

Evaluation of brainstorming material on urban sports for disabled youth and climate action

Author:	**Timea Jacenkova**
Responsible Organisation	**Cyprus 3on3 LTD**
Version Status	**v1.0**
Submission Date	**15/09/2023**
Dissemination Level	**PU**

Co-funded by the European Union

This project has been funded with the support of the **Erasmus+ programme** of the European Union

Deliverable Factsheet

Project Number:	2022-2-CY02-KA220-YOU-000095422
Project Acronym:	FORTHE
Project Title:	Forging the inclusion of persons with disabilities in climate action through 3×3 basketball urban sport
Output:	Evaluation of brainstorming material on urban sports for disabled youth and climate action
Due date:	15/09/2023
Authors(s):	Timea Jacenkova
Contributor(s):	Stefania Oikonomou, Stavros Samiotis, Katerina Zourou (Web2Learn), Spartaco Grieco (MSV), Monika Pacheco (EPF), Marco Arriaga (SEA)
Approved by:	All Partners
Abstract:	This document includes an assessment of how youth organisations perceive urban sports and how to engage disabled youth in climate action through them. The collection of ideas has been carried out by FORTHE partners through a brainstorming activity whose results are evaluated through a SWOT analysis in this report.
Keyword list:	urban sports, disability, youth, climate action, SWOT analysis, brainstorming
Please cite as:	Jacenkova, T. (2023). Evaluation of brainstorming material on urban sports for disabled youth and climate action. FORTHE consortium.
Copyright	Creative Commons — Attribution 4.0 International — CC BY 4.0

Consortium

	Name	Short Name	Country
1	**3on3 Cyprus LTD**	3on3	Cyprus
2	**Sport Evolution Alliance**	SEA	Portugal
3	**Aps Asd Margherita Sport e Vita**	MSV	Italy
4	**Fundacja Ego Power**	EFP	Poland
5	**Web2Learn**	W2L	Greece

Statement of originality:

This deliverable contains original unpublished work except where clearly indicated otherwise. Acknowledgement of previously published material and of the work of others has been made through appropriate citation, quotation or both.

Disclaimer:

Co-funded by the Erasmus+ Programme of the European Union

This project has been funded with support from the European Commission. This deliverable reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Table of Contents

Introduction 4
- Idea #1: Inclusive 3x3 Basketball Tournaments 4
- Idea #2: Climate Awareness Workshops 5
- Idea #3: Green Infrastructure Projects 7
- Idea #4: Wheelchair Basketball Demonstrations 8
- Idea #5: Disability Inclusive Climate Action (COP26 Advocacy Paper) 10
- Idea #6: The importance of safer spaces in sports 11
- Idea #7: Art for Climate Activism 12
- Idea #8: Partnerships with Climate NGOs 14
- Idea #9: 'Youth Volunteers' Leadership Programme 15
- Idea #10: A checklist for climate-friendly sport and exercise programmes 17
- Idea #11: 3x3 Community Training Programme 18
- Idea #12: Open Discussions with Disabled Individuals 19
- Idea #13: Engaging Policymakers 20
- Idea #14: Hosting Eco-Friendly Events 22
- Idea #15: Sports and urban biodiversity 23

Summary of SWOT ANALYSIS: 25

Conclusion 28

References 29

Introduction

Communities of disabled youth in Europe and worlwide are faced with a series of unprecedented health and environmental challenges that negatively affect their social wellbeing. From the COVID-19 pandemic to the climate emergency, disabled youth tries to overcome new and emerging barriers that pose a direct threat to their life within society. As the FORTHE project aims to foster the social inclusion and wellbeing of youth with disabilities through urban sports, partners have engaged in a brainstorming activity (WP2A2) to identify ways through which urban sports can become more accessible and eco-friendly, thus making disabled youth advocates of climate action in their communities.

Specifically, this document presents 15 ideas that have been formulated based on the comprehensive documentation delivered from the collaborative efforts of all partners involved in Work Package 2 Activity 2. The ideas collected by partners are evaluated through a SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis to provide a holistic understanding on the actions to take to empower disabled youth through green urban sports. The brainstorming activity was carried out by partners from 1 to 14th of September and its results are analysed by WP2A2 leader Cyprus 3on3 LTD.

Idea #1: Inclusive 3x3 Basketball Tournaments

This idea consists of organising 3x3 basketball tournaments specifically designed for disabled youth, where teams can consist of both disabled and able-bodied players. These tournaments can be held alongside mainstream competitions to promote inclusion and raise awareness about climate action. To integrate the green dimension to the tournaments, it is crucial to incorporate eco-friendly practices into the event, such as using reusable water bottles and recycling bins, to further highlight the importance of sustainable practices.

Below, we provide a SWOT-based lens to idea #1.

Strengths:

Inclusivity: Organising 3x3 basketball tournaments specifically designed for disabled youth, is a commendable initiative for promoting inclusivity. It provides an opportunity for disabled youth to participate in mainstream sports, fostering a sense of belonging and empowerment.

Eco-friendly practices: Incorporating eco-friendly practices into the event aligns with the growing global awareness of environmental sustainability. This not only reduces the carbon footprint of the event but also sets a positive example for participants

and attendees, emphasising the importance of responsible consumption and waste management.

Raising Awareness: The idea of holding these tournaments alongside mainstream competitions offers a unique platform to raise awareness about climate action. By connecting a social purpose with sports, you can potentially reach a wider audience and inspire positive action.

