GLIDE

Grassroots Links for Inclusion, Diversity & Engagement through Sport

Project: 101245824—ERASMUS-SPORT-2025-SCP

Deliverable D4.1:

Basic Guides to Disc Golf Outreach to Four Target Groups

Disclaimer: Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them."

Co-funded by the European Union

Table of Content

GLIDE Grassroots Links for Inclusion, Diversity & Engagement through Sport 1
1. Introduction 1
2. Practical Recommendations for the Target Groups 1
2.1 Girls and Women 1
2.1.1 Baseline Data 2
2.1.2 Outreach Guidelines Based on Best Practices 3
2.1.3 Activity Proposal 4
2.1.4 Implementation Requirements 4
2.2 Older Adults 60+ 5
2.2.1 Baseline Data 5
2.2.2 Guidelines Based on Best Practices 6
2.2.3 Activity Proposals 7
2.2.4 Implementation Requirements 8
2.3 Socio-economically Disadvantaged People 8
2.3.1 Baseline Data 8
2.3.2 Outreach Guidelines Based on Best Practices 9
2.3.3 Activity Proposals 11
2.3.4 Implementation Requirements 11
2.4 People with Physical and/or Mental Disabilities 12
2.4.1 Baseline Data 12
2.4.2 Outreach Guidelines Based on Best Practices 13
2.4.3 Activity Proposals 15
2.4.4 Implementation Requirements 15
3. Conclusion and Outlook 15

Co-funded by
the European Union

1. Introduction

In a first step, these Outreach Guidelines are intended to guide interested clubs, supported by the federations in the partner countries, through the complex topic of practical inclusion of groups previously underrepresented in sports. Where necessary, they aim to educate and invite clubs to open up to the topic of inclusion through disc golf and provide a preliminary toolkit to reach the target groups as defined here.

According to the UN Convention on the Rights of Persons with Disabilities, inclusion means the equal participation of every person in social life. This applies from the beginning of life into old age. GLIDE has selected four disadvantaged target groups with the goal of increasing their participation in club sports. Both the complexity of the term "inclusion" and the overwhelming size of these social groups make it necessary to narrow down or simplify the target groups. Methodologically, this will be achieved through the format of a guideline that is primarily simplifying, practice-oriented, and motivating.

By setting practical priorities within the target groups, participating clubs are offered a starting point—or an opportunity to deepen—inclusive activities within their organization. Each participating club is encouraged to dedicate itself to one of the four groups. In this way, the abstract topic of inclusion can grow into a manageable, low-barrier, and highly sustainable club offering at the local level.

Met opmerkingen [Sv1]: Choose 1 target grouop to work with

Within the target groups, the Outreach Guidelines focus on proven best practices from other sports contexts and insights already gained. This reduction makes the broad target group more manageable and tangible for the clubs. The practical examples presented here can provide structure and security during implementation, though they cannot replace the experience the clubs will gain themselves. These Outreach Guidelines aim to promote this internal club process, which carries a high degree of social responsibility.

In the following four separate chapters, we provide practice-based recommendations for action for exemplary subgroups within the respective target groups.

2. Practical Recommendations for the Target Groups

2.1 Girls and Women

Narrowing down the target group is advisable, as standardized guidelines for more than half the population would be too unspecific to be effective at the local level. Therefore, in this early phase of GLIDE, we are focusing our recommendations specifically on girls, as well as young

Co-funded by
the European Union

adult women. They are included as long as age-specific effects are not the primary focus. This appears to be the most promising subgroup in terms of sustainable, positive development in inclusive disc golf. At the same time, this simplifies things for the clubs, as the numerous factors of intersectionality (socio-economic disadvantages, single-parent status, age-related physical limitations) have less influence here.

Met opmerkingen [Sv2]: Doubt: How attractive is a highly male dominated club for girls and young adult women?

