



STEP tips for organisations and activity providers

STEP stands for Space, Task, Equipment and People. Here are a few ways organisations and providers can use and promote the tool.

1. Adapt the STEP elements of your specific sport or activity. Show participants how they can play an adapted version of your game, for example:
 - Seated volleyball with a washing line net
 - Boccia game down the hallway
 - Table tennis on the dinner table with a rolled up ball of paper
 - Sofa fitness class
 - Balloon handball
 - Online group dance training session
 - Seated handcycling
2. Upskill your workforce. Support them to learn about STEP and adapt their online (and offline) activities.
3. Share ideas and activities widely through your networks, websites and webinars. Promoting the way you are adapting activities can motivate other providers to do the same.
4. Signpost your members to our [STEP tips for disabled people information sheet](#). Encourage them to show how they are using STEP to be active on your social media channels.
5. Capture examples of STEP in action. Tag us in your posts on:
 - Twitter – [@AllForActivity](#)
 - Facebook – [Activity Alliance](#)
 - Use the hashtag **#StayInWorkOut**

