

# playfit<sup>®</sup> Inclusive movement course



**The practice of sport is a human right.**

**Everyone must have the opportunity to practise sport without discrimination of any kind and in the Olympic spirit;**

**This requires mutual understanding in a spirit of friendship, solidarity and fair play.**

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*Fourth principle of the Olympic Charter*



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# What does inclusion mean?

In the field of sport, inclusion means that people with different abilities and limitations can participate in sport individually or together. Barriers must be broken down in order to give everyone the same opportunity to develop and fulfil their sporting interests and abilities.

No two people are the same. Appearance, origin, abilities, feelings and perceptions make us different. If we want to live together, we have to recognise each other, accept differences and support each other in joint activities.



This is exactly **playfit®** inclusive exercise trail is all about: creating an open and inclusive fitness culture in which everyone is welcome and equal opportunities to participate. All user groups should be encouraged to train together and spend time together in this space **true inclusion!**

Every one of us is important! This is especially true for sport. If we want to do something together, we have to approach each other, talk to each other - get moving. This not only promotes togetherness, but also health, opens up unknown worlds for us - every day is a discovery. This strengthens us, expands our thinking, brings joy and friends. There are people who are different, often limited, in their mobility and thinking. They belong to all of us, have ideas, wishes and often special abilities. For many, they live far away on their own island. Getting to know them and doing something together with them is an exciting journey of discovery. This is also what the **playfit®** inclusive movement course is for.

**The inclusive movement courses invite you,  
To strengthen mobility, gain self-confidence, discover new things, make friends  
and infect each other with happiness.**

## Movement is important and takes centre stage



### **Lack of exercise is the number one disease of civilisation!**

According to the World Health Organisation (WHO), adults worldwide do not get enough exercise, thereby increasing their risk of cardiovascular disease, type 2 diabetes, dementia or cancer and, last but not least, overweight/obesity. The WHO classifies physical activity behaviour as inadequate if people do not engage in at least 150 minutes of moderate physical activity or 75 minutes of sport per week.

The proportion of inactive people worldwide is 27.5 per cent. With 42.2 per cent physically inactive people, Germany is one of the top industrialised countries, ahead of the USA (40 per cent) and the United Kingdom (36 per cent).

Source: Guthold et al. in The Lancet (2018)

People with intellectual disabilities are significantly less regularly active compared to the general population and are more by the consequences of too little exercise due to their frequent multimorbidity. This increases the problem of lack of exercise.



### **Every beginning is difficult!**

Exercise is the basis of our lives, gives us health and togetherness through play, and can increase joy and zest for life. Above all through varied sport. The first step is often difficult for people with disabilities. Not even 10% of them are regularly active in sport. That is far too few.

So we need to start with nearby activities and simple movement tasks. This is what the inclusive movement islands want to make possible. An important step into the club and thus towards more participation in society!

playfit® area at the Special Olympics World Games Berlin 2023

# Project modules and stakeholders for facility-related systems

Based on our experience with the inclusive movement islands® in Hamburg, we recommend involving the following stakeholders in the inclusive movement course project:

- Disabled facility, possibly in cooperation with external partners (e.g. local authority)
- Cooperation with a nearby sports club

## 1. selection of outdoor fitness equipment for inclusive exercise trails

The **playfit®** equipment series includes a range of fitness equipment that is also suitable and usable for wheelchair users.

Many of the **playfit®** devices on offer are low-threshold, making them ideal for people with intellectual disabilities:

- The fitness equipment controls and supports movement sequences that can also be used by people with disabilities. severe motor impairments after a short introduction.
- The fitness equipment should be used for joint exercise enable and mutual familiarisation and support by changing devices with all participants promote.
- The **playfit®** outdoor fitness equipment is so variable that it allows for small-step increases in exertion and enables active people to achieve an individual sense of achievement.



There is also challenging training equipment for the more experienced.

**The entire playfit® equipment system thus epitomises the idea of inclusion.**

It is open to everyone, so that inclusive cooperation can be created or promoted step by step, either systematically or spontaneously.

## 2. site selection and characteristics for inclusive movement courses

Outdoor fitness equipment is located on the premises or in the vicinity of a facility for people with intellectual disabilities (e.g. residential facility, day care centre, workshop for people with intellectual disabilities); the location should be accessible to the target group at all times without the need for transport.




- The location and equipment ensemble are accessible to the public as well as club members or external groups: joint sports activities are actively supported.