Weaknesses:

(Potential) Resistance to inclusion: There may be resistance from some stakeholders to the inclusion of disabled players in mainstream tournaments, which could lead to logistical challenges and even opposition from certain groups. Addressing this resistance and ensuring fair competition may require additional effort and advocacy.

Logistics: Organising tournaments that involve disabled and able-bodied players can be more complex than traditional events. Specialised equipment, facilities, and accommodations may be needed, which can add to the logistical challenges and costs. Careful planning and partnerships with disability advocacy organisations will be essential.

Opportunities:

Promoting diversity: This initiative has the potential to promote diversity not only in sports but also in society at large. It can break down stereotypes and promote a more inclusive and accepting community.

Environmental consciousness: By integrating eco-friendly practices, you can leverage the event to raise awareness about climate change and sustainable living. This aligns with the growing interest in environmental issues among youth and can contribute to a positive change in behaviour and attitudes.

In summary, this idea of organising 3x3 basketball tournaments for disabled youth, alongside mainstream competitions, while incorporating eco-friendly practices, has commendable strengths in promoting inclusivity and environmental consciousness. However, it also faces potential challenges related to resistance to inclusion and logistical complexities. With the right strategies and support, this initiative has the opportunity to make a meaningful impact on both social inclusion and environmental awareness of disabled youth.

Idea #2: Climate Awareness Workshops

Integrate climate awareness workshops into the 3x3 basketball programmes for disabled youth. These workshops can focus on various environmental issues, such as sustainable living and the impact of climate change on marginalised communities. Encourage open

discussions and provide accessible materials, such as braille or simplified texts, to ensure that all participants can engage and learn about climate-related topics. The green workshop provides a supportive platform for young disabled individuals to voice their opinions, fostering an environment where their unique perspectives are valued. Through this inclusive space, they can actively engage in decision-making processes, ensuring their voices contribute to shaping meaningful outcomes.

Strengths:

Education: Integrating climate action workshops into the 3x3 basketball programmes for disabled youth offers a valuable educational opportunity. The knowledge generated by the workshops can empower them to become more informed and responsible global citizens.

Inclusion: The idea promotes inclusivity by providing accessible materials, such as braille or simplified texts, to ensure that all participants, regardless of their abilities, can engage and learn about climate-related topics. This ensures that disabled youth are not excluded from important discussions and actions on climate change.

Youth engagement: Encouraging open discussions and active participation in decision-making processes fosters youth engagement. It creates a platform where young disabled individuals can voice their opinions and contribute to shaping meaningful outcomes for social and environmental wellbeing.

Weaknesses:

Accessible materials: Providing accessible materials, such as braille or simplified texts, can be challenging and may require additional resources and expertise. Ensuring that these materials effectively convey complex environmental concepts is essential but can be resource-intensive.

Funding: Organising and sustaining climate action workshops alongside the basketball programme may require additional funding. Securing financial support and resources could be a significant challenge, particularly for organisations with limited budgets.

Opportunities:

Fostering unique perspectives: The inclusive space created by these workshops allows disabled youth to share their unique perspectives on environmental issues. This diversity of viewpoints can lead to innovative solutions and a more comprehensive understanding of climate challenges.

Empowering youth: By actively involving disabled youth in discussions and decision-making processes, this initiative empowers them to become agents of

change. It encourages them to take ownership of environmental issues and advocate for sustainable practices in their communities.

Threats:

Limited Resources: A lack of resources, both financial and human, could hinder the successful implementation and sustainability of these workshops. Organisations may struggle to allocate the necessary resources for accessible materials, skilled facilitators, and programme maintenance.

Lack of Interest: There is a risk that some participants may not be interested in climate action or the workshops, potentially leading to low engagement levels. Maintaining participant interest and motivation will be a constant challenge.

In conclusion, integrating climate awareness workshops into 3x3 basketball programmes for disabled youth is a promising idea with strengths in education, inclusion, and youth engagement. However, it faces challenges related to providing accessible materials and securing additional funding. If properly implemented and managed, this initiative has the potential to empower disabled youth and amplify their voices in the climate action discourse.

Idea #3: Green Infrastructure Projects

Involve disabled youth in initiatives that promote green infrastructure and sustainable practices. For example, organise tree-planting events, community garden projects, or beach clean-ups after basketball games. This not only fosters a sense of environmental stewardship but also enhances social inclusion by creating opportunities for disabled youth to actively participate in community-led efforts.

Strengths:

Community involvement: Involving disabled youth in such initiatives strengthens community ties. It encourages active participation and collaboration among community members, fostering a sense of belonging and shared responsibility for the environment.

Environmental stewardship: Organising activities like tree-planting events, community garden projects, or beach clean-ups after basketball games instils a sense of environmental stewardship in disabled youth. They learn the importance of sustainable practices and how their actions can positively impact the environment.

Weaknesses:

Resource-intense: Initiatives involving physical activities like tree planting or beach clean-ups can be resource-intense. They may require tools, materials, transportation, and personnel, which can strain the resources of organisations or communities, especially when catering to the needs of disabled youth.

Logistical challenges: Coordinating events that cater to disabled youth while ensuring accessibility and safety can be challenging. It may require careful planning, accessible facilities, and trained staff, which can pose logistical challenges.

Opportunities:

Social inclusion: This idea presents a valuable opportunity for social inclusion. Disabled youth get the chance to actively participate in community-led efforts, breaking down barriers and fostering a sense of equity and belonging.