2.1.1 Baseline Data

Topic	Data/Information	Source
Demographics	Women make up over 51% of the population; this share grows in older age groups due to higher life expectancy.	Eurostat Gender Statistics, Eurostat Population Structure and Ageing
Socio-economic Factors	On average, women are economically 13% worse off. The employment rate is lower than for men due to factors like for example unpaid care work.	Eurostat Employment and activity by sex and age, Gender pay gap statistics
Access to Sports	Only 36% of women exercise regularly; 52% of women are never physically active. Women are particularly underrepresented in disc golf: Finland 6%, Austria 8%, Netherlands 10%, Germany 13%, Czechia 17%, Latvia 20%, Slovakia 22%, Ukraine 25%. Challenge: High drop-out rate among teenage girls. Barriers include overly competitive offerings and a lack of social networks.	Publications Office of the EU - Towards more gender equality in sport; Women in Sport - REFRAMING SPORT FOR TEENAGE GIRLS; GLIDE Proposal: Section 1.2

Co-funded by the European Union

2.1.2 Outreach Guidelines Based on Best Practices

All pointers and practical experiences mentioned here originate from an interview on March 20, 2026, with Johanna Suwelack. She is the Team Leader for Children's and Youth Sports as well as Youth Social Work at the Deutsche Sportjugend (Youth Association of the National Olympic Conference). Additionally, she has been successfully building a girls' soccer department for 15 years, where she also volunteers as a coach.

Where and how do I reach the target group?

Ideally, promotion should happen in places where functioning girls' groups already exist, such as schools, universities, or youth clubs. The invitation, regardless of the medium, must be written in the target group's language and distributed through their media channels. In the best-case scenario, the club environment already includes girls in the target age group who can coach the authors on this.

Met opmerkingen [Sv3]: Use right language, speak with the target group

What should the group structure look like?

"Girls go to play sports where other girls are." This core statement clearly shows that the prospects of integrating girls and women into the club increase significantly if there is an all-female group. Especially in the beginning, the instructor or coach is existentially important for the group structure. Regardless of whether she serves as an athletic role model, she should be female and ideally close in age to the girls. If no female person is available to teach disc golf, this can be compensated for by a co-coach or supervisor who focuses strictly on social interaction and bonding. There are many female role models in professional disc golf, and they can be integrated into the program via social media. If an all-female disc golf group is not possible, the female share of a mixed group should not drop below 50% until the group is socially consolidated. To achieve this, it may be necessary to intentionally leave spots on the male side of the group empty.

What are the location requirements?

Feeling safe and unobserved is of fundamental importance, especially at the beginning of a new sports or movement experience like disc golf. Therefore, it makes sense for the first contact with disc golf to take place where girls already spend their free time among themselves. Disc golf should ideally come to the target group first, building trust and a core group there. If the club's disc golf facility meets the requirements, the program can also start there. The necessary feeling of moving within a "safe space" can be created through the sense of security and trust provided by the female coaches or supervisors.

Met opmerkingen [Sv4]: Safe space kan misschien beter een eigen ronde, een eigen aparte groep binnen de club. Die hun eigen manier van disc golf beoefenen vinden. Bv. Met koffie vooraf of juist na. Of… 9 holes etc. Eerst training en dan rondje met kinderwagen

Co-funded by
the European Union

What are the success factors for a sustainable sports program?

On the part of the clubs, persistence and frustration tolerance contribute to long-term success. The social effort must be palpable for the girls. The federation should encourage and step in when problems arise.

Met opmerkingen [Sv5]: How can federations help? Examples of problems and federation help

What are the challenges?

Once a "critical mass" is reached and the group appears to function smoothly, the next challenge awaits. Experience shows that girls' groups are fragile during puberty and can fall apart. However, maintaining the group is easier than founding it and generally works according to the same mechanisms. The facilitator or coach must remain sensitive to the group's social dynamics and be willing to accommodate the girls' changing needs. The biggest challenge is the club drop-out rate among teenage girls. Upon closer inspection, this statistical fact has reasons that are solvable. The decisive barriers within clubs for girls are overly competitive offerings and a lack of social networks.

Finally, there are three soft-skill tips by Johanna Suwelack:

1. Staying Power, meaning enduring setbacks and sticking to your plan
2. No Stress, avoiding putting yourself under performance pressure regarding the goal right from the start
3. Fun-Factor, focusing on joy so that it spreads within the group.

2.1.3 Activity Proposal

Programs with the greatest potential for sustainability have "Girls-Only" formats. If the recommendations above, especially regarding communication and group structure, are taken into account, success is highly likely. The athletic content should also be geared toward the "athletically weaker" participants. Initially, the disc golf program should be as low-barrier and as non-competitive as possible to bring everyone along. At the same time, the program should be charged with as many social factors as possible. Female spectators and friends who could be potential new disc golfers should be invited consistently.