- In addition, small equipment such as elasticated textile bands or soft balls can be used for playful and effective training.

Equipment-specific training instruction signs describe the exercises on the **playfit®** equipment in "easy language" supported by clear pictograms. After a guided training phase, independent practice alone or with others is possible.


TRAINING PROGRAMME



### Training for balance






- 1** Hold to the grab handles. When getting on and off.
- 2**
  - The standing surface . It wobbles.
  - Place your feet on the standing surface.
- 3** Stand with your feet shoulder-width apart. This means that you place your feet as wide as your shoulders are wide.
- 4** This means that you place your weight on different parts of your body. For example, on the toes or heels.



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information at www.inclusion-  
europe.eu/easy-to-read

Light	Medium	Heavy
<ul style="list-style-type: none"> <li>• Stand shoulder-width apart on the standing surface.</li> <li>• Hold on to the handles.</li> <li>• Shift your weight from right to left. Or from your toes to your heels.</li> <li>• Are you standing securely? Then remove your hands from the handles.</li> </ul>	<ul style="list-style-type: none"> <li>• Stand on the standing area. In the centre.</li> <li>• Stand on 1 leg only.</li> <li>• Take your hands off the handles.</li> <li>• Shift the weight from right to left. Or from the toes to the heels.</li> <li>• Switch to the other leg.</li> </ul>	<ul style="list-style-type: none"> <li>• Stand shoulder-width apart on the standing surface.</li> <li>• They do <b>not</b> hold on to the handles.</li> <li>• Bend your knees. As low as you can stand safely.</li> <li>• Are you sure? Then you can now also on 1 leg. Bend your knee. Also think about the other leg.</li> </ul>
1 minute	1 minute for 1 leg	Bend your knee 5 to 10 times

LOCATION SIGN

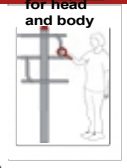
www.sozialkontor.de

## Hilda Heinemann House


Welcome to this very special location!

As part of an initiative by the non-profit organisation *Brücken für Kinder e.V.* in Hamburg, this outdoor fitness programme was in 2021 as a project to offer a wide range of training with many exercise variations and difficulty levels (easy - medium - difficult) in the spirit of inclusion. This offer is underpinned by a programme of regular training sessions under supervision (weather permitting). In this way, all user groups are addressed, can train together and spend time together on this course of inclusion!


Training for head and body




Training for balance



Back trainer



Training for shoulders, arms and hands or shoulder trainer



**Hint** You train on the equipment at your own risk. This means: Please read the training programmes first. You are close to the equipment. Only train for as long as you feel comfortable and safe.


General safety instructions for use

The equipment is intended for persons taller than 140 cm. Please read and follow the exercise instructions on the equipment. Ensure that you are medically fit before using the equipment... the exercises slowly and evenly without excessive physical exertion... sure you are in a safe standing or sitting position. Hold on firmly to the handles or handlebars. Do not use force on the device.

Emergency call: 112  
22159 Hamburg

Contact: Hilda Heinemann Haus, Sozialkontor  
Meiendorfer Mühlenweg 121

040 609 047 60

Location:  


