

# THE 10 P'S OF A PARA READY PROGRAM

## 1. PROACTIVE

The key to becoming para ready is to prepare before an athlete contacts your program. You need to say that your program is welcoming to all and also say how.

## 2. PRIORITIZE

Consider how your program will foster key concepts that underpin [quality participation](#): belonging, autonomy, mastery, challenge, engagement, meaning.

## 3. POLICY

Have a visible policy, statement, or commitment on your website that says you are inclusive to the athletes you are able to include.

## 4. PROMOTION

Ensure all promotions and messaging about club activities is accessible and uses [inclusive and appropriate language](#).

### **Include at least these key points:**

Accessibility Information; Local Transportation Options; Parking; Specialized Equipment Available; Level of Challenge; Coach Certification.

## 5. PROGRAMMING

Consider what equipment you need and if your programming will be fully integrated or segregated  
To learn more about the inclusion spectrum [CLICK HERE](#).

## 6. PEOPLE

Find the coach(es) who will champion your para program and provide them with para coach education.

## 7. PLACE

Ensure your home and away track facilities are fully accessible to all disability groups, not just those competing in a wheelchair.

## 8. PATHWAY

Not all para athletes will become Paralympians! Athletes will enter the sport at different moments along their pathway, so programs need to adjust expectations and programming accordingly.

## 9. PRICE

Cost is a key barrier to participation for many people with disabilities. Examine your fee structure to see what you can do to make it more affordable.

## 10. PARTNERSHIP

Develop (in)formal partnerships with local and provincial disability sport organizations.