2.1.4 Implementation Requirements

Equipment: The minimum requirement is a mobile basket and at least 10 lightweight disc golf discs (approx. 150 grams), especially for a younger group. Additional disc golf equipment makes the program livelier.

Other types of Frisbees (lightweight Ultimate, DDC, Fastback discs) are also recommended, as

Co-funded by the European Union

they are much better suited for catching games that promote teamwork. Elements that can serve as obstacles or targets can introduce creativity and variety.

Personnel: A female instructor. If only a male person with disc golf expertise is available, he should be flanked by a young female reference person who can manage the social structure and communication.

Disc Golf Course: At the club's disc golf facility, it should be possible to reserve areas exclusively for the girls during the program. An additional attraction could be a room or area near the facility reserved for the female group at certain times.

2.2 Older Adults 60+

Narrowing down the target group is necessary here as well, since standardized guidelines for such a large portion of the population would be too unspecific. Therefore, the best-practice recommendations target the younger senior groups, between 60 and 70 years old. All involved must be aware that individual fitness levels in this broadly defined subgroup vary greatly. This target group contains vulnerable subgroups where socio-medical and geriatric aspects would need to be considered. For sports clubs, this is usually an unreasonable hurdle and risk. Seniors between 60 and 70 also form a promising subgroup for the sustainable development of disc golf in recreational and rehabilitation sports. This age group has the potential to produce role models and ambassadors for their peers.

2.2.1 Baseline Data

Topic	Data/Information	Source
Demographics	For 60+, the share of the total population is almost 30%; for over 65s, the EU average is 21.1%. The proportion of women increases with age due to higher life expectancy. Fastest growing demographic group.	Eurostat Population Structure and Ageing, Eurostat - Population by age group
Socio-economic Factors	Older people are largely retired and have a fixed income, which is usually lower than the	Pensions at a Glance 2023 OECD, Eurostat - Living conditions in Europe

Co-funded by the European Union

Topic	Data/Information	Source
	average income of the general population. Single women, in particular, have an increased risk of old-age poverty.	
Access to Sports	General sports participation: 44.5% of EU citizens over 65 do not reach the minimum recommendations for physical activity. Disc golf participation: Seniors are extremely underrepresented: Germany 6%, Austria & Finland 3%, Latvia & Czechia 1%, Slovakia 0.5%, Ukraine 0.2%. Trends: Preference for moderate, safe, and low-cost movement (HEPA). Activities are used much more frequently if they are within five minutes of home.	GLIDE Proposal: Section 1.2, Study (Remón et al., 2021), Eurostat, WHO: Promoting physical activity

2.2.2 Guidelines Based on Best Practices

All pointers and practical experiences mentioned here originate from an interview on March 16, 2026, with Itong Ehrke. She is a sports and educational scientist and has been a fitness trainer and project manager for 30 years. She established and now leads the senior sports department at Pfeffersport e.V., where she also works as a coach.

Where and how do I reach the target group?

To reach older people, they must be addressed at the focal points of their everyday lives. Supermarkets, parishes, and medical/physiotherapy practices have proven efficient for distributing flyers and notices. Direct, in-person outreach can be even more effective, as can initial contact through younger family members. Younger club members can draw their parents' or grandparents' attention to the offering. If the club has existing partnerships with social or religious institutions, these can be used to specifically promote the program to seniors 60+ or,

Co-funded by the European Union

ideally, to conduct it at the institution's location. Outreach via notices, flyers, social media, or direct channels should be formulated in an age-appropriate, accessible way.

What should the group structure look like?

The internal structure does not have to be based on the participants' age. Especially in the 60+ target group, the individually perceived age can vary greatly. It is recommended to classify groups primarily according to existing fitness levels, disc golf-specific motor skills, and resilience. This is particularly important for groups with cardiovascular diseases. The disc golf program must not cause any peak physical stress! (In disc golf, exertion can be controlled by dividing players into small groups of 2–6 people with a roughly similar fitness level.)

What are the spatial requirements?

Fundamentally, locations should be accessible (barrier-free) so that almost all biological age groups can participate. Since this is rarely the case with existing disc golf facilities, participation should be reserved for seniors who have the physical requirements to deal with the obstacles. (This can be clarified during a trial event before a trip to the local disc golf course. Questionnaires can be designed for this purpose.)

