

Share your ideas!



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

Context:

We have asked people with disabilities (or their parents or guardians) to complete a journey map activity. Journey maps are used to help us understand what people with disabilities and their parents or guardians go through when they are engaging with or participating in physical activity or Para sport programs. By understanding the barriers and facilitators that individuals with disabilities and their families face to participating in programs, we can work to identify gaps and opportunities to improve programming aimed at helping people with disabilities learn fundamental movement skills and physical literacy (known as an Active Start).

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We are hosting workshops that bring people with disabilities and their family members and other key stakeholders, including coaches and program leaders, researchers, educators, and healthcare providers (for example, occupational therapists and family practitioners), together to brainstorm solutions that promote Active Start in sport for people with disabilities.

Collaborate with us!

We are looking for **individuals who engage with people with disabilities through their work** (for example, educators, sport administrators, researchers, program leaders, coaches and healthcare workers) to participate in a virtual workshop. In this workshop, we will bring you together with other key stakeholders and the people with disabilities (or their parents and guardians) who had completed the journey mapping activity in the first phase of the project. Workshop activities will include reviewing the key barriers to participation identified in the journey maps and collaboratively generating solutions to reduce these barriers to help promote Active Start in sport for individuals with disabilities.

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).

Interested in participating?

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