

Inclusive Kit for Inclusive Clubs

Key Principles, Tips, Policy Checklist

This guidance offers key principles in designing sports kit policy that supports individuals with neurodiversity and disability.



Why inclusive sports kit matters for those with disability and neurodiversity:

1. Removes barriers to participation
2. Promotes dignity and independence
3. Enjoyment and comfort
4. Drives sustainable inclusion
5. Increases physical activity rates
6. Creates genuine belonging

Data from Access Sport & NHS shows:

- Only 17% of disabled children participate in a sports club
- Disabled people are half as likely to be active as non-disabled people
- In the UK, 1 in 5 people have a disability, and 1 in 7 people are neurodivergent.

When designing inclusive sports kit policy that supports individuals with neurodiversity and disability, the first thing is to be aware of the **Inclusive Sportswear Charter**, this is the basis for all inclusive kit policies. An inclusive kit policy is one that prioritises participation, performance, enjoyment and belonging.

Key Principles

1. Kit Choice, Empowerment & Respect

- Choice of sizes, fits, materials, colours.
- Empower participants to choose their own clothing, providing it is suitable for the activity.
- Coaches should be understanding of participants' kit and clothing choices.

2. Clothing Textures

- Provide a plain t-shirt version of the club kit with the club logo so participants can still feel connected to the club if they choose this material.
- Support label and seam-free kit options.

3. Support Adaptable Clothing

- Many disabled people require clothing that is adaptable to their impairment. Where possible, provide choices and listen to individuals' needs.
- e.g., wheelchair users often prefer T-shirts/ tops to be longer at the back and shorter at the front, with breathable ventilation features
- e.g., easy fastening clothing such as elasticated trousers/shorts and t-shirts without buttons, or thumb loops to aid easy slip-ons

4. Accessibility of Clothing Items

- Ensure sports clothing is easy to put on or take off.

Clubs can offer or encourage the use of:

- Shoes that have fake laces or can be slipped on.
- Fastenings that are at the front and easily accessible.
- Velcro and zips instead of buttons for ease of use and to avoid having to pull anything clothing over the head.

For more detailed free guidance, go to www.inclusivesportswear.com

Join the Inclusive Sportswear Community Platform for free to become a Champion Club and share your story.



Inclusive Kit Policy Checklist

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An inclusive kit policy is one that prioritises participation, performance, enjoyment and belonging.

1. Kit Options & Choice

- Offer kit in a range of sizes and fits
- Provide plain versions of club kit alongside printed designs
- Allow participants to choose their preferred kit options
- Support individual clothing preferences when suitable for the activity

2. Sensory-Friendly Features

- Offer label-free or removable label options
- Check for flat, soft seams or seamless alternatives
- Offer different fabric textures and weights
- Ensure all materials are breathable and comfortable

3. Adaptive Design Considerations

- Consider longer backs and shorter fronts for wheelchair users
- Include ventilation features in appropriate areas
- Provide elasticated waistbands as standard or option
- Offer thumb loops on long-sleeved items for easy dressing

4. Easy Fastenings & Access

- Prioritise Velcro over buttons where possible
- Ensure zips are easy to grip and operate
- Position fastenings at the front for accessibility
- Consider slip-on options that avoid overhead pulling

5. Footwear Guidance

- Recommend or provide slip-on shoe options
- Support use of trainers with elastic or Velcro fastenings
- Accept alternatives to traditional lace-up footwear

6. Club Policy

- Always listen to and support individual needs
- Coaches respect individual kit choices
- Include kit flexibility in your inclusion policy
- Listen to feedback from participants and families
- Review and update kit options regularly