What are the success factors for a sustainable sports program?

The most important factor is the leadership of the respective program. Completely independent of their own age, leaders should promote social interest, noticeably acknowledge every individual, ensure a positive and relaxed atmosphere, and tolerate the special inclinations of the seniors. They must be open to the seniors' limits so as not to overwhelm them.

What are the challenges?

Overwhelming individual participants must be avoided at all costs. Many older people cannot adequately assess their stress limits during sporting activities and tend to overexert themselves within group dynamics for positively intended reasons.

2.2.3 Activity Proposals

From getting to know the sport to visiting the club course: Organize an initial presentation of disc golf as part of an existing sports or movement program for seniors in your area. Contact the management of the program or facility. Keep the introduction simple and host it at the location of the other program. One basket and a dozen discs are enough. Have 1-2 empathetic club members or coaches run the program. If participants become curious, repeat it until interest in

Co-funded by
the European Union

visiting the actual disc golf course is awakened.
Even if not all interested seniors can participate in playing the course for health reasons, it can still be a highly significant social event. Only provide the parts of the course or individual holes that are easy to play. It makes sense to shorten tee pads appropriately and omit difficult holes completely. Stage the excursion and the game as a social event for everyone. Emphasize a warm welcome, plenty of time for mutual exchange (especially after the official end of the game), and offer people a reason to linger with drinks and comfortable seating if possible. Allow pure spectators; next time they might play along. Pay attention to minimizing barriers and point out existing ones.

2.2.4 Implementation Requirements

Equipment: Minimum requirement is a mobile basket and at least 10 lightweight disc golf discs (approx. 150 grams). Other Frisbees (lightweight Ultimate, DDC, Fastback) are recommended as they are lighter and physically less demanding. These are also suitable for catching games that promote communication and social interaction. Any ideas that make disc golf easier for less mobile seniors are welcome, such as garbage tongs (grabbers) or stands for resting Frisbees.
Personnel: If the group consists mainly of women, a female instructor is recommended. If only a male person with disc golf expertise is available, he should ideally be flanked by a female reference person who can manage the social structure.
Disc Golf Course: Areas should be reserved exclusively for this target group during the program. A room or area in the vicinity reserved for social gatherings is a great draw. If possible, rest stops should be created in the form of benches or chairs.

2.3 Socio-economically Disadvantaged People

Narrowing down the target group is necessary, as standardized guidelines for a group making up more than a fifth of the population would be too unspecific. Depending on the partner country, about 20% of the total population falls into this group, spanning all age and gender groups. To create a clearer focus, the subgroup of youths (12 years and older) is highlighted here.
There is overlap here with the girls' target group. For the sake of efficiency, applying both guidelines can bundle club activities and lead to similar offerings and events, serving both target groups or at least a large intersection.

2.3.1 Baseline Data

Co-funded by
the European Union

Topic	Data/Information	Source
Demographics	~22% of the EU population faces an acute risk of poverty and social exclusion; for children, the risk is 24%. Women have a higher risk of socio-economic disadvantage than men (21.9% vs 20%).	Eurostat: People at risk of poverty or social exclusion in 2022, Living conditions in Europe
Access to Sports	Compared to the top income quintile, the bottom 20% exercise less regularly (37% vs 55%). Education level also influences the regularity of physical activity. Among children, girls from low-income families are particularly inactive; only 8% reach the recommended daily movement quota.	Sport participation - practicing sport and physical activity, HBSC-Studie 2009/10 – 2022

2.3.2 Outreach Guidelines Based on Best Practices

All pointers and practical experiences mentioned here originate from an interview on March 26, 2026, with Peter Wißmann. He is a social pedagogue and social worker at the Deutsche Sportjugend (Youth Association of the National Olympic Conference). He has worked for 22 years as the team leader of the sports-oriented youth club "Kolle 8" in Berlin.
From the perspective of social work, it is important to note that most youths in this target group are not interested in club sports. According to club coaches and social workers, this is primarily related to the specific habitus (culture) of sports clubs regarding the striving for homogeneity, performance readiness, will compete, and the commitment/reliability expected at club appointments. This culture is represented by club coaches and officials and rarely meets the target group in their actual life reality. They can adapt to club life and rules, but they cannot build an inner sense of belonging. However, they are relatively easily won over by sports programs in the context of youth social work. These are usually free of charge and involve a lower level of commitment. From a socio-pedagogical point of view, disc golf would be the perfect tool for

Co-funded by the European Union

participation, with all its athletic and social side effects.

