

Terms of Reference (ToR)

Baseline Study for the Project - Mainstreaming Inclusive Sports in Nepal

1. Background

The project “Mainstreaming Inclusive Sports in Nepal”, implemented by the Cricket Association of the Blind, Nepal (CAB Nepal) in partnership with Nepal Boccia Association for the Disabled (NBAD) and Nepal Spinal Cord Injury Sports Association (NSCISA), aims to promote equal participation of youth with disabilities in sports through inclusive governance, institutional strengthening, grassroots development, and increased participation in disability sports.

Despite existing legal commitments under Constitution of Nepal, UNCPRD, Disability Rights Act (2017), and national sports policies, participation of persons with disabilities - particularly youth and women - in sports seems to be very low and limited because of policy gaps, poor implementation, inaccessible infrastructure, low capacity based on disability, and lack of reliable disaggregated data.

To support evidence-based implementation, monitoring, and evaluation, a baseline study will be conducted at the inception of the project to establish the starting values for key indicators outlined in the project’s Logical Framework Matrix (Annex C).

2. Purpose of the Baseline Study

The purpose of the baseline study is to:

- Find out the baseline values for outcome and output level indicators
- Assess the current status of inclusive sports governance, infrastructure, and organizational capacity
- Identify key barriers, gaps, and opportunities to guide implementation
- Provide a reference point for mid-term and final evaluations

3. Specific Objectives

Based on the logical Framework, The baseline study will:

- Assess the existing policy for inclusive sports at federal, provincial, and local levels.
- Establish baseline data on participation of youth with disabilities in organized sports.
- Assess the capacity of disability sports organizations and schools.
- Document the availability and accessibility of sports infrastructure in project locations.
- Assess media engagement and public visibility of disability sports

4. Scope of the Baseline Study

The baseline will cover:

- All 7 provinces
- 11 project municipalities: Kathmandu, Bhaktapur, Kavrepalanchowk, Chitwan, Kaski, Morang, Rupandehi, Banke, Surkhet, Janakpur, and Kanchanpur

Target Groups

Children and Youth with disabilities including:

- Visually impaired
- Physical disabilities
- Developmental disabilities
- Deaf and hard of hearing
- Women and girls with disabilities
- Disability sports organizations
- Integrated schools
- Coaches, teachers, and referees
- Provincial and local government officials
- Media professionals

5. Key Baseline Questions

The study will address, but not be limited to, the following questions:

Governance & Policy

- What policies currently exist at provincial and local levels that address about disability sports or inclusive sports?
- To what extent are persons with disabilities represented in sports governance structures?

Participation & Access

- How many youth with disabilities currently participate in sports?
- What proportion are women and girls?
- What sports are accessible to different disability groups?

Institutional Capacity

- What is the current organizational capacity of disability sports organizations?
- What inclusive coaching practices exist?

Infrastructure

- How accessible are existing sports facilities for persons with disabilities?
- Are inclusive sports pitches currently operational?

Visibility & Media

- What level of media coverage exists for disability sports?
- How are disability sports are visualized in mainstream media?

6. Methodology

The baseline study will use a mixed-methods approach, combining quantitative and qualitative tools.

6.1 Desk Review

- Project proposal and logical framework
- National and provincial policies (Sports Development Act, Disability Rights Act, National Sports Policy)
- Previous studies and research of CAB Nepal
- Existing registration and participation records

6.2 Quantitative Methods

- Structured surveys with youth with disabilities
- Institutional capacity self-assessment tools
- Infrastructure accessibility checklists
- Participation and registration data review

6.3 Qualitative Methods

- Focus Group Discussions (FGDs)
- Key Informant Interviews (KIIs) with:
 - o Government officials
 - o School management
 - o Sports officials
 - o Media professionals
 - o Observation of facilities and training sessions

6.4 Ethical and Inclusion Considerations

- Informed consent
- Accessible tools as per the nature of participants.
- Gender- and disability-sensitive facilitation
- Safeguarding and confidentiality compliance of CAB Nepal

7. Key Indicators Covered

The baseline will establish values for indicators including (but not limited to):

(Indicators will align strictly with Annex C – Logical Framework Matrix.)

- Number of youth with disabilities participating in sports (disaggregated)
- Percentage of female participation
- Number of provinces/local governments with inclusive sports policies
- Number of functional inclusive sports facilities
- Capacity level of disability sports organizations
- Number of trained inclusive coaches
- Media coverage frequency of disability sports

- Number of athletes registered in national systems

8. Deliverables

The consultant/team will deliver:

- Inception Note (methodology, tools, sampling)
- Baseline Data Collection Tools
- Draft Baseline Report
- Presentation to CAB Team
- Final Baseline Report, including:
 - o Executive summary
 - o Baseline values table
 - o Disaggregated data
 - o Key findings and gaps
 - o Recommendations for implementation and MEL

9. Duration and Timeline

- 15 days from the initiation of the Work

10. Management and Coordination

- The study will be managed by the Project Management Committee at CAB Nepal.
- Support by the MEAL Officer whenever required.
- Close coordination with NBAD, NSCISA, municipalities, and schools.
- All deliverables subject to approval by Project Manager /CAB Nepal.

11. Consultant Profile

The consultant/team should have:

- At least 5–7 years of experience in baseline studies, MEL, or research
- Proven experience in disability inclusion and/or sports development
- Strong knowledge of rights-based and gender-sensitive approaches
- Excellent analytical and report-writing skills

12. Reporting and Ownership

- All data, tools, and reports remain the property of CAB Nepal.
- Findings will inform project planning, monitoring, advocacy, and reporting
- Data May not be used in any other form after the consultancy service without prior written consent of CAB Nepal