

MEDIA FACTSHEET

DISABILITY SPORTS MASTER PLAN 2024

About Disability Sports Master Plan (DSMP)

Launched in 2016, the DSMP aims to raise awareness of disability sports and expand access and opportunities for sports participation among persons with disabilities.

Since then, significant progress has been made. Sport Singapore (SportSG) and its partners have introduced a range of initiatives and programmes for persons with disabilities to take part in sports in schools and the community.

ActiveSG sports facilities have been enhanced to make them more accessible to persons with disabilities. Capabilities in disability sports, including coaching expertise, have also been strengthened.

A summary of the key progress made in disability sports since the launch of DSMP is detailed in [Annex A](#).

Enabling Sports Taskforce

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

The Taskforce comprises representatives from the Ministry of Education (MOE), Ministry of Social and Family Development (MSF), SG Enable, Sport Singapore (SportSG), Singapore National Paralympic Council (SNPC), Singapore Disability Sports Council (SDSC), Special Olympics Singapore (SOSG), and former Team Singapore athlete Theresa Goh.

Refer [Annex B](#) for list of ESTF members.

Engagements with Stakeholders

Over the past year, the ESTF has engaged 850 stakeholders. Many of the stakeholders acknowledged significant progress made since the launch of DSMP. Through these engagements, stakeholders highlighted several notable areas including:

- a) Expanding sporting opportunities for persons with disabilities in schools and the community;
- b) Boosting awareness of disability and inclusive sports;
- c) Creating more pathways for persons with disabilities who aspire to do sports at high performance level; and
- d) Increasing financial support to enable sports participation for persons with disabilities

Stakeholders also provided useful ideas to further strengthen the sporting ecosystem for persons with disabilities. Feedback and suggestions from the engagement sessions form the backbone of DSMP 2024.





DSMP 2024 aligns with the broader vision for the next bound of sporting excellence announced during the National Day Rally 2024, creating a cohesive strategy for the sporting ecosystem in Singapore.

DSMP 2024

To enhance access to sport and provide more opportunities for persons with disabilities to forge deeper connection with the wider community, the strategies under DSMP have been refreshed to:

- Create a more inclusive and connected society through sports;
- Provide persons with disabilities with greater access and more opportunities to participate in sports at community level;
- Support aspiring para athletes in their sporting dreams by offering more access and better professional support; and
- Encourage collaborations and ground-up efforts.

A summary of the ten strategic moves under DSMP 2024 is appended below:

Strategic Theme	Strategic Moves
 <p>Increase <u>accessibility</u> to disability sports activities and programmes</p>	<ol style="list-style-type: none"> 1. Increase regular participation in disability sports programmes from 3,200 to about 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 disabilities
 <p>Enhance <u>awareness</u> 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 of disabilities to play sports together with the wider community from 1,200 to about 3,000 by 2030 6. Improve reach of stories of persons with disabilities doing sports through different stakeholders and channels
 <p>Fulfill <u>aspirations</u> 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 disability sport coaches and support personnels' expertise in high performance disability sports
<p>Enabler</p>  <p>Partnerships</p>	<p>Strategic Move</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

STRATEGIC THEME 1: INCREASE ACCESSIBILITY TO DISABILITY SPORTS PROGRAMMES AND ACTIVITIES

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

Growing the base of sport participation

SportSG, Singapore Disability Sports Council (SDSC), Special Olympics Singapore (SOSG), and Deaf Sport Association (DSA) **will create additional capacity in their regular programmes from 3,200 regular participants today to about 5,400 by 2030**. These programmes include SportSG's Play-Ability and 'Yes! I Can' programmes, and sports programmes offered by the Para Sports Academy, SDSC, SOSG, and DSA. These efforts will be complemented with better outreach to persons with disabilities in schools and the community.

Every special education (SPED) school will be encouraged to appoint a coordinator who will recommend sports opportunities from various community partners to students and parents. The coordinator will work with SportSG, relevant 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. This would build on efforts to strengthen partnership with families and the community to support SPED students to be active for life.

SportSG will identify appropriate community-based sports opportunities from various partners 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.

MCCY and SportSG will also 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.

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

Creating a more inclusive society through sports

Competitive sports can help to enhance physical performance, develop mental and emotional skills, promote socialisation and provide a sense of recognition and personal achievement. **Access to school- and community-level sports competitions for persons with disabilities will be enhanced by including more parallel or inclusive sports events into existing platforms**.

This will build on recent efforts by SportSG in 2024 to introduce unified categories at Pesta Sukan, a community sports competition, to enable more

opportunities for persons with disabilities to compete in such sports competitions, alongside persons without disabilities.

MCCY will work with People's Association, 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.

New funding support will also be provided to organise the Special Olympics National Games in Singapore so that more persons with intellectual disabilities can celebrate their sporting talents and competitive spirit.

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

Creating a safe sporting space for individuals with different needs

Sports facilities that are accessible ensure that persons with disabilities can enjoy and play sports in these facilities in a conducive manner.

