

# NRPA Position Statement on Inclusion

*Adopted by the NRPA Board of Trustees as an NRPA Policy, October 24, 1999*

Diversity is a cornerstone of our society and culture and thus should be celebrated. Including people with disabilities in the fabric of society strengthens the community and its individual members. The value of inclusive leisure experiences in enhancing the quality of life for all people, with and without disabilities, cannot be overstated. As we broaden our understanding and acceptance of differences among people through shared leisure experiences, we empower future generations to build a better place for all to live and thrive.

Inclusive leisure experiences encourage and enhance opportunities for people of varying abilities to participate and interact in life's activities together with dignity. It also provides an environment that promotes and fosters physical, social and psychological inclusion of people with diverse experiences and skill levels. Inclusion enhances individuals' potential for full and active participation in leisure activities and experiences.

Additionally, the benefits of this participation may include:

- providing positive recreational experiences which contribute to the physical, mental, social, emotional, and spiritual growth and development of every individual;
- fostering peer and intergenerational relationships that allow one to share affection, support, companionship and assistance; and
- developing community support and encouraging attitudinal changes to reflect dignity, self-respect and involvement within the community.

## **Purpose**

The purpose of the National Recreation and Park Association Position Statement on Inclusion is to encourage all providers of park, recreation, and leisure services to provide opportunities in settings where people of all abilities can recreate and interact together. This document articulates a commitment to the leisure process and the desired outcomes. Accordingly, the NRPA Position Statement on Inclusion encompasses these broad concepts and beliefs:

## **Right to Leisure**

- The pursuit of leisure is a condition necessary for human dignity and well-being.
- Leisure is a part of a healthy lifestyle and a productive life.
- Every individual is entitled to the opportunity to express unique interests and pursue, develop and improve talents and abilities.
- People are entitled to opportunities and services in the most inclusive setting.
- The right to choose from the full array of recreation opportunities offered in diverse settings and environments and requiring different levels of competency should be provided.

## **Quality of Life**

- People grow and develop throughout the life span.
- Through leisure an individual gains an enhanced sense of competence and self-direction.
- A healthy leisure lifestyle can prevent illness and promote wellness.
- The social connection with one's peers plays a major role in his/her life satisfaction.
- The opportunity to choose is an important component in one's quality of life; individual choices will be respected.

### **Support, Assistance and Accommodations**

- Inclusion is most effective when support, assistance and accommodations are provided.
- Support, assistance and accommodations can and should be responsive to people's needs and preferences.
- Support, assistance and accommodations should create a safe and fun environment, remove real and artificial barriers to participation, and maximize not only the independence but also the interdependence of the individual. People want to be self-sufficient.
- Support, assistance and accommodations may often vary and are typically individualized. Types of support, assistance and accommodations include, but are not limited to: qualified staff, adaptive equipment, alternative formats for printed or audio materials, trained volunteers, or flexibility in policies and program rules.

## **Barrier Removal**

- Environments should be designed to encourage social interaction, "risk-taking," fun, choices and acceptance that allow for personal accomplishment in a cooperative context.
- Physical barriers should be eliminated to facilitate full participation by individuals with disabilities.
- Attitudinal barriers in all existing and future recreation services should be removed or minimized through education and training of personnel (staff, volunteers, students, and/or community at-large).

The National Recreation and Park Association is dedicated to the four inclusion concepts of:

- Right to Leisure (for all individuals)
- Quality of Life (enhancements through leisure experiences)
- Support, Assistance and Accommodations
- Barrier Removal

In all park, recreation and leisure services, properly fostered, inclusion will happen naturally. Over time, inclusion will occur with little effort and with the priceless reward of an enlightened community. Encouraged in the right way, inclusion is the right thing to plan for, implement and celebrate.