Sustainable practices: By engaging disabled youth in sustainability initiatives, you can help promote long-term sustainable practices within communities. It educates and empowers young individuals to adopt eco-friendly behaviours.

Threats:

Limited participation: The success of these initiatives relies on active participation, which may not always be guaranteed. Some disabled youth might not be interested or able to participate due to various reasons, including health issues or personal preferences.

Weather dependent: Activities like tree planting and beach clean-ups are often weather-dependent. Bad weather conditions can disrupt planned events, potentially leading to cancellations or rescheduling, which can be frustrating for participants.

In summary, involving disabled youth in initiatives promoting green infrastructure and sustainable practices is a great idea with strengths in community involvement and environmental stewardship. However, it faces challenges related to resource-intensity and logistical issues. The opportunities for social inclusion and the promotion of sustainable practices make it a worthwhile endeavour, but careful planning and adaptation to the needs of disabled youth are essential for its success.

Idea #4: Wheelchair Basketball Demonstrations

Collaborate with wheelchair basketball teams or organisations to host joint events that showcase the talents of disabled athletes. Use these occasions to emphasise the importance of diversity in sports and its connection to climate action. Inviting local environmental activists or experts to these demonstrations can help draw attention to both causes and inspire others to get involved. Wheelchair basketball demonstrations open doors for

economically disadvantaged disabled youth, offering them a chance to participate in a sport that transcends financial barriers. These demonstrations also play a vital role in raising awareness about the potential for disabled youth to seamlessly integrate into the realm of sports, promoting inclusivity and breaking down societal misconceptions.

Strengths:

Diversity promotion: The idea aligns well with promoting diversity and inclusivity in sports, highlighting the skills and talents of disabled athletes, which can help shift perceptions and create a more inclusive sports culture.

Awareness: By inviting local environmental activists or experts, the events can effectively draw attention to both the causes of diversity in sports and climate action. This dual focus can raise awareness about pressing societal issues.

Weaknesses:

Logistics: Organising joint events with multiple stakeholders, including wheelchair basketball teams, activists, and experts, can be logistically challenging. Coordinating schedules, venues, and resources may require significant effort and planning.

Competition for attention: Hosting joint events that tackle both diversity and climate action may result in competing messages and dilute the impact of each cause. Careful messaging and planning will be needed to ensure both issues are effectively communicated.

Opportunities:

Inspiring others: The events have the potential to inspire others to get involved in both disability sports and environmental causes. The synergy between these two themes can motivate individuals to take action.

Breaking misconceptions: Demonstrations of disabled athletes excelling in sports can challenge societal misconceptions about disability and showcase the potential for inclusion in sports. This can contribute to breaking down stereotypes.

Threats:

Resource constraints: Limited resources, both financial and human, could hinder the successful execution of these events. Securing funding and volunteers may be challenging.

Coordination challenges: Coordinating the participation of wheelchair basketball teams, activists, experts, and volunteers can be complex. Ensuring everyone is on the same page and working together effectively will require strong communication and organisation.

In summary, this idea has the potential to be a powerful platform for promoting diversity, raising awareness about climate action, inspiring others, and challenging misconceptions. However, it also presents logistical and resource-related challenges that need to be carefully addressed to ensure the events are successful in achieving their intended goals.

Idea #5: Disability Inclusive Climate Action (COP26 Advocacy Paper)

This idea proposes measures to ensure the inclusion and participation of persons with disabilities and their representative organisations in climate-related decision-making.

Some of the key ideas included in this advocacy paper are:

(a) The active participation of persons with disabilities in the design and redesign of infrastructures to meet climate mitigation targets.

(b) Inclusion of persons with disabilities in communication and storytelling about the impact of climate change and climate action.

(c) Consultation with persons with disabilities and their representative organisations in the design and implementation of 'green policies and activities increases the legitimacy and effectiveness of these policies.

(d) Consider designing and implementing programmes to enhance the awareness and capacity of members to play a more efficient role in climate movement and enhancing disability inclusion and participation.

(e) Establish connections with climate actors and advocates for inclusivity and accessibility of climate action at different levels.

Strengths:
Inclusivity in decision-making; enhanced infrastructure resilience and accessibility; legitimate and informed information; effective green policies; capacity building opportunities; networking for advocacy.

Weaknesses:
Resource-intensive; potential resistance to change; coordination challenges; time and effort in capacity building; dependent on climate actor willingness to act.

Opportunities:

Improved decision-making; enhanced infrastructure; community engagement; collaborative advocacy; increased awareness and support.

Threats:

Resistance to inclusion; competition with other priorities; capacity constraints; political barriers; limited access to decision-making spaces.

Idea #6: The importance of safer spaces in sports

This idea refers to the importance of safer spaces in urban sports, as a particular type of social environment in which people do not have to justify who they are and feel understood. Safer spaces can serve as a means for the promotion of inclusivity in sports, regarding marginalised communities as well as people with disabilities.

Strengths:

Inclusivity promotion: Safer spaces can play a crucial role in promoting inclusivity, making sports more accessible and welcoming for individuals who might otherwise face barriers or discrimination.

Community building: These spaces can foster a sense of community and belonging among participants, creating a supportive network that extends beyond sports activities.

Diversity encouragement: Safer spaces actively encourage diversity by creating an environment where people from various backgrounds and abilities can participate without fear of discrimination or prejudice.

Positive mental health impact: By offering a safe and accepting environment, these spaces can have a positive impact on the mental well-being of participants, reducing stress and anxiety associated with discrimination.