Where and how do I reach the target group?

This target group must be picked up in their own locations. Mere advertising will not be successful in the long run. Schools, sports youth clubs, street festivals, and neighbourhood structures are central meeting points. In these contexts, youths are often pedagogically supported regarding sporting activities. If the club approaches these pedagogically trained authorities, direct access to the target group is guaranteed. Without this direct, unfiltered contact, the first hurdle is difficult to overcome because there is no basis of trust yet. Trust and interest in disc golf can be developed through direct contact. Word-of-mouth is crucial. Spreading the word within the target group and the neighbourhood is an extremely important success factor. If information comes from trusted people or institutions, it will be shared. Generally, access is easier if you enter their "bubble" and address them with respect and at eye level.

What should the group structure look like?

If you give this target group space according to their needs, a homogeneous group structure develops. This is an important building block for a sustainable program. The size of the group is not decisive, but larger groups survive likely times of crisis more resiliently. Because this target group is often shaped by less reliable structures, the framework of the disc golf program needs a balance between openness, tolerance (e.g., for non-conforming behaviours), and a resilient structure. This balancing act is the daily bread of social workers. Clubs can learn this through joint disc golf programs.

What are the spatial requirements?

If the club's disc golf facility offers the prerequisites of a protected location, the program can start there. This is less about a "safe space" and more about a place that is reserved for them, open to their needs, and physically close to their homes. The location must be easily accessible to keep the participation threshold low. If the location can only be reached by car or paid public transport, this can represent an insurmountable barrier.

What are the success factors for a sustainable sports program?

Reliability is essential; the program must take place reliably, even if only a few or no participants show up over a longer period. Flexibility is also important: if the group doesn't feel like doing the planned sports activity one day, the instructor must be willing to spontaneously change the

Co-funded by
the European Union

content (e.g., playing soccer or PlayStation instead of disc golf). Conveying the feeling that you want to meet the target group at eye level is crucial. Punitive approaches will almost certainly fail, and participants must not feel patronized. Depending on the degree of financial hardship, it is always beneficial to combine the program with food or joint cooking. Generally, a free offer is more likely to be accepted. However, free offers are often associated with greater non-bindingness on the part of the participants, which the club must weigh in advance.

What are the challenges?

Dealing with the unreliability or volatility of participants can be challenging for coaches when attendance drops massively. Retaining participants can be difficult because disc golf competes with more popular mainstream sports. This risk of migration can be countered by accommodating the target group's desire for variety. They usually won't leave for another club but will simply pursue their needs at other locations. Another challenge lies in the necessary flexibility of planning. You always need a Plan B and the willingness to allow it spontaneously. Reliability on the club's side can also be expressed through openness and adaptability.

2.3.3 Activity Proposals

On-site offerings: An offer at or near the social focal points of the target group. Youth social work facilities often offer funded, free sports programs during holidays and are open to trend sports like disc golf. Often, it is enough to contact the responsible persons and plan the disc golf program with them. Regular open program with highlight events: Once a certain continuity in participation is achieved and there is a level of social bonding within the group, the next step can be taken. Recurring events, perhaps a low-barrier tournament format (Doubles, Family Tournament), that have the format to create an additional bond to the group and to disc golf. Club binding should not be a propagated standard at this stage.

2.3.4 Implementation Requirements

Equipment: A mobile basket and at least 10 lightweight disc golf discs. Other types of Frisbees (lightweight Ultimate, DDC, Fastback) are excellent for catching games that promote cooperation.

Personnel: A binding recommendation cannot be given here, as the care situation for this target group varies greatly. As a guide: In a familiar setting, a small group (up to approx. 8 participants) can be supervised by one coach. If the group is larger or in a special situation (like a trip to a disc golf course), at least two supervisors should be scheduled, as behaviours can

Co-funded by
the European Union

become challenging.
Disc Golf Course: It should be possible to reserve areas exclusively for the target group during the program.

