

# Developing parasport in France: *from singularity to universality, an opportunity for all*

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While in 2022\*, 60% of French men and women and 47% of people with disabilities said that they did a physical and sports activity at least once a week, French sport must seize the opportunity provided by organising the Paris 2024 Olympic and Paralympic Games so that all its actors evolve, reinvent themselves and thus include a sporting nation in the events.

The sedentary nature of our lifestyles and the many obstacles to practising sport (gender, age, socio-professional situation, disability, access, choice, infrastructure, training, financing, etc.) mean that too many people cannot find their place in the current sport model.

However, practising sport is a major public health issue because of its effect on physical and mental health, and it generates multiple other positive impacts. The evolution of sports associations' economic model and the development of jobs in the commercial sports sector thus create a real economic dynamism and a source of social commitment.



**children worldwide do not get the recommended one hour of daily physical activity. France ranks 119th out of the 146 countries surveyed.**

Source: World Health Organization study - 2019



## FOCUS OF THE PROPOSALS

The ESEC proposes to support actors of the sports ecosystem in building a health, economic, social, environmental and societal legacy of the

Olympic and Paralympic Games. Encouraging the development of solutions that respond to the specific nature of physical and sporting

activities practised by people with disabilities will benefit all people who are far removed from practising sport.

\* Source: national barometer of sporting activity of the National Institute for Youth and Non-Formal Education - 2023

## 1 ENCOURAGE THE DEVELOPMENT AND DIVERSIFICATION OF PHYSICAL AND SPORTS ACTIVITIES FOR ALL FORMS OF PRACTICE THAT ARE OPEN TO ALL AUDIENCES

- Set up a cross-cutting and decartmentalised public policy on 'autonomy, sport and solidarity', managed by the departmental councils in conjunction with associations, companies, and other local authorities, and provided with financial, material and human resources.
- Include a section devoted to practising physical and sports activities in the life plans of people with disabilities, transmitted to the departmental centre for people with disabilities (MDPH).
- Create an accessible digital platform that centralises all existing information and tools for practising parasports (offers, actors, funding, etc.) managed by the French Paralympic and Sports Committee for users and private, community, public and local authority sports actors. Connected to the Solution Sport Entreprise platform, it will promote access to sport for employees with disabilities.

## 2 DEVELOP AND PROMOTE THE IMPACT OF DEVELOPING ALL FORMS OF PRACTICE

- Extend the Autonomy priority research programme (PPR Autonomie) to the field of parasport and sport health by launching a call for projects dedicated to the theme of innovation, research and development.
- Include physical capacity and fitness tests in the health assessment system (at 25, 45 and 65 years of age) provided for by the LFSS 2023. The ESEC recommends extending them to 8-year-olds and 16-year-olds.
- Include a compulsory cycle of parasport in PE for all pupils in primary and secondary school in order to understand the issues of inclusion and diversity.

## 3 DEVELOP THE TRAINING AND AWARENESS-RAISING SYSTEM FOR KEY PLAYERS IN PHYSICAL AND SPORTS ACTIVITIES

- Train all school and PE teachers in inclusive education practices in respect of physical and sports activities.

## 4 ENGAGE ALL ACTORS IN SPORT FOR ALL

### THE RAPPORTEURS

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is a disabled athlete (100, 200, 400 metres and long jump) with 9 Paralympic medals, 12 world medals and 4 world titles. She was elected President of the French Paralympic and Sports Committee in 2018. She is President of the Associations Group for which she represents the French National Olympic and Sports Committee (CNOSF), and she sits on the ESEC's Education, Culture and Communication Committee and the Territories, Agriculture and Food Committee.