

INFOGRAPHIC

Checklist to play sports more inclusively

01

ACCESSIBILITY

Accessibility is not only about ramps. It is also about information, timing, language, cost, confidence and feeling welcome.. Ask yourself: Can everyone access and enjoy our activities?

02

PARTICIPATION

Inclusion does not mean doing the same thing for everyone. It means giving everyone a fair chance to participate.. Ask yourself: Does everyone have a real opportunity to take part?

03

COMMUNICATION

Good communication reduces anxiety and builds trust. Clear language, demonstrations and patience are powerful inclusion tools..Ask yourself: Is our communication clear, respectful and easy to understand?

04

REPRESENTATION AND BELONGING

People are more likely to participate when they can see that they belong.. Ask yourself: Do participants feel seen, respected and valued?

05

SAFE AND RESPECTFUL ENVIRONMENT

A safe environment is built every day through small actions, clear limits and consistent behaviour from adults.. Ask yourself: Do we prevent exclusion, discrimination and negative behaviour?

06

CONTINUOS IMPROVEMENT

Inclusion is not a one-time action. It is a continuous improvement process.. Ask yourself: Do we listen, learn and improve?