Weaknesses:

Resource intensity: Establishing and maintaining safer spaces can be resource-intensive, requiring funding for facilities, staff, and programs aimed at fostering inclusivity.

Potential resistance: Some established communities or individuals may resist the concept of safer spaces, viewing them as unnecessary or disruptive to existing norms.

Limited awareness: Awareness of the benefits of safer spaces may be limited, making it challenging to attract participants and secure funding or support.

Sustainability challenges: Ensuring that safer spaces remain inclusive and safe over time can be challenging and may require ongoing effort and commitment.

Opportunities:

Increased participation: Safer spaces can lead to increased participation in sports by marginalised communities and individuals with disabilities, expanding the reach of sports programs.

Enhanced branding: Organisations or municipalities that support safer spaces can enhance their branding as inclusive and socially responsible entities.

Community support: These spaces can garner strong community support and involvement, fostering a sense of unity and shared purpose.

Advocacy platform: Safer spaces can serve as a platform for advocacy, raising awareness about the importance of inclusivity in sports and advocating for policy changes.

Threats:

Resistance from established communities: Resistance from existing sports communities or organisations may pose a challenge, as some may view safer spaces as a threat to their traditions or exclusivity.

Resource constraints: Securing the necessary resources to establish and maintain safer spaces can be a significant hurdle.

Misuse possibility: There is a risk of safer spaces being misused or not fulfilling their intended purpose, which could lead to a loss of credibility.

Enforcement difficulties: Ensuring that safer spaces remain safe and inclusive may require strict enforcement mechanisms, which can be challenging to implement effectively.

In conclusion, creating safer spaces in urban sports to promote inclusivity and support marginalised communities and people with disabilities has the potential for significant social and mental health benefits. However, it also faces challenges related to resources, resistance, awareness, and maintenance, which must be carefully addressed to achieve its goals.

Idea #7: Art for Climate Activism

Art has the power to convey powerful messages and emotions. Organise art workshops for disabled youth, where they can create artwork centred around climate change, environmental issues and with basketball themes. Encourage them to express their perspectives and feelings about the changing climate or basketball and its impact on their lives. Display the artwork at 3x3 basketball events, local galleries, or community centres to raise awareness about climate change and promote dialogue about sustainability. Utilise social media platforms to share the artwork with a broader audience and encourage

discussions on climate action. This approach can engage the community in a creative and impactful manner, fostering empathy and understanding for climate issues. “Mobility and participation bring considerable benefits for disabled CYP, including helping develop positive identity and pathways to resilience, improving quality of life and wellbeing, increasing physical fitness, and facilitating. Participation can impact the feelings, emotions, and states that people might experience and is interrelated with sense of place and social practices. Ultimately these individual and external factors converge to support wellbeing.”

Strengths:

Creative expression: The idea harnesses the power of art to enable disabled youth to express their perspectives and emotions about climate change and basketball, providing a unique and personal way for them to engage with these issues.

Community engagement: Displaying the artwork at local events, galleries, and community centres can effectively engage the community in meaningful discussions about climate change and sustainability.

Weaknesses:

Resource-intense: Organising art workshops, securing exhibition spaces, and promoting the artwork through social media can be resource-intensive, requiring funding, materials, and logistical support.

Subjective impact: The impact of art can be subjective, making it challenging to measure the effectiveness of this approach in raising awareness and fostering empathy.

Opportunities:

Raising awareness: Displaying the artwork at 3x3 basketball events and other local venues can raise awareness about climate change and encourage dialogue about sustainability among a broader audience.

Dialogue: By encouraging discussions on climate action and sustainability, this approach has the potential to inspire meaningful conversations and inspire action in the community.

Threats:

Limited audience: The impact of this initiative may be limited to those who attend the events or visit the galleries, potentially missing a broader audience that could benefit from the message.

Art quality: The quality of the artwork produced may vary, and ensuring that the pieces effectively convey the intended message can be a challenge.

In conclusion, using art workshops to engage disabled youth in creating artwork related to climate change and basketball is a creative and impactful way to raise awareness and promote dialogue. However, it requires careful resource management and may have a subjective impact, and the reach may be limited to those who directly engage with the art. Nevertheless, it has the potential to foster empathy and understanding for climate issues among the community.

Idea #8: Partnerships with Climate NGOs

Forge partnerships with climate-focused non-governmental organisations (NGOs) to enrich the 3x3 basketball program with their expertise. Invite representatives from these organisations to deliver talks or conduct workshops on climate change, sustainable living, and environmental conservation. Create interactive sessions that allow disabled youth to actively engage with the material and explore how they can contribute to climate action on a personal level. The NGOs can provide educational resources, access to environmental campaigns, and mentorship opportunities, motivating the participants to become climate advocates within their communities. “NGOs bring unique attributes to Sport for Development and Peace that make them essential partners to governments and other stakeholders.

In many cases, NGOs act as intermediaries between governments and the people and communities they are assisting, providing a critical conduit for information and feedback on community and target population needs, as well as policy and program impacts in the field. They also serve as the primary delivery agent for many Sports for Development and Peace initiatives offered in the community, outside of schools and workplaces.”

Strengths:

Expertise: Partnering with NGOs specialising in climate change and environmental conservation provides access to valuable expertise, ensuring that participants receive accurate and up-to-date information.

Educational resources: These partnerships can offer a wealth of educational resources, which can be integrated into the programme to enhance participants' knowledge about climate change and sustainability.

Weaknesses:

Coordination: Collaborating with external organisations, especially NGOs, can be challenging in terms of coordination and aligning program goals and schedules.

