

# ALL-ABILITIES PROGRAM

2024 LAUNCH INFORMATION



**All Abilities**  
Touch Beyond Limits

# AI-ABILITIES PROGRAM DESIGN

The All-Abilities Program has been developed in collaboration with:

- » Sport Inclusion Australia
- » Down Syndrome Australia
- » Autism Spectrum Australia



# WHAT IS ALL-ABILITIES?

Touch Football Australia's **All-Abilities** programs are completely inclusive, offering opportunities for individuals with intellectual and/or physical impairments to learn touch football skills and play the sport with their family members, carers, friends and even elite footy players.

The programs encourage participants to become active members of the sports community through inclusion. Our approach is structured in three progressive phases: First Step, Next Step and Game Ready programs. Each phase is designed to nurture key skills over a six-week period, providing a clear path for athletes and coaches to develop their skills.





# WHAT IS TOUCH BEYOND LIMITS?

Touch Football Australia has been delivering this inclusive program, formerly known as Touch Football Specialised (TFS), which transitioned to All-Abilities in 2019. The Sport Australia Participation Grant streams supported this transition through grant funding in 2019 and 2021. In 2024, the program relaunches across all platforms to align the delivery and updated content in one central location with the name 'Touch Beyond Limits' encompassing everything that the program portrays.

The participation in All-Abilities programs and in state and national events is growing each year. As we step into this new phase with a renewed look, we're looking forward to creating even more opportunities for people of all abilities to experience the joy of touch football.

## What's New?

- » An easily accessible 'Touch Footy' app now simplifies program management, ensuring smooth sessions for all.
- » The new launch of the program includes the 'Game Ready' extension of the All-Abilities program that is included with our First Step and Next Step module suite within the 'Touch Footy' app. This will provide opportunities for participants to visually understand the activity to gain faster skill-based acceptance and overall competencies.
- » Additional new branding alongside marketing templates for affiliates, empowering them to promote the programs.



# PROGRAM OUTLINE

## ALL-ABILITIES FIRST STEP PROGRAM

**Program length:** 6 weeks

**Session length:** 45 minutes

**Activities per session:** 4 activities

**Delivered by:** Affiliate coach or qualified equivalent

**Participant Registrations:** Online through MySideline

**Cost to participant:** \$60 upfront (\$10 per week)

**Deliverer accreditation required:**

- [TFA Foundation Coaching Course](#)
- [TFA Inclusive Coaching: All Abilities Course](#)





# PROGRAM OUTLINE

## ALL-ABILITIES NEXT STEP PROGRAM

**Program length:** 6 weeks

**Session length:** 45 minutes

**Activities per session:** 4 activities

**Delivered by:** Affiliate coach or qualified equivalent

**Participant Registrations:** Online through MySideline

**Cost to participant:** \$60 upfront (\$10 per week)

**Deliverer accreditation required:**

- [TFA Foundation Coaching Course](#)
- [TFA Inclusive Coaching: All Abilities Course](#)



# PROGRAM OUTLINE

## ALL-ABILITIES GAME READY PROGRAM

**Program length:** 6 weeks

**Session length:** 45 minutes

**Activities:** Rotation of 9 activities- keeping in mind athlete skill levels

**Delivered by:** Affiliate coach or qualified equivalent

**Participant Registrations:** Online through MySideline

**Cost to participant:** \$60 upfront (\$10 per week)

**Deliverer accreditation required:**

- [TFA Foundation Coaching Course](#)
- [TFA Inclusive Coaching: All Abilities Course](#)