### Supplementary offers

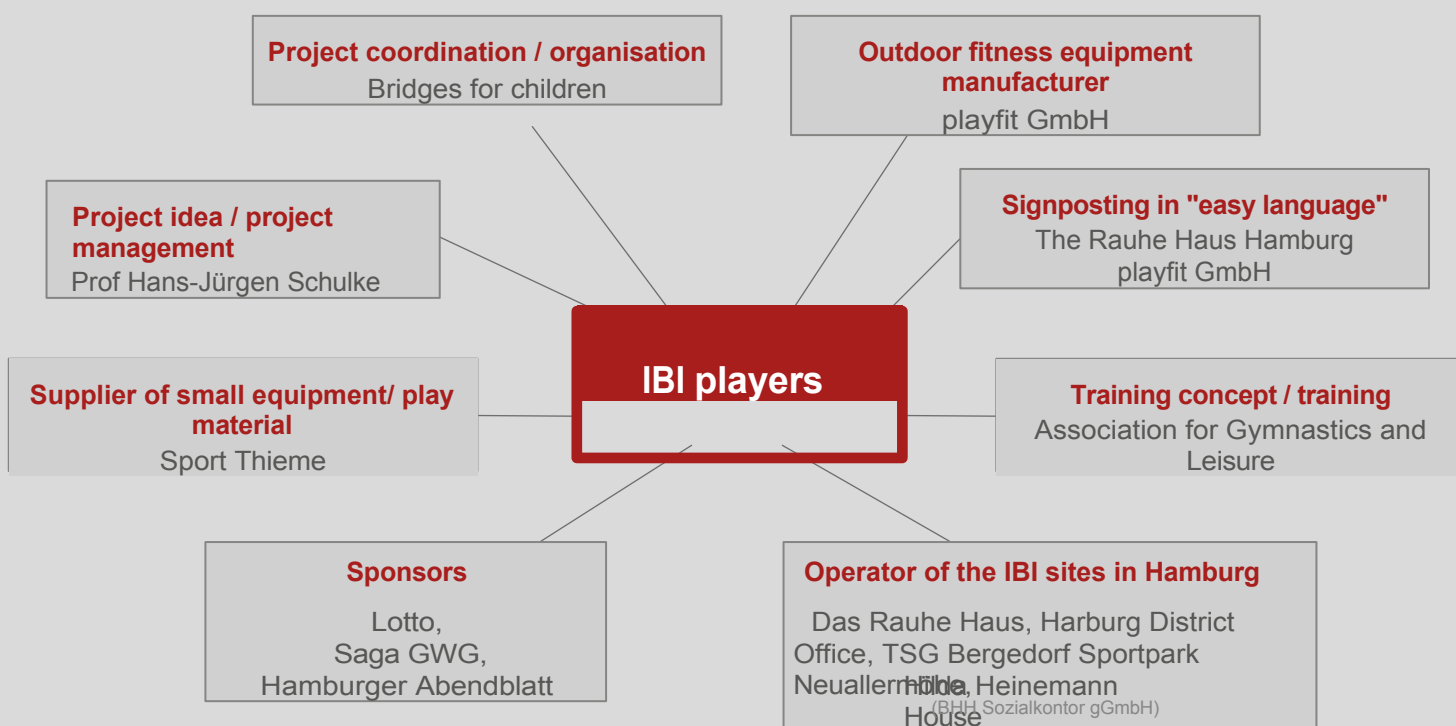
- ➔ Workshops on device familiarisation for care staff
- ➔ Trainer training for employees and people with intellectual disabilities (known as buddies). The buddies support other people with disabilities in using the exercise islands and act as multipliers and motivators.
- ➔ Trainer manual
- ➔ Regular courses for people with intellectual disabilities



# The IBI pilot project: Inclusive movement islands<sup>®</sup> in Hamburg

In Hamburg, an IBI organisational concept was developed and put into practice several times. The aim of the concept is to introduce people with mental disabilities and significant motor impairments to low-threshold exercise activities in small groups. The aim is to gradually increase people's confidence and motivation to exercise independently and together on outdoor fitness equipment and, in the long term, to enable them to make a self-determined transition to external programmes, particularly those offered by sports clubs.

The IBI organisational concept includes the following building blocks: specific outdoor fitness equipment, additional support material, training courses and supervision by experienced social education workers from facilities for people with disabilities. In addition, there are opportunities for additional training to become a licensed trainer, the involvement of those affected and their further training, co-operation with nearby large clubs and the municipal social space management as well as commercial enterprises and foundations as sponsors.



# The Rough House



## 5 playfit® Outdoor fitness equipment

- Whole body trainer
- Balance trainer Duplex
- Shoulder trainer Back
- trainer Rowing trainer
- 

22111 Hamburg, Beim Rauhen Hause 21

Idyllically situated on the foundation's grounds, it offers view of the park and is equipped with five playfit® machines. 35 people with mental disabilities live in the immediate vicinity of the exercise island. 200 people work on the foundation grounds themselves. The foundation grounds are freely accessible to people outside the centre and the exercise island can be used by anyone at any time.




Text boards with training instructions in "easy language" are attached to a neighbouring equipment shed.

# Harburg district



## 3 playfit® outdoor fitness equipment

- Duplex shoulder trainer
- Back trainer Arm bike
- 

The training instructions in "easy language" can be found on the location sign.

