

HOW TO CHANGE THE GAME

RECOMMENDATIONS FOR SPORT AND RECREATION PROVIDERS

01

Design sport and program plans around the primary reasons for why youth play. Regardless of the type of sport organization, prioritize engagement outcomes and values which reinforce experiences that are safe, social, accessible, and fun.



03

Understand access, equity and engagement issues to youth sport within your own membership and community. Review and discuss these findings for internal relevancy and consider collecting racial and other demographic data on an ongoing basis to set targets and track progress, as well as to better understand who you serve and how associated barriers and engagement needs evolve over time.

02

Review and reflect on the recommendations of the [Truth and Reconciliation Commission](#) of Canada with a special focus on the calls to action #87-91 related to sport and reconciliation.

05

Review recruitment and hiring practices for coaches, staff, and volunteers to increase representation among leaders and in positions visible to youth.

04

Create a welcoming environment and embed culturally relevant approaches into operations, programming, and team-building activities.

06

Maintain sound health and safety protocols as society and the sport economy reopens. There is a strong demand among youth and parents for returning to play and sport in-person despite the pandemic. Health and safety will remain top of mind for youth, even as sport reopens.

08

Conduct needs assessments to optimize the allocation of facility spaces, considering an intersectional lens including sport type, gender equity, competition level and community access.

07

Be a good neighbour and engage with key stakeholders, organizations and businesses in the community that you operate and serve. Sport infrastructure and spaces can lead to a ripple effect for youth to belong and be part of the fabric of a community.

09

Offer inclusive and adapted opportunities within your sport. Calls for increased adapted sport opportunities were important for athletes identifying as having a physical disability, athletes identifying as having an indivisible or mental health disability, as well as 1 out of every 4 youth overall.