosystem. This will set the tone on how we intend to continue engaging the wider community to grow disability sports in the coming years.

The DSMP 2024 not only consolidates our achievements but also charts our way forward to build a more inclusive and vibrant sporting landscape in Singapore. Through our various strategic moves, we hope to enable persons

with disabilities to be engaged, enriched, and empowered through sports, without barriers.

To drive this vision, we are setting up two committees to guide our implementation strategies and drive the implementation of the strategic moves, bringing together diverse voices, including non-government individuals and persons with disabilities from within the disability sector. Their insights and experiences will be invaluable as we implement and refine our approach.

Together, with the support of Singaporeans, we want to create a sporting ecosystem that not only accommodates differences but also celebrates them. When we unite in purpose and passion, there are no limits to what we can achieve. Our goal is to unleash the power of sports in fostering a more inclusive Singapore by enabling sports for all.



Source: MCCY

Annex A

Composition of Enabling Sports Taskforce

Chairperson	
Eric Chua	Senior Parliamentary Secretary, Ministry of Culture, Community and Youth & Ministry of Social and Family Development
Enabling Sports Taskforce Members	
Lee Tung Jean (Dr)	Deputy Secretary (Culture and Sports), Ministry of Culture, Community and Youth (MCCY)
Alan Goh	CEO, Sport Singapore (SportSG)
Krishnan Aravinthan	Director, Physical, Sports & Outdoor Education (PSOE), Ministry of Education (MOE)
Daniel Ang	Director, Special Education, MOE
Loh Chin Hui	Former Director, Family and Child Development Enabling (FCD-EN), Ministry of Social and Family Development (MSF) [From May 2023 to September 2023]
Stephanie Sim	Director, Family and Child Development Enabling (FCD-EN), Ministry of Social and Family Development (MSF) [From Jan 2024]
Prema Govindan	Senior Director, Disability Support and Services Group and Director of Independent Living and Caregiver Support Division, SG Enable
Teo-Koh Sock Miang (Dr)	President, Singapore National Paralympic Council (SNPC), Singapore Disability Sports Council (SDSC) & Special Olympics Singapore (SOSG)
Theresa Goh	Former Team Singapore Athlete

Annex B

Engagements Conducted

The Taskforce engaged 850 individuals through broad-based dipstick survey, dialogues and targeted engagements with stakeholders. These include persons with disabilities, caregivers and other stakeholders such as educators, social service agencies, community partners, disability sports organisations, athletes, and coaches.

Type	Details
 <p>BROAD-BASED DIPSTICK SURVEYS</p>	<p>To identify possible barriers to sports participation for persons with disabilities and seek views on our recommendations in the second phase of engagements.</p> <ul style="list-style-type: none"> In August 2023, the Taskforce set up a REACH x MCCY Listening Point at Enabling Academy Learning Festival and administered a survey to persons with disabilities and caregivers. The participants were predominantly SPED school students and clients from social service agencies (SSAs). In December 2023, the Taskforce partnered Handicapped Welfare Association (HWA) to administer survey forms to their clients. In April 2024, the Taskforce set up another REACH x MCCY Listening Point at the Movement for the Intellectually Disabled (MINDS) Colour Socks Parade.
 <p>DIALOGUES WITH STAKEHOLDERS</p>	<p>To explore possible solutions to strengthen social inclusion through sports and enhance support for persons with disabilities to pursue sports.</p> <ul style="list-style-type: none"> In June 2022, SportSG conducted a Disability Sports Dialogue with stakeholders. In June 2023, as part of the ForwardSG Focus Group Discussions on Update of Disability Sports Master Plan, relevant stakeholders (e.g. persons with disabilities, caregivers, para athletes, coaches, NDSAs, volunteers, ground-up disability sports groups, and educators) were engaged to seek feedback and ideas on how we can further contribute to building an inclusive society through sports.
 <p>TARGETED ENGAGEMENTS</p>	<p>To allow for deeper dives into the challenges and possible solutions involving particular stakeholder groups. During these engagements, we sought in-depth feedback on ideas we intend to include in DSMP and get buy-in for our measures.</p> <ul style="list-style-type: none"> In August and November 2023, MOE engaged SPED school educators to harvest ideas on how MOE could reinforce the value of PE and sports, work with parents to support their children's regular sports participation, and strengthen partnership with SportSG to enable more students with disabilities to access community sports facilities. In September 2023, SDSC conducted six engagement sessions with stakeholders on two key topics relating to promoting participation and supporting performance in disability sports. SDSC sought views from athletes, disability sports organisations, coaches, and parents and caregivers of persons with disabilities participating in community and high performance sports. From March to May 2024, the Taskforce engaged Movement for the Intellectually Disabled (MINDS), SPD, and Rainbow Centre to reach out to more persons with disabilities, including those not actively engaged in sports and have left school. Students, caregivers, and teachers from MINDS Fernvale Gardens School, Woodlands Gardens School and Lee Kong Chian Gardens School, and SPD clients in Day Activity Centre and Employment Support Programme (ESP) Training were engaged.