Alignment: Ensuring that the content delivered by NGOs aligns with the needs and interests of disabled youth engaged in the 3x3 basketball programme may require careful planning and customisation.

Opportunities:

Educational opportunities: Inviting representatives from NGOs to deliver talks and conduct workshops can provide valuable educational opportunities for disabled youth, empowering them with knowledge about climate action and sustainable living.

Advocacy: Through mentorship and access to environmental campaigns, participants can become advocates for climate change and environmental conservation within their communities, extending the impact of the programme.

Threats:

Dependence on partners: Relying heavily on external partners, such as NGOs, for content and resources may create dependency, and if partnerships dissolve, the programme could suffer.

Resource allocation: Balancing the needs of the 3x3 basketball program with the demands of the NGO partnerships may require careful resource allocation and planning to ensure both components are effective.

In conclusion, partnering with climate-focused NGOs to enrich a 3x3 basketball program with climate education and advocacy opportunities is a promising approach to engage disabled youth in meaningful ways. However, it requires effective coordination, alignment of goals, and resource management to ensure the success and sustainability of the program. The potential benefits in terms of education and advocacy make it a valuable initiative for promoting climate action and environmental awareness.

Idea #9: 'Youth Volunteers' Leadership Programme

Engage youth volunteers in the sustainable management of 3x3 basketball events. Assign them roles to oversee waste sorting and recycling stations, promote eco-friendly practices among participants, and manage energy consumption during tournaments. Volunteers can encourage the use of public transportation, promote water conservation, and ensure the proper disposal of waste materials throughout the event. Additionally, they can set up information booths to educate attendees about climate-friendly actions they can adopt in their daily lives. This hands-on experience in event management instils a sense of responsibility and leadership among young volunteers, reinforcing the connection between sports and environmental responsibility.

Strengths:

Hands-on experience: Involving youth volunteers in event management provides them with valuable hands-on experience in sustainability practices, event coordination, and leadership development.

Leadership development: Assigning roles to oversee various sustainability aspects helps develop leadership skills among young volunteers, fostering a sense of responsibility and accountability.

Weaknesses:

Volunteer availability: Ensuring a consistent pool of available youth volunteers for each event may be challenging, as their availability could be influenced by other commitments or changing circumstances.

Oversight: Effective oversight of youth volunteers is crucial to ensure that eco-friendly practices and sustainability measures are properly implemented during events.

Opportunities:

Responsibility: Involving youth in sustainable event management instils a sense of responsibility for the environment and encourages them to take an active role in promoting eco-friendly practices.

Environmental education: Setting up information booths to educate attendees about climate-friendly actions can raise awareness and promote environmentally responsible behaviours among event participants.

Threats:

Coordination: Coordinating the efforts of youth volunteers, event organisers, and participants to ensure the successful implementation of sustainability practices may be complex and require careful planning.

Volunteer burnout: Overcommitment or burnout among youth volunteers can be a risk if not managed properly, as their roles may involve significant responsibility and effort.

In conclusion, engaging youth volunteers in the sustainable management of 3x3 basketball events is a commendable approach to promote environmental responsibility and leadership development. However, it requires careful planning, oversight, and consideration of volunteer availability and potential burnout. When executed effectively, this initiative can positively reinforce the connection between sports and environmental responsibility while educating event attendees about climate-friendly actions.

Idea #10: A checklist for climate-friendly sport and exercise programmes

This idea proposes a checklist to support local level stakeholders in providing climate-friendly sport and exercise programmes offers a systematic and comprehensive approach to addressing the environmental impact of sports and exercise activities. The five axes—active transport, carbon footprint of exercises, low carbon sport clothing and equipment, instructors as climate action champions, and advertising and communication—provide a well-rounded framework for promoting sustainable practices in the sports and exercise industry.

Strengths:

Comprehensive framework: The checklist may cover multiple aspects of climate-friendly sport and exercise programs, ensuring a holistic approach to sustainability.

Research-Based: The ideas presented in the paper are likely to be grounded in research and best practices, enhancing their credibility and effectiveness.

Practical guidance: Local stakeholders can use the checklist as a practical tool to implement climate-friendly initiatives in their sports and exercise programmes.

Weaknesses:

Complexity: Implementing changes across all five axes may be complex and resource-intensive, especially for smaller organisations or communities with limited resources.

Lack of specifics: The checklist may lack specific, actionable recommendations for local stakeholders, making it challenging to translate theory into practice.

Opportunities:

Environmental impact: Climate-friendly sports and exercise programs can significantly reduce the environmental footprint of the sports industry, contributing to broader sustainability goals.

Education and awareness: The checklist can serve as an educational resource, raising awareness about the environmental impact of sports and exercise and promoting climate action.

Threats:

Resistance to change: Stakeholders, including sports organisations and participants, may resist adopting new practices or investing in eco-friendly equipment and infrastructure.

Resource constraints: Implementing changes in accordance with the checklist may require financial and human resources that some stakeholders may not have readily available.

In conclusion, providing a checklist for climate-friendly sport and exercise programmes is a valuable resource for promoting sustainability in the sports industry. While it offers a comprehensive framework, potential challenges include complexity and resource limitations. However, the checklist's potential to reduce the environmental impact of sports and raise awareness about climate action presents promising opportunities for local stakeholders and the broader community.