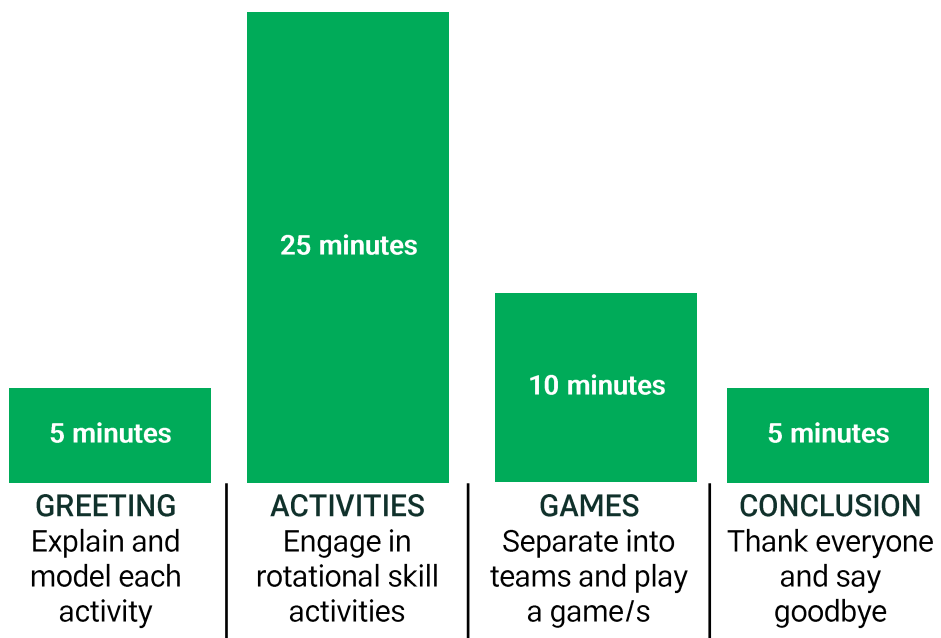


# SESSION STRUCTURE



**45 MINUTES**

Approximate duration





# EXAMPLE ACTIVITY

## FLYING SAUCER- *First Step*

# SESSION 1.4

## FLYING SAUCER

FOCUS – CONTACT



In 'Flying Saucer' an athlete attempts to avoid the cone being thrown at them but must remain in the set area.

- Activity Focus
- Clear Instructions
- Easily Modified Activities

<p><i>"I will say the colour of a cone that you will run to but watch out, you also need to dodge the cone I throw."</i></p>	<p><i>"I am going to throw a cone near you, dodge the cone but stay between the boundary."</i></p>	<p><i>"I am going to throw a cone near you, dodge the cone while staying next to the cone."</i></p>
<p><b>LEVEL 1</b></p>	<p><b>LEVEL 2</b></p>	<p><b>LEVEL 3</b></p>

# FINANCIAL MODEL- EXAMPLE

10 Participants - \$200

## Expenses:

All Abilities levy*	\$20 per participant
Touch Footy App Resources	Free upon MySideline registration with TFA
Program Equipment	\$800 plus GST
Venue and Lights	Varied
Marketing Templates	Free upon MySideline registration with TFA

\*All Abilities levy only applies to the first ten registered participants

## Disclaimer:

*The All-Abilities Touch Football programs are exempt from mandatory membership fees. Affiliates may charge any amount for the All-Abilities program per participant.*



# AFFILIATE INCLUSIONS & SUPPORT

**Touch Football Australia will support your All-Abilities program through the following inclusions:**

- » Access to the All-Abilities First Step, Next Step, Game Ready programs through our 'Touch Footy' App.
- » Provide guidance through setting up the program in MySideline.
- » Share in the development of key partnerships and others within our All-Abilities network.
- » Where possible, a member of the TFA Inclusion team will attend an All-Abilities session.
- » Ongoing support by the TFA Inclusion team throughout the program life cycle and beyond.
- » Pass affiliate fee component back at the conclusion of the program to allow for re-investment into the program or other avenues as required.
- » Marketing, presentation and branding templates.
- » Inclusive Coaching: All-Abilities online training course through The Nest.





# AFFILIATE REQUIREMENTS

Every Touch Football All-Abilities program run throughout Australia must adhere to these requirements:

- » Any person who runs an All-Abilities program must be accredited by completing the Foundation Coaching course and All-Abilities Inclusive Coaching Course through The Nest.
- » Each program must be registered with Touch Football Australia through MySideline. Touch Football Australia's inclusion team will provide affiliates with a registration link once all details of the program have been outlined.
- » All participants must register through the supplied MySideline link.
- » As the old logo is retired, the new logo must be used.
- » All programs must be run according to program guides and adhere to suggested modifications on the 'Touch Footy' app.

## Disclaimer:

*The All-Abilities Touch Football program, content, trademarks and rights are owned and operated by Touch Football Australia (TFA). Sanctions may apply if content is supplied to third parties or modified programs are established using any TFA intellectual property without the prior written consent of TFA.*



National Diversity & Inclusion Manager  
Touch Football Australia  
[inclusion@touchfootball.com.au](mailto:inclusion@touchfootball.com.au)



**All Abilities**  
Touch Beyond Limits