

Tips for Creating an Inclusive Sports & Recreation Program



Learn about each athlete

Build rapport with them and adapt your coaching style so it works for them. Ensure they are appropriately challenged.



Have a code of conduct

Emphasize values such as inclusion, respect, and the right to play, and highlight in program materials.



Build in social supports

Strategically pair athletes together based on common interests and skill level rather than having them pick partners.



Use clear instructions & visual cues

Use short, simple instructions to introduce drills, skills and rules, and employ visual supports whenever possible.



Provide predictability & clear expectations

Provide a written schedule for your practice and review it with the group. Give transition cues before changing activities.



Implement motivation strategies

Awarding points to the group for positive behaviours can increase the occurrence of those behaviours.