

Ringette For All



An inclusive, safe and fun community sport program

Ringette for All (RFA) is a ringette program for children with cognitive and/or physical disabilities who cannot participate on 'mainstream' ringette teams.

Through an **inclusive, safe, and fun environment**, RFA players **learn the fundamentals of the sport and develop life skills** that will benefit them inside and outside of the rink.

An evaluation of the Ringette for All program showed that participants...

✓ Built competence and confidence, on and off the ice

As players developed their skills on the ice, they became more confident in themselves. This confidence extended to other areas of their lives.



"She didn't have a really good image of herself before and **Ringette For All really brought up the best in her**. And the fact that she can see it and realize it is pretty amazing." – RFA parent

✓ Experienced a sense of belonging and being part of a team

As players participated in the program, they formed bonds with their teammates, coaches and program volunteers. This relationship and team-building made the program special for the players.



"Being in this program is like, basically, it's a **dream come true for me**. It's an amazing team, with amazing coaches, amazing friends, amazing teammates. It's just like, the whole bit. It's just awesome." – RFA player

✓ Improved their physical and mental health

As players gained confidence on the ice, they also gained strength and stamina. Having fun while being active with teammates improved players' mental and physical health.



"It **makes me feel like I belong somewhere**. And it makes me feel like happy and calm in some way. Because you can just forget of the problems of the day that you had or like for school and just be there in a moment." – RFA player

100%

of the players and parents interviewed were **satisfied** with the program, and expressed a desire to **continue in the program**.

Ringette For All coaches and volunteers fostered quality sport experiences for participants by...



Letting players choose how they participate

For example, by encouraging players to participate in drills to the extent they want



Creating an inclusive team culture

For example, by welcoming participants of all ages and skill levels to join the team



Focusing on having fun and letting the players shine

For example, by hosting special games against celebrities and local teams



To learn more about Ringette for All visit the [Ottawa Ringette](#) and [Ringette Calgary](#) websites.