21077 Hamburg, Stadtpark Nymphenweg in the neighbourhood of Elbe-Werkstätten

The Inclusive Movement Island is located in a public park. The Elbe-Werkstätten are in the immediate neighbourhood:• , where around 360 people with assistance needs are employed (supported by 70 paid employees). employees)

- the Nymphenweg school, where around 150 pupils with assistance needs are taught
- Elfenwiese School, a state all-day school with a primary focus on physical and motor development for pupils with assistance needs

Since the end of August 2023, a cooperative training programme has been launched as a daily active offer during working hours. To this end, 2-3 people with disabilities are trained as mentors (known as buddies). They support other people with disabilities in using the exercise islands and act as multipliers and motivators. In 2024, the inclusive exercise islands® will be included in the annual training catalogue and courses will then be held with trained trainers.



## Diana Otte from the Elbe workshops:

"The inclusive movement islands® are used by different people with different levels of ability. There are people who need slow movements and a few breaks.



*This group of people visit the movement islands and exercise at their own pace. Then there are the people who incorporate the inclusive exercise islands® into a walking round. These are people who want to be challenged more. Small competitive units are a good way to work here.*

*The islands are moved every day. They are very centrally located on a footpath. I keep noticing two women. They sit or stand at the back trainer and chat to each other while exercising. That's exactly what we wanted to achieve with the inclusive exercise islands® ."*

# Hilda Heinemann House, Sozialkontor



## 4 playfit® outdoor fitness equipment

- Skill tower Step trainer
- Back trainer
- Duplex shoulder trainer
- 

Text panels with training instructions in "easy language" are attached to a building wall adjacent to the IBI site.

22159 Hamburg, Meiendorfer Mühlenweg 121

The inclusive exercise island® is located in the 4500 square metre garden with mature trees of the Hilda Heinemann Haus and is ready for use by :



- 43 people with assistance needs from the Hilda Heinemann Haus
- 27 employees of the Hilda Heinemann House
- 16 people from 230 m Wohn- und Assistenzgemeinschaft WOHNEN MIT ASSISTENZ FARMSSEN BERNE
- 600 people with disabilities from the Elbewerkstätten Nord



# TSG Bergedorf von 1860 e.V.



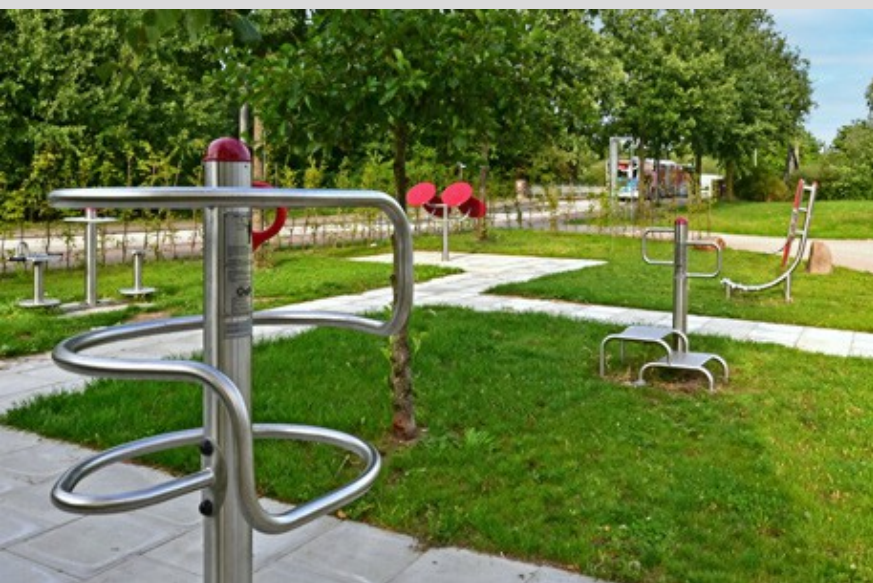
## 5 playfit® Outdoor fitness equipment

- Dexterity tower Step
- trainer Knee flexion
- trainer Duplex back
- trainer Duplex shoulder
- trainer

Text panels with training instructions in "easy language" are mounted on concrete seats next to the equipment.

21055 Hamburg, TSG Sportpark Neuallermöhe, Sophie-Schupp-Weg 90

The exercise islands arouse interest in sport and exercise among people with and without disabilities. In Bergedorf, the movement island is set up on the grounds of the TSG-Sportpark Neuallermöhe, which is located in the immediate vicinity of the Elbwerkstätten. These are ideal conditions for developing joint sporting activities and other inclusive formats there.



The equipment at the Inclusive Movement Islands® is very stimulating per se and is therefore easy to use. The location is open and accessible at all times. There are also plans for an attractive range of activities, as sport is most fun in a group.



