

Share your ideas!



To develop recommendations
to increase the quality and quantity of introductory sport and
physical activity programs for people with disabilities

Compensation: In recognition of your time, you will receive a **\$100 everything gift card**, which allows you to choose a gift card from hundreds of stores. You will receive the gift card upon completing the project.

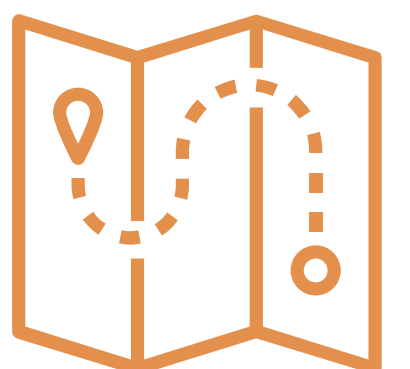
Who can participate? We are looking for Ontarians of all ages and disability types who have started participating in sport or physical activity programs within the last 5 years to participate in this project. For children 12 and under, we ask that a parent or guardian participate in the project alongside their child.

Part One: Share your story!

For the first part of the project, we will ask that you (or your child) complete a journey map activity. Journey maps are one way to understand what you (or your child) go through when looking to engage with or participate in physical activity programs or (Para) sport. By understanding the barriers and facilitators to your (or your child's) participation, we can work to identify gaps and opportunities to improve programming, which helps people with disabilities learn fundamental movement skills and physical literacy (known as an Active Start). Please note that all journey maps will be anonymous and will not be linked back to you.

Participation:

- Fill out a brief registration form (estimated time to complete: 5 minutes)
- Create one journey map using a provided template (estimated time to complete: 20 minutes)



Part Two: Collaborate with us!

Next, we invite you to join a virtual workshop. In this workshop, we will bring together people with disabilities and their family members, coaches and program leaders, researchers, educators, and healthcare providers to collaboratively co-create an Active Start resource for people with disabilities. Workshop activities will include reviewing the key barriers to participation identified in the journey maps and generating solutions to reduce these barriers.

Participation:

Participate in one 2-hour virtual workshop. Each workshop will include a 15-30 minute break after the first hour. Participants will have the option to choose between a workshop on November 18th, 2023, from 2-4:30 pm (EST) or a workshop on November 22nd, 2023, from 6:00 - 8:30 pm (EST).

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If you are interested in participating or have any questions regarding participation, **please contact Brynna Kerr at bkerr@sirc.ca.**