SportSG will continue to enhance access to and within ActiveSG sports facilities so that persons with different disability types find them accessible. Other ways to better support individuals with different disability types will also be explored, including through the **introduction of calm rooms and the provision of adequate disability-friendly washrooms as part of ActiveSG Sport Centres' rejuvenation plans.**

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.

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

STRATEGIC THEME 2: ENHANCE AWARENESS OF DISABILITY SPORTS AND INCLUSIVE SPORTS ACTIVITIES

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

Fostering a culture of understanding and empathy from an early age

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 sport-related programme by 2028** through co-curricular activities (CCA), Sports Education Programme (SEP), Values in Action experiences or other forms of school activities. This will be an increase from the current 30 to 35% of mainstream schools that offer such opportunities.

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 also facilitate sharing of good practices among schools.

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 National School Games (NSG) so that more students with disabilities can compete together and interact with one another.

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

Forging shared experience and deeper connections through sports

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

Scaling up Play Inclusive will involve more persons with disabilities, more unified partners and more meaningful interactions among persons of all abilities. This will inspire communities to embrace diversity and celebrate the abilities of all individuals.

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.

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

Encouraging more persons with disabilities to participate in sports

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 continue to profile stories of persons with disabilities who do sports regularly.** This will be amplified on various media channels.

Major Games and competitions (e.g. ASEAN Para Games, Asian Para Games, Paralympic Games, Deaflympics and Special Olympics) provide opportunities to spotlight TeamSG para athletes, the team behind them, and their stories. Beyond athletes, persons with disabilities who overcome challenges to benefit from doing sports regularly, caregivers who support persons with disabilities in sports, and persons with disabilities who found friendship through sports will also be profiled.

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.

STRATEGIC THEME 3: FULFILL ASPIRATIONS OF PERSONS WITH DISABILITIES WHO DESIRE AND HAVE THE POTENTIAL TO DO SPORTS AT THE HIGH PERFORMANCE LEVEL

A. Establish a National Training Centre for parasport as part of Home of TeamSG

Supporting sporting aspirations of para athletes

The Kallang Alive Master Plan galvanises efforts to build a new home for our Team Singapore athletes in Kallang.

The new Home of TeamSG (HTSG) will integrate our sports ecosystem and further unleash the potential of our athletes, regardless of abilities. **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.

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

Expanding opportunities to participate in sports

To grow the base of aspiring para athletes, **SportSG will set up Para Sports Community Hubs (PSCHs), with five PSCHs to be piloted across the island by end-2024 and more to be established by 2030.**

The PSCHs will be located in ActiveSG sport centres across Singapore to cater to convenience and accessibility. The five pilot sites are as follows:

- 1) Pasir Ris Sport Centre (Boccia)
- 2) Heartbeat@Bedok (Swimming and Table Tennis)
- 3) Jurong West Sport Centre (Swimming and Para Cycling)
- 4) Yio Chu Kang Sport Centre (Athletics and Badminton)
- 5) Delta Sport Centre (Goalball)

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

To encourage participation by persons with disabilities, SportSG and SDSC will engage SG Enable and community partners that work with persons with disabilities 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. SportSG will also continue to support para athletes under the SpexScholarship and SpexPotential.

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

Providing better support to aspiring para athletes

To grow coaching capabilities, competencies of coaches in disability sports and support personnel's expertise in high performance disability sports will be enhanced. **The number of registered coaches under the National Registry of Coaches who can coach persons with disabilities will more than double from about 120 today to 300 by 2030 across the participation, pathway, and performance levels.**

Coach Singapore (CoachSG), in consultation with SDSC, SOSG, SportCares and PSA, will put in place a system to accredit disability sport coaches. CoachSG will consolidate current courses available to upskill mainstream coaches and provide greater clarity in training requirements for disability sport coaches. New training courses will also 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, SportSG will grow expertise in high performance disability sports, such as in sport science and sport medicine. This will help support sporting talents and ensure that Team Singapore athletes are equipped to compete with the best in the world.

ENABLER: PARTNERSHIPS AS A KEY ENABLER FOR DISABILITY SPORTS

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

Enabling partnerships and ground up efforts

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

The new Enabling Sports Fund will be launched in 2025 to encourage impactful community-initiated disability sports initiatives, with a target to raise at least \$10 million by 2030. The Fund could cover areas such as the purchase of sports equipment, transport support for programme participants and coaching fees. The government will match dollar for dollar for donations made to this fund.

MCCY and SportSG 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.

Annexes

Annex A	Key progress made since launch of DSMP
Annex B	List of Enabling Sports Taskforce (ESTF) members
Annex C	Quotes for media

ANNEX A – KEY PROGRESS MADE SINCE LAUNCH OF DSMP

Since the launch of DSMP in 2016, it has contributed to an increase in the sports participation rate among persons with disabilities, **from 28% in 2015 to 46% in 2023.**

More accessible ActiveSG sporting facilities

ActiveSG sports facilities are now more accessible for persons with disabilities. Eight inclusive ActiveSG gyms have been set up and SportSG is on track to make all ActiveSG gyms inclusive by 2026. Eight ActiveSG swimming pools have been retrofitted with ramps for wheelchairs, with two more pools being retrofitted by 2025.

