



Yate Adaptive Athletics & Para-Athletics

Yate Adaptive and Para-Athletics

Starting in May 2021, Yate Athletics Club has offered a new programme (with support from Sport England and South Gloucestershire Council and Yate Town Council), to provide special adapted sessions in athletics. We have moved from old terminology like “disabled” people/athletes and “disability” athletics which focus on what people cannot do, to activities which are adapted to empower and develop the individual. The sessions are focused on improving general health as well as giving physical challenges and reaching goals.

Our approach is simple:

“Respect the person and adapt the activity”

The development plan for Adaptive Athletics is long term and we have created a new membership category for adaptive and para-athletics. At present, there is no charge for those who join. We welcome people with a wide range of needs and skills.

As well as working on the track in pleasant weather and summer, we can now offer indoor sessions when the weather is colder or wetter. We train under floodlights in darker evenings.



There are sessions for adults with physical and sensory challenges, participants in wheelchairs and with severe and complex needs. We cater for primary school age children (8 years and up) and separately for secondary age. These may be physically able but have problems with attention and have intellectual support needs.



We provide special weekly sessions for deaf schoolchildren with British Sign Language. These lead to a deaf schools competition in the summer.

We also have two sessions each week for those who wish to compete in para-athletics. To support the group we have a range of new equipment for fitness and a selection of racing wheelchairs, frame runners and seated throws equipment.

Our coaches are UKA licensed with a broad range of experience. We keep the ratio of coaches to participants low in order to cater for individual needs.



You can see that we welcome those who are just beginning their journey, looking for fun and personal progress .. as well as those with aspirations for International Paralympic success.

Weekly Sessions are:

Mondays 11.00 to 12.30 adults with physical disability
Mondays 12.15 to 1.45 pm wheelchair racing and frame running
Fridays 4.15 to 5.15: Primary school age adaptive athletics
Fridays 5.15 to 6.15 pm 12 to 15 year old adaptive athletics
Fridays 6.00 to 7.30 pm - youth and adult para-athletes
Sessions for deaf young people have been in the summer term but we now have some space to provide regular weekly sessions.
We are also planning taster sessions - look out for announcements.

The sessions are based at Yate Outdoor Sports Complex, and are currently funded by Wesport, Sport England and Yate Town Council.

For more information,
if you want to take part, or help us out,
or even sponsor us

contact Jim
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