Idea #11: 3x3 Community Training Programme

Open for people with disabilities - programmes can be introduced in collaboration with public authorities and/or universities and/or other NGOs and/or wheelchair basketball clubs. Once a week open 3x3 training for youth people can take place with a dedicated training plan for basketball coaches with experience on wheelchair basketball. Aim: to provide an opportunity to young ppl for interaction with urban sports (more specifically 3x3 basketball) and engage them with the sport. Also, this idea provides an opportunity for youth to become members of a new sports family, be introduced to the basketball team and become active members of society through sports.

Strengths:

Inclusivity: This initiative promotes inclusivity by providing an opportunity for young people with disabilities to engage in urban sports, fostering a sense of belonging and participation.

Skills development: Offering dedicated training plans and experienced coaches in wheelchair basketball allows participants to develop their basketball skills, boosting their self-confidence and physical fitness.

Weaknesses:

Resource-intense: Organising and maintaining these training sessions may require substantial resources, including facilities, coaching staff, adaptive equipment, and funding.

Accessibility: Ensuring the accessibility of the training facilities and programs for individuals with disabilities can be challenging, as it may require modifications and accommodations.

Opportunities:

Engagement: Providing an opportunity for young people with disabilities to engage in 3x3 basketball can enhance their physical and mental well-being and offer a sense of purpose and community.

Sports participation: Encouraging disabled youth to become active members of a sports family can lead to increased sports participation and contribute to their overall quality of life.

Threats:

Participation: Attracting and retaining participants with disabilities may be challenging, as individual motivations and interests can vary widely.

Facility availability: Securing accessible facilities for the training sessions may be difficult, especially in regions with limited resources or infrastructure for disabled sports.

In conclusion, the idea of introducing open 3x3 training sessions for youth with disabilities is a commendable effort to promote inclusivity and sports participation. However, it comes with resource-intensive requirements and potential challenges related to accessibility and facility availability. With proper planning and support, this initiative has the potential to significantly benefit young people with disabilities by providing them with opportunities for skill development and social engagement through sports.

Idea #12: Open Discussions with Disabled Individuals

This idea promotes discussions between disabled youth and their family members about the importance and benefits they can gain through urban sports. Also, open discussions with NGOs related to the rehabilitation support of these people, on how to encourage them to participate in Urban sports. Aim: To raise direct awareness to those who are in need about the benefits of interaction with urban sports and more specifically with 3x3 basketball.

Strengths:

Direct awareness: This approach directly targets individuals with disabilities and their families, ensuring that they are informed about the benefits and opportunities of urban sports like 3x3 basketball.

Tailored solutions: By engaging in discussions with NGOs focused on rehabilitation support, tailored solutions and programs can be developed to encourage participation in urban sports, taking into account the specific needs and challenges of individuals with disabilities.

Weaknesses:

Resource-intense: Implementing awareness campaigns and discussions with NGOs can be resource-intense, requiring funding, time, and coordination efforts.

Engagement: Encouraging individuals with disabilities and their families to actively engage in urban sports may face challenges related to motivation, accessibility, and interest.

Opportunities:

Engagement: This initiative provides an opportunity to engage individuals with disabilities and their families, potentially leading to increased participation in urban sports and improved overall well-being.

Awareness: Raising awareness about the benefits of urban sports can help dispel misconceptions and stereotypes, promoting a more inclusive sports culture.

Threats:

Resistance: Some individuals with disabilities or their families may resist the idea of participating in urban sports due to preconceived notions or concerns about accessibility and safety.

Misinformation: The spread of misinformation or lack of awareness about the potential benefits of urban sports may hinder the effectiveness of the awareness campaign.

In conclusion, the idea of raising direct awareness among individuals with disabilities and their families about the benefits of urban sports and collaborating with rehabilitation-focused NGOs holds promise for promoting inclusivity and engagement. However, it requires careful resource allocation and addressing potential challenges related to resistance and misinformation to ensure its success. When executed effectively, this initiative has the potential to empower individuals with disabilities and their families to explore the world of urban sports and benefit from the positive impact on physical and mental well-being.

Idea #13: Engaging Policymakers

Engaging public authorities on how urban sports facilities can become more eco-friendly and greener hubs for youth. Aim: To create better conditions for the youth on public urban sports facilities while fighting the climate change with sustainable actions (i.e: planting trees around the facilities, use renewable systems for the needs of the facilities and form educational and/or interactive programs about the importance of greener culture in society and sports.

Our approach hinges on utilising sports as a compelling avenue to bridge gaps and establish rapport with communities that might otherwise be challenging to reach. By harnessing the magnetism of sports, we can effectively engage with young individuals, inspiring them to explore wider societal issues that impact their lives. Our acknowledgment of the significance of personal and social growth is emblematic of our commitment to promoting holistic development among the participants by involving policy makers and public authorities to ensure the change.

Strengths:

Advocacy: This approach serves as a platform for advocating sustainable and eco-friendly practices, raising awareness about climate change, and promoting green culture in society and sports.

Systemic change: By involving public authorities and policy makers, the initiative has the potential to drive systemic change in the design and operation of urban sports facilities, contributing to a more sustainable future.

Weaknesses:

Influence: Effecting change within bureaucratic systems and securing the commitment of public authorities may require substantial influence and negotiation, which can be challenging to achieve.

Bureaucracy: Navigating through bureaucratic processes and red tape within government agencies can slow down the implementation of eco-friendly measures.

Opportunities:

Green facilities: Transforming urban sports facilities into eco-friendly hubs can set an example for other public spaces and inspire similar initiatives in different sectors.

