THE NINE P’S OF A PARA READY PROGRAM

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.

Policy
Have a policy, statement, or commitment on your website that says you are inclusive to the athletes you are able to include.
Ensure all promotions and messaging about program activities is accessible and uses inclusive and appropriate language.

Promotion
Include at least these key points: Accessibility Information; Local Transportation Options; Parking; Specialized Equipment Available; Level of Challenge; and Coach Certification.

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.

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

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

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.

Price
Research has identified cost as a key barrier to participation for people with a disability.

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