

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.

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For more detailed information about each of the P's, refer to "The Para Ready Checklist".

Full report is available at www.ualberta.ca/steward-centre