Youth involvement: Engaging young individuals through sports provides an opportunity to instil environmentally conscious values and behaviours, creating a generation of eco-conscious citizens.

Threats:

Lack of interest: There is a risk that some segments of the youth population may not be interested in or receptive to the idea of eco-friendly sports facilities.

Political obstacles: Political factors and opposition within public authorities may hinder progress and slow down the implementation of sustainable actions.

In conclusion, this initiative leverages the power of sports to advocate for systemic change and create eco-friendly urban sports facilities. While it holds great potential for promoting green culture and youth involvement, it also faces challenges related to bureaucracy and

political obstacles. Nevertheless, the impact of transforming urban sports facilities into sustainable and environmentally conscious hubs can be far-reaching, contributing to climate action and raising awareness about the importance of greener practices in society and sports.

Idea #14: Hosting Eco-Friendly Events

Eco-friendly activities and campaigns during 3x3 tournaments aim to raise awareness about climate change through e.g. the collection of old clothes/shoes/bedsheets/towels for recycling and or supporting citizens' needs. This idea is in line with the trend of using outdoor natural environments that responds to the need of reducing the cost of health care, which increases as regular physical activity decreases. In fact, physical exercise benefits both mental and physical health, and outdoor exercise appears to be more effective than indoor physical activity."

Strengths:

Awareness: Hosting eco-friendly events provides a platform to raise awareness about climate change and other environmental issues, engaging participants and spectators in important discussions.

Community engagement: These events encourage community involvement and engagement, fostering a sense of collective responsibility toward sustainability.

Weaknesses:

Resource-intense: Organising and promoting eco-friendly events can be resource-intensive, requiring funding, logistics planning, and manpower.

Logistics: Managing the logistics of recycling collection and distribution to NGOs can be complex and may require careful coordination.

Opportunities:

Recycling: Collecting old clothes, shoes, and other recyclables through these events can contribute to reducing waste and supporting recycling initiatives.

Supporting NGOs: Partnering with NGOs can provide an opportunity to support charitable causes and address the needs of vulnerable populations.

Threats:

Participation: The success of eco-friendly events depends on participation, and attracting a sufficient number of participants and spectators may be challenging.

Cost: Hosting these events may involve costs that need to be covered through sponsorships, donations, or registration fees, which could be a potential barrier.

In conclusion, hosting eco-friendly events like 3x3 basketball tournaments with a sustainability focus is a valuable approach to raise awareness, engage the community, and support environmental and social causes. However, it requires careful resource management and logistics planning to ensure successful execution. The potential benefits in terms of awareness, recycling, and supporting NGOs make it a promising initiative for promoting eco-consciousness and community engagement.

Idea #15: Sports and urban biodiversity

This idea connects the quest for inclusive and green urban sports with the need to preserve biodiversity in cities. Some of the suggested measures to be taken by youth organisations and sports clubs are:

- Preserve and conserve existing natural vegetation within sport venues.

- Take advantage of marathons and cycling events to improve green infrastructure along the route, such as street trees.

- Use grass rather than artificial turf.

- Add green roofs and living walls on sports buildings.

- Choose native plants for outdoor landscaping.

- Select native species as mascots.

- Organise education events to connect fans with native species.

Strengths:

Sustainability promotion: The adoption of green practices in urban sports not only benefits the environment but also promotes sustainability, aligning sports with broader ecological goals.

Improved urban environment: Incorporating green elements into sports venues and events can contribute to a more aesthetically pleasing and ecologically sound urban environment.

Community engagement: The participation of local communities in green initiatives associated with sports can foster a sense of ownership and engagement among residents.

Positive branding: Organisations and sports entities that prioritise eco-friendly practices can improve their brand image by showcasing their commitment to environmental responsibility.

Weaknesses:

Resource intensity: Implementing green practices may require significant resources, including funding, expertise, and time, which can be a barrier for some organisations or communities.

Resistance to change: There may be resistance from stakeholders who are resistant to change or who view green practices as disruptive or costly.

Maintenance demands: Green infrastructure, such as living walls or green roofs, requires ongoing maintenance, which can be challenging for some organisations to sustain.

Limited awareness: The awareness of the benefits of green practices in sports may be limited, requiring education and advocacy efforts.

Opportunities:

Environmental impact reduction: The adoption of green practices has the potential to significantly reduce the environmental impact of sports activities in urban areas.

Community building: Green initiatives associated with sports can provide opportunities for community building and social interaction.

Innovation potential: The development and implementation of green sports practices can stimulate innovation and creativity in sports event planning and infrastructure design.

Education opportunities: Organising education events and engaging fans in native species conservation can raise awareness and promote environmental education.

Threats:

Cost barriers: The upfront costs of implementing green practices can be a barrier for some organisations or communities, especially those with limited budgets.

Stakeholder resistance: Opposition or resistance from stakeholders, including event organisers or facility managers, could impede the adoption of green practices.

Misuse: There is a risk that some green initiatives may not be used or maintained properly, leading to misuse or inefficiencies.

Sustainability challenges: The long-term maintenance of green infrastructure and practices can be challenging and may require ongoing commitment and resources.

In conclusion, the framework for achieving mutual benefits for nature and sports in cities through green practices presents exciting opportunities for sustainability, community engagement, and positive branding. However, overcoming resource barriers, addressing

resistance to change, and ensuring sustainability will be key challenges to address for successful implementation.