2.4 People with Physical and/or Mental Disabilities

A focus within this target group is particularly necessary, as standardized guidelines cannot be created here. The possible physical and mental limitations are simply too diverse. It is extremely heterogeneous and places the highest demands on the executing organizational structure, the coaches, and the program design.
Despite this, there are commonalities, especially in how to reach these people. However, it is important to respond individually to each participant. Treating them uniformly can lead to improper generalizations. Therefore, our recommendations here can only be very general and offer an entry point. But this entry is highly worthwhile to expand the inclusive horizon in sports.
It is advisable to get in direct contact with experts or existing structures right from the start to find out the needs and limits of the targeted group. We can only provide hints and suggestions on how and where to get in touch. Athletic content cannot be anticipated via guidelines. Every club that decides to play disc golf with this subgroup is a pioneer.
To keep the entry threshold as low as possible for clubs, the subgroup from the "neurodivergent spectrum" is the focus of these guidelines. Examples include autism, ADHD, dyscalculia, dyspraxia, and dyslexia. Many other subgroups have similar needs regarding movement and sports in the sense of an "intersection".

2.4.1 Baseline Data

Topic	Data/Information	Source
Demographics	About a quarter of the adult European population (~24%) has some form of disability. About 5% of children under 16 have a disability. Most disabilities are acquired during the course of life (for children under 4, the rate is only 2.8%).	European Council: Disability in the EU, Eurostat: Health statistics children
Socio-economic Factors	Higher risk of poverty: 28% vs	Summary of 2025 European

Co-funded by the European Union

Topic	Data/Information	Source
	21% in the general population. Unemployment rate is roughly a quarter higher.	Semester Reports and Country-specific Recommendations
Access to Sports	People with a disability participate significantly less often in sports programs, but the data is difficult to assess as surveys vary greatly between countries. The inactivity rate is almost twice as high as in the general population (~40% vs ~20%).	Mapping on Access to Sport for People with Disabilities, Active Lives Adult Survey

2.4.2 Outreach Guidelines Based on Best Practices

All pointers and practical experiences mentioned here originate from an interview on March 24, 2026, with Elisabeth Franke. She is a trained occupational therapist, inclusion companion, and has been a coach for inclusive programs at Pfeffersport for 15 years.

How and where do I reach the target group?

The most effective way is to contact a specialized institution (directly or via the federation) and explore the possibilities of cooperation in the field of sports therapy. This allows the target group to be addressed internally with the support of specialist staff. Notices, flyers, or in-person presentations within the organization can then serve as advertising. This gives the offer credibility and creates initial trust. An alternative on a smaller scale is direct contact with "individual caseworkers," "caregivers," or people who work with the target group. They are excellent multipliers, as they often actively look for suitable leisure activities for their protégés. Word-of-mouth or exchanges via social media also work well in the environment of this target group. Once the trust of a few families is won, a good program spreads quickly.

What should the group structure look like?

Starting with an existing group would be ideal. This would also include the presence of specialist staff (teachers, social workers, therapists). Routines, processes, and the social structure are already in place. In this case, one instructor would be sufficient if the group does not exceed 6-8 participants. Keeping changes small is especially important for participants on the autism

Co-funded by the European Union

spectrum. Completely different demands are placed on the group structure if the program cannot dock onto an existing one. A new group, even a small one, could not be managed with two instructors without special expertise in needs. Instead, a more promising approach could be integrating individual people with disabilities into existing disc golf groups. Assessing these very special group dynamic connections is overwhelming for a sports club. They should therefore be supported by experts or institutions. As a rule of thumb, the supervisor-to-participant ratio is fundamentally high. For adolescents with ADHD or autism, one coach can often supervise a maximum of two children. For a larger, mixed group (from 12 participants), at least three supervisors are needed.

What are the spatial requirements?
One of the health-promoting aspects of disc golf is using nature as a playground. However, for this target group—especially people with physical limitations—this is often an insurmountable barrier. Forests, roots, plants, or mud are massive hurdles for wheelchair users and people with limited mobility. For the neurodivergent subgroup focused on here, the location needs clear, visually recognizable, and physical boundaries. Enclosed rooms or fenced-in outdoor areas are enormously important, especially for participants with autism and ADHD. This provides a protected "safe space," prevents sudden running away, and promotes concentration. An indoor alternative as a first entry point to build trust is very welcome. For people with severe mobility impairments, absolute accessibility is required. Barrier-free (wheelchair-accessible) access, wide doors, suitable sanitary facilities, and nearby parking spaces are a necessity.

