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PARTICIPATION BARRIERS MAP

EQUAL PLAY

Overview of common barriers, their possible impact, and practical responses to support inclusion and participation in sport.

LANGUAGE BARRIERS

SIGNS
- Communication difficulties
- Misunderstanding instructions
- Limited interaction with coaches or peers

IMPACT
- Reduced confidence
- Social isolation
- Lower engagement
- Irregular attendance

RESPONSE
- Use simple language
- Provide visual support
- Translate key information
- Encourage peer support

COST AND FINANCIAL CONSTRAINTS

SIGNS
- Difficulty affording fees
- Missing events or activities
- Limited access to equipment

IMPACT
- Reduced participation
- Irregular attendance
- Withdrawal from activities

RESPONSE
- Reduce or adapt fees
- Provide equipment support
- Offer scholarships or subsidies
- Be transparent about costs

TRANSPORT AND ACCESSIBILITY

SIGNS
- Late arrivals
- Missed sessions
- Difficulty reaching the venue
- Dependence on others

IMPACT
- Inconsistent attendance
- Lower participation
- Increased drop-out risk

RESPONSE
- Choose accessible locations
- Share transport information
- Organize car-sharing
- Advocate for better access

PARTICIPATION IN SPORT

TIME CONSTRAINTS

SIGNS
- Irregular attendance
- Last-minute cancellations
- Limited availability

IMPACT
- Reduced participation
- Difficulty maintaining consistency
- Lower engagement

RESPONSE
- Offer flexible schedules
- Plan activities in advance
- Respect participants' time

FEAR OF DISCRIMINATION AND EXCLUSION

SIGNS
- Social withdrawal
- Avoiding group activities
- Reluctance to communicate
- Concerns about acceptance

IMPACT
- Reduced confidence
- Feeling unwelcome
- Lower retention

RESPONSE
- Promote inclusive values
- Create a welcoming environment
- Address discrimination
- Encourage open communication

KEY REMINDER
Barriers often happen together and affect each participant differently.
Look at the whole picture, listen to participants, and adapt your actions.

USE THIS MAP TO:
- Identify possible barriers
- Understand their impact
- Plan practical responses

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