Summary of SWOT ANALYSIS:

STRENGTHS:	**OPPORTUNITIES:**
Inclusivity, eco-friendly practices, raising awareness	Promoting diversity, environmental consciousness.
Education, inclusion, youth engagement.	Fostering unique perspectives, empowering youth
Community involvement, environmental stewardship	Social inclusion, sustainable practices
Diversity promotion, awareness.	Inspiring others, breaking misconceptions
Inclusivity in decision-making	Improved decision-making
Enhanced infrastructure resilience and accessibility	Enhanced infrastructure
Legitimate and informed information	Community engagement
Effective green policies	Collaborative advocacy
Capacity building opportunities	Increased awareness, and support.
Networking for advocacy.	Increased participation
Inclusivity promotion	Enhanced branding
Community building	Community support
Diversity encouragement	Advocacy platform.
	Raising awareness, dialogue.

Positive mental health impact Creative expression, community engagement Expertise, educational resources. Hands-on experience, leadership development Empowerment, climate action. Inclusivity, skill development. Direct awareness, tailored solutions. Advocacy, systemic change. Awareness, community engagement. Sustainability promotion Improved urban environment Community engagement Positive branding	Educational opportunities, advocacy. Responsibility, environmental education. Leadership development, advocacy. Engagement, sports participation. Engagement, awareness. Green facilities, youth involvement. Recycling, supporting NGOs. Environmental impact reduction Community building Innovation potential Education opportunities
WEAKNESSES: Potential resistance to inclusion Accessible materials, funding. Resource-intensive, logistical challenges. Logistics, competition for attention. Resource-intensive, Potential resistance to change, Coordination challenges, Time and	**THREATS:** Limited resources, lack of interest. Limited participation, weather dependent. Resource constraints, coordination challenges. Resistance to inclusion Competition with other priorities

effort in capacity building, Dependent on climate actor willingness. Resource intensity, Potential resistance, Limited awareness, Maintenance challenges. Subjective impact. Coordination, alignment. Volunteer availability, oversight. Training resources, selection process. Accessibility. Engagement. Influence, bureaucracy Resource intensity Resistance to change Maintenance demands Limited awareness	Capacity constraints, Political barriers Limited access to decision-making spaces Resistance from established communities Resource constraints Misuse possibility Enforcement difficulties. Limited audience, art quality. Dependence on partners, resource allocation. Coordination, volunteer burnout. Sustainability, youth interest. Participation, facility availability. Resistance, misinformation. Political obstacles Cost barriers Stakeholder resistance Sustainability challenges

Conclusion

This SWOT analysis provides a concrete assessment of the 15 ideas provided by partners to connect 3x3 basketball and climate action for disabled youth. The aim of this brainstorming activity and its evaluation is to expand existing understanding on how youth organisations and sports clubs can organise more accessible, inclusive and green urban sports events for youth with disabilities.

The list of ideas analyses and showcased in this document cannot be considered exhaustive. Further evaluation and prioritisation are necessary to determine the most feasible and impactful initiatives. Each idea has its unique strengths and challenges, and a combination of several ideas may yield the most comprehensive approach to achieving the desired outcomes.

References

Fitzgerald, H., Stride, A. & Drury, A. (2022) COVID-19, lockdown and (disability) sport, Managing Sport and Leisure, 27:1-2, 32-39, DOI: 10.1080/23750472.2020.1776950

Smith, M. et al. (2021). Mobility barriers and enablers and their implications for the wellbeing of disabled children and young people in Aotearoa New Zealand: A cross-sectional qualitative study, Wellbeing, Space and Society, Vol 2, https://www.sciencedirect.com/science/article/pii/S2666558121000014

Larkins, C. et al. (April 23, 2020). Building on rainbows. Supporting children's participation in Shaping responses to COVID-19. UCLAN. https://www.aep.org.uk/system/files/2022-04/building%20on%20rainbows%20child_participation_in_covid-19_respone__-_rapid_paper_.pdf

Kamyuka, D. et al. (2020). Access to Physical Activity and Sport and the Effects of Isolation and Cordon Sanitaire During COVID-19 for People With Disabilities in Scotland and Canada. Frontiers in Sports and Active Living. https://www.frontiersin.org/articles/10.3389/fspor.2020.594501/full

Kitchin, P., Hammond, A., Bundon, A., Howe, P. & Darcy, S. (2022). COVID-19 and Disability Sport. 10.4324/9781003176329-31.

Sport for Development and Peace. International Working Group. (2008). Harnessing the power of sport for development and peace: Recommendations to governments. https://www.sportanddev.org/sites/default/files/downloads/rtp_sdp_iwg_harnessing_the_power_of_sport_for_development_and_peace.pdf

Spaaij, R. (2009). Sport as a Vehicle for Social Mobility and Regulation of Disadvantaged Urban Youth: Lessons from Rotterdam. https://static1.squarespace.com/static/56bab5eb20c64753944c8bb2/t/572fe8441bbee07454ddf182/1462757448422/IRSS-2009.pdf

Light for the World (June 2020). Rights-based climate action. Inclusion of persons with disabilities https://www.licht-fuer-die-welt.at/app/uploads/sites/8/2021/09/climatechange_en_0.pdf

International Disability Alliance. (n.d.). Disability inclusive climate action COP26 Advocacy Paper https://www.internationaldisabilityalliance.org/sites/default/files/cop26_advocacy_paper_0.pdf

Urban sports club. (July 20, 2023). The importance of safer spaces in sports. https://blog.urbansportsclub.com/en/community/the-importance-of-safe-spaces-in-sports/