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

There are now more sporting opportunities available for persons with disabilities, with a range of sports programmes introduced 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. To date, some 55,000 persons with disabilities have taken part in these disability sports programmes and outreach activities.

Today, about 3,200 persons with disabilities participate in regular disability sports programmes conducted by SportSG, SDSC, SOSG and DSA. There are also more competition opportunities for persons with disabilities across the year, including the National School Games and para sport events and sports competitions organised by MOE, SportSG, or disability sports organisations such as Play Inclusive.

Since its launch in March 2022, the Para Sport Academy has rolled out 10 sports with more than 400 participants to date. The 10 sports rolled out by the Academy are Para Badminton, Para Table Tennis, Football 5-A-Side (Blind Football), Wheelchair Rugby, Para Athletics, CP Football, Wheelchair Basketball, Wheelchair Tennis, Para Canoe and Para Swimming.

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

There have been efforts in promoting inclusive sporting opportunities for students in mainstream and SPED schools.

At the annual Play Inclusive competition, 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.

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

Strengthened capabilities in disability sports, including coaching expertise

To ensure that the ecosystem can support participation of persons with disabilities in sports, a range of initiatives were rolled out to support coaches and instructors, SPED teachers and administrators, and volunteers. For example, 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.

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

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

Every MOE mainstream school currently has at least one PE teacher trained in inclusive PE to support students with special needs. 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 school.

ANNEX B – LIST OF ENABLING SPORTS TASKFORCE MEMBERS

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, Ministry of Education (MOE)
Daniel Ang	Director, Special Education, MOE
Loh Chin Hui	Former Director, Enabling Division, Family and Child Development Policy Directorate (FCD-EN), Ministry of Social and Family Development (MSF) <i>[Member from May 2023 to Sep 2023]</i>
Stephanie Sim	Director, Enabling Division, Family and Child Development Policy Directorate (FCD-EN), Ministry of Social and Family Development (MSF) <i>[Member from Jan 2024 to Nov 2024]</i>
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 C – QUOTES FOR MEDIA

<p>Quote by Mr Alan Goh, CEO, SportSG</p>	<p>"Since the launch of the DSMP in 2016, SportSG has worked with our partners to implement programmes and initiatives to enhance sporting opportunities for 55,000 persons with disabilities. We have also promoted unified sport activities, bringing together people with and without disabilities to play on the same team. With the refreshed DSMP, we aim to continue removing barriers and enrich lives through sport.</p> <p>One key initiative is improving the access to our sport facilities. We are piloting five Para Sports Community Hubs at our ActiveSG Sport Centres in end-2024, and will expand this across our centres island-wide by 2030. These hubs will prioritise para sports facilities, engaging both enthusiasts and newcomers to grow our pool of aspiring para athletes. Other enhancements to improve accessibility include a calm room at all our ActiveSG Sport Centres by end-2030.</p> <p>Through these efforts, we aim to create a more inclusive sporting ecosystem for all Singaporeans."</p>
<p>Quote by Mr Krishnan Aravinthan, Director, Physical, Sports & Outdoor Education, MOE</p>	<p>"With the expansion of disability sports programmes to all mainstream schools, students in mainstream schools will be able to experience and appreciate the challenges faced by persons with disabilities when doing sports, and recognise that sporting activities can be inclusive.</p> <p>We hope that through platforms such as the National School Games (para events) and Play Inclusive, more students from mainstream and SPED schools can come together to compete and sharpen their sporting skills, and forge strong friendships."</p>
<p>Quote by Ms Theresa Goh, Team Singapore Paralympian and member of Enabling Sports Taskforce</p>	<p>"The strategic moves in the Disability Sports Master Plan 2024 is a positive step in transforming the journey for aspiring para athletes. By having more broad-based participation programmes with targeted high-performance training, it provides opportunities for aspiring para athletes to progress from grassroots</p>

	<p>participation to elite competition levels and reach their fullest potential. At the same time, it also enables people with disabilities who may not embark on the high performance route, opportunities to lead active lives too.”</p>
<p>Quote by Dr Teo-Koh Sock Miang, President, SDSC, SNPC, and SOSG</p>	<p>“The Disability Sports Master Plan Update 2024 is a testament of the collaborative effort between the government, disability sports organisations, and the public to drive further progress in the disability sports sector. The strategic moves reflect Singapore’s commitment to inclusivity and mark a significant step in expanding sports opportunities for persons with disabilities, so that everyone has opportunities to train, play and compete together in sports.</p> <p>We believe that through sport, we can build a more inclusive society that fosters empathy and improve the well-being of persons with disabilities. Together, we will build a sports ecosystem where persons of all abilities can participate and thrive in.”</p>

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