INTERCULTURAL AWARENESS FOR COACHES AND FACILITATORS

¿WHY DOES IT MATTER?

- Improves communication and trust
- Reduces misunderstandings
- Supports participation and safety
- Helps every player feel respected
- Builds inclusive sports environments



COMMON BARRIERS

- Language
- Gender norms
- Different rules
- Fear of judgement



WHAT CAN COACHES DO?

- Use simple words and demonstrations
- Check understanding without putting pressure on participants
- Respect different levels of confidence
- Avoid stereotypes and assumptions
- React quickly to disrespectful behaviour..

KEY MESSAGE

INTERCULTURAL AWARENESS IS NOT ABOUT KNOWING EVERYTHING; IT IS ABOUT OBSERVING, ADAPTING AND RESPECTING.

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REFLECTION QUESTIONS

Use this sheet individually or as part of a group discussion after reviewing the training pill. The aim is to reflect on current practices and identify concrete actions that can strengthen inclusion, participation and a sense of belonging in your club or organisation.

How do coaches welcome participants from different cultural backgrounds?

What language or communication barriers arise in your sessions?

How do you check that everyone understands the rules of the activity?

Are gender, religion or family expectations taken into account when planning activities?

What signs may indicate that someone feels uncomfortable or excluded ?

How can coaches encourage interaction among participants who do not know each other?

What stereotypes or assumptions should facilitators avoid?

What practical change could improve intercultural inclusion next month?

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1. INTRODUCTION

Sports sessions often bring together people with different languages, cultural references, family expectations and previous experiences in sport. This diversity is an asset, but it also requires coaches to create clear, respectful and safe environments. Intercultural awareness does not mean that coaches must become experts in every culture. It means being attentive, avoiding assumptions, adapting communication and ensuring that all participants can take part with confidence.

2. LEARNING OBJECTIVES

Understand how cultural background can influence communication and participation. Identify common barriers in intercultural sports settings. Apply simple coaching strategies to create safer and more respectful sessions. Reflect on how your organisation can make sport more accessible and inclusive.

3. WHY CULTURE MATTERS IN SPORT

Culture can influence how participants relate to authority, ask questions, express disagreement, manage physical contact, integrate into mixed groups or understand competition. Coaches do not need to judge these differences; they need to manage them with clarity and respect.

4. PRACTICAL TIPS FOR COACHES

- Start with a warm and clear welcome.
- Use demonstrations, visual cues and simple language.
- Check understanding privately or through small-group practice.
- Be flexible with groups, physical contact and the intensity of competition.
- Invite questions and normalise mistakes as part of learning
- Avoid jokes or comments that may reinforce stereotypes
- Respond immediately to discriminatory behaviour
- Establish routines so participants know what to expect

5. KEY REFLECTION

Inclusive coaching is not about treating everyone identically. It is about giving everyone a fair opportunity to participate, feel safe and build confidence.

6. REFLECTION

- How do you adapt communication when participants do not share the same language?

- What cultural or practical barriers appear most frequently in your context?

- What routine could your club introduce to make sessions more welcoming?

7. FINAL CONCLUSION

Intercultural awareness grows through daily coaching habits: observe carefully, communicate clearly, adapt respectfully and make inclusion intentional.



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