# Statements

**"A good project!"**

(Christiane Krajewski, President of SOD)

**"Pointing the way. Hopefully many cities will follow!"**

(Prof. Dr Kuhlmann, President of the Sports Science Faculty Council in Germany)

**"The campaign is great and in practice".**

(Gernot Mittler, Honorary President of Special Olympics Germany; former Minister)

**"Very interesting for the many facilities,  
who are members of our organisation. We support the initiative."**

(Oliver Senger, Vice President of Special Olympics NDS)

**"Sport must be accessible and tangible for everyone at a low threshold.**

**That's why we are creating these new inclusive exercise islands."**

(Andy Grote, Hamburg's Senator for the Interior and Sports)



Hans-Jürgen  
Schulke

What motivated you to look into the topic of movement islands, and how did the link to an "inclusive" movement island come about?

**Schulke:** During the Covid pandemic, most of our mentally impaired friends no longer had the opportunity to exercise or go outside. We then successfully founded the "SEI AKTIV" initiative, but there was often a lack of sports facilities at work or at home. When a high six-figure sum was approved for new park sports islands in all districts, we campaigned for 5 locations directly at facilities for the disabled. Fortunately, the sports authorities approved the project, which means that around 2,500 people with disabilities can now enjoy sports facilities for all ability levels right where they live. This is a huge opportunity for all of us to achieve greater inclusion, as the IBIs are to the entire population."

What do you hope the IBI project will do for the city of Hamburg?

**Schulke:** "In the city, much more attention is being focussed on our mentally impaired people and joint sporting activities are being created. Hamburg's claim to be an inclusive sports city is increasingly being realised. And the co-operation between the facilities and sports clubs and schools can grow. Perhaps "IBI" will even become a Hamburg export model - after all, there are over 800 locations with facilities for the disabled in Germany."



Thorsten Wetter

*The exercise islands arouse interest in sport and exercise among people with and without disabilities. In Bergedorf, the movement island will be set up on the grounds of the TSG-Sportpark Neuallermöhe, which is located in the immediate vicinity of the Elbwerkstätten. These are ideal conditions for developing joint sporting activities and other inclusive formats there. The equipment on the exercise islands is very challenging per se and yet easy to use. If the locations are open and accessible at all times, the most important prerequisites would already be in place. There should also be attractive opportunities to join in, as sport is most fun in a group. It must also be ensured that the equipment is kept in good condition.*



Nicole Kuttner

*Inclusive sport builds important bridges between people with and without disabilities. People with disabilities take on visible roles that have a positive impact on other areas of life. Sport is important for all people, regardless of whether they have a disability or not. I hope that, in addition to motor and cognitive performance, the self-confidence of our athletes will also be promoted.*



Thomas Jenckel

*The VTF is a leader in the field of health sports in Hamburg and also leads the way for other state associations. Inclusion is a matter of course for us and is taken into account in all areas. I think the "IBI" project is great, which is why we support it particularly in our core competence of qualification. As an expert in fitness and outdoor sports, the VTF works with its long-standing lecturer Carsten Peckmann to design customised training and further education courses on this topic. Of course, the focus is on the goal of further qualifying the trained individuals as trainers and instructors in order to make them available to organised sport and expand cooperation with the clubs and "IBI".*



Gabriele Koy

*We all know the inner couch potato that stops us from going to the gym. For people with disabilities, there are often additional logistical challenges and the need for assistance. That's why I think it's an excellent idea to bring sport to people. The inclusive exercise islands® create a low-threshold sports programme that can be used with guidance or independently, alone or in a team, out of curiosity or because exercise is fun. Our aim is to maintain and improve the mobility and agility of people with disabilities. Because this is a real benefit for participation in life in the community.*

# Your customised inclusive exercise trail

## SUMMARY

Each project must be tailored to the individual circumstances of the location, but every inclusive exercise trail consists of at least the following project components:

- **playfit®** Outdoor fitness equipment
- Signposting system (exercise instructions in "easy language" and/or Braille)
- Training system: Training of exercise instructors for people with intellectual and other disabilities as the basis for a regular programme of courses on the inclusive movement course
- Trainer manual based on a training manual developed by the Verband für Turnen und Freizeit e.V. in Hamburg (VTF)



Artistic breaks on the playfit® movement island at the Special Olympics World Games Berlin 2023

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