Co-funded by the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

EQUAL PLAY

PARTICIPANT BARRIERS SELF-REFLECTION WORKSHEET

Reflecting on Participation Barriers

This worksheet is designed to help coaches, facilitators, and sport organizations reflect on the barriers that may affect participation in their local context. The aim is to encourage critical thinking, identify areas for improvement, and support more inclusive sport environments.

Part 1. Identifying Barriers

Which barriers are most likely to affect participation in your organization?

☐ Language barriers

☐ Cost and financial constraints

☐ Transport and accessibility

☐ Time constraints

☐ Fear of discrimination

☐ Limited access to information

☐ Low confidence or social isolation

☐ Other: _____

Co-funded by the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

EQUAL PLAY

Part 2. Reflecting on Participation

Which barrier do you believe has the greatest impact on participation in your context?

Why do you think this barrier is particularly important?

Part 3. Recognizing Warning Signs

Have you observed any of the following signs?

☐ Irregular attendance

☐ Frequent late arrivals

☐ Limited participation

☐ Avoiding communication

☐ Difficulty following instructions

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

☐ Social withdrawal

☐ Unexpected drop-out

☐ Other: _____

Which signs are most common?

_____

_____

_____

_____

_____

_____

Part 4. Understanding the Causes

Have you ever assumed that a participant lacked motivation when another barrier may have existed?

☐ Yes

☐ No

If yes, what might have been happening?

_____

_____

_____

_____

Co-funded by the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

EQUAL PLAY

Part 5. Action Planning

Which barrier should your organization address first?

What action could be taken to reduce this barrier?

Who should be involved?

When could this action be implemented?

Co-funded by the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

EQUAL PLAY

Personal Commitment

One action I will take within the next month to improve inclusion and participation:

_____

_____

_____

_____