

FRONT SIDE



SHOW, DON'T JUST TELL

BACK SIDE

**Demonstrate
before you
explain. Actions
cross every
language and
cultural
barrier.**

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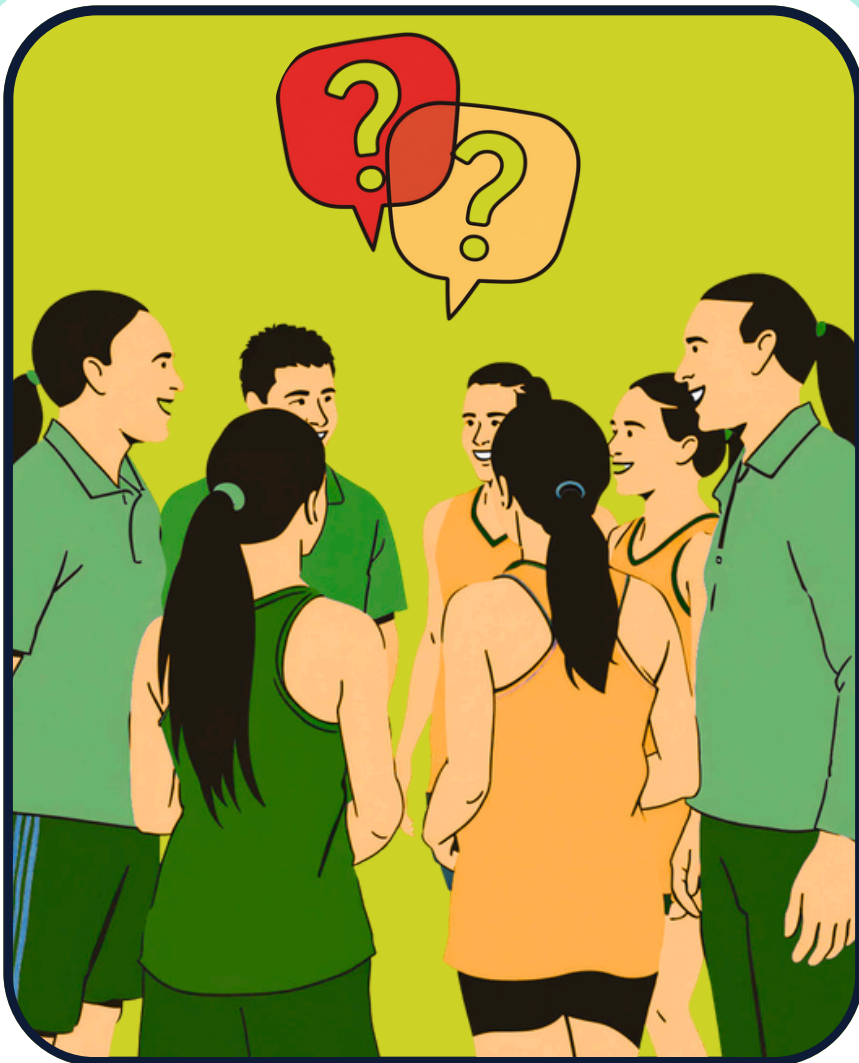


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FRONT SIDE



DON'T ASSUME. ASK.

BACK SIDE

You can't know every culture, needs. You just need to stay curious. A simple 'Is this okay for you?' can open doors that assumptions never could.

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**SPEAK THEIR LANGUAGE,
EVEN A LITTLE**

BACK SIDE

**Translate key
rules, session info
and safety
instructions. A few
words in
someone's
language says:
"You belong here."**

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**EVERY NEWCOMER
NEEDS A BUDDY**

BACK SIDE

**Assign a welcoming
teammate to every
new participant. A
buddy provides
guidance, reduces
anxiety, and makes
the first session
feel less
overwhelming.**

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FRONT SIDE



**LEARN FROM
EACH OTHER**

BACK SIDE

Connect with other coaches or facilitators working in diverse sport settings. Share what works, learn what doesn't, and build a network that makes inclusion easier for everyone.



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