What are the success factors for a sustainable sports program?
It should be a fundamental decision of the club to try out a program for this target group. With backing from the club board, organizational and financial support can be secured. Creating a network is vital to create professional and organizational contacts. Working in a team is also crucial; you need at least a second person as a "sounding board" for exchange, reflection, mutual relief, and to absorb frustration. The focus should be on fun and participation. Performance or learning the perfect technique should take a back seat. Parental communication is elementally important when dealing with the younger subgroup. Coaches must know triggers, preferences, and exact support needs. Don't be afraid to make mistakes. If you stay flexible and adapt, sustainability is highly likely.

What are the challenges? Unreliable participation is a challenge, as therapy appointments, school hours, lack of mobility (transport services), or acute health episodes often lead to

Co-funded by
the European Union

strongly fluctuating attendance. In the competitive area, people with disabilities quickly lose motivation without a fair classification system. A look at the PDGA's "Adaptive Rules of Disc Golf" is recommended here. The higher supervision ratio means higher financial and personnel effort. It is never enough to have only one leading person present; expert accompaniment is absolutely necessary. Finally, high demands are placed on the coaches' patience and tolerance.

2.4.3 Activity Proposals

A good start is to organize a single event with one of the institutions mentioned above, or to be part of one of their events. This is a risk-free way to gain first experiences. In cooperation with an institution, a regular (weekly to monthly) disc golf program can be set up at their sports facility as part of their movement programs. It would have the advantage of on-site sports therapy support. If there is a workshop for the disabled in the club's vicinity, they can be invited to a "Team building" or "Get-to-know-you" event. Caregivers and family members should also be invited. An exclusive get-to-know-you situation would be to offer interested people a "one-on-one" disc golf experience at the club facility.

2.4.4 Implementation Requirements

Equipment: Mobile basket, lightweight discs (150g), and other types of Frisbees for catching games.
Personnel: High supervision ratio (e.g., 1 coach to 2 children with ADHD/Autism).
Disc Golf Course: Areas must be exclusively reserved for this target group during the program, with an additional space for social gatherings.

3. Conclusion and Outlook

The conclusion from the premises presented, the practical experiences described, and their potential application in the area of inclusion of groups underrepresented in disc golf is relatively clear. Disc golf offers the potential for all target groups to reach at least a portion of the people, to interest them in this sport, to let them participate, and to sustainably enrich the club through new experiences with inclusion.
When focusing within the target groups, attention was deliberately placed on one promising subgroup in each case in order to keep the entry threshold as low as possible for clubs and federations. For almost all clubs participating in GLIDE, this will be about the first steps towards more proactive inclusion in disc golf.
What all parts of the target groups described here have in common is that the new sporting

Co-funded by
the European Union

activities mostly take place outside their everyday life realities, but they must be addressed within these realities in a low-threshold manner. It is less about opening up participation in club sports to people, and more about opening up the club to the targeted people and their supporting structures. The club is required to have the flexibility to take the first inclusive disc golf steps close to the life realities of the respective target group. The ultimate goal and planning should be to bring the respective program to the disc golf facility used by the club.

Likewise, all groups described here have in common that they cannot be won over primarily by the appeal of the sport itself. The social structure and their associated well-being are of paramount importance. This factor ultimately decides whether they allow disc golf as part of their sports world. It can be an advantage here that disc golf is an individual sport that does not necessarily derive its group dynamics from a team constellation but keeps it freely selectable. Clubs can focus on the social level and interaction—creating community through individuality.

The group of people with physical and mental disabilities takes up the largest space in the Outreach Guidelines. In medical and pedagogical terms, the first steps here appear demanding and require advice and accompaniment. Practical experience shows that it is about small steps and small successes, and time should not be a decisive factor.

In this early phase of GLIDE, it is difficult to venture an evaluative outlook. Nevertheless, it can already be stated that inclusive engagement will take place across all target groups and all participating countries. This alone possesses a dimension that this sport has not yet experienced in its short history.

We are entering new territory together, and many of the practices described here have already worked in other sports. They are included here because they convey the positive prognosis that disc golf can also be a valuable tool for inclusion.

Co-funded by
the European Union

Slovak Association of Frisbee

This document is published under Creative Commons Attribution-ShareAlike 4.0 International Licence (https://creativecommons.org/licenses/by-sa/4.0/) and available for download for free from the GLIDE (upcoming) website.

Co-funded by the European Union

Disclaimer: Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.