

# THE 10 P'S OF A PARA READY PROGRAM

**TABLE #1:**  
THE PARA READY CHECKLIST

Please remember this checklist represents the "gold standard" of what a para ready program might look like. Programs are not expected to implement all the parameters below. Instead, use the information below to identify strategies you could use to begin to improve inclusion and accessibility for para athletes.

**The first P is for Proactive, an overarching philosophy. Show a readiness to include all para athletes.**

THE P	SUB CATEGORY	EXAMPLES
Prioritize	Quality Participation	<ul style="list-style-type: none"> <li>○ Familiarize yourself with the <a href="#">CDPP Quality of Participation Blueprint</a> and prioritize the Quality Participation Building Blocks (belonging, autonomy, mastery, challenge, engagement, meaning)</li> <li>○ Revisit these Building Block priorities as you create your Para Ready Plan</li> </ul>
	Para Ready Inclusion Commitment Statement	<ul style="list-style-type: none"> <li>○ Have a para inclusion statement (i.e., a public record that expresses the club's dedication to para inclusion) on your website saying that you are committed to providing programming or connecting in some way</li> <li>○ You must say 'how' you will do this</li> <li>○ Can be short or long E.g., Joe's Para Sport Club is committed to providing programming for all athletes with a disability in our community (short version)</li> </ul>
Promotions	Website Accessibility	<ul style="list-style-type: none"> <li>○ Check your website to make sure it meets accessibility requirements (i.e., all pictures have alt text)</li> <li>○ <a href="#">Click HERE</a> to find out more about creating an accessible website</li> </ul>
	Key Content	<ul style="list-style-type: none"> <li>○ Make sure it is clear on your website that you support athletes with a disability</li> <li>○ Be clear about which disability groups your club is capable of coaching</li> <li>○ At minimum provide information about: available equipment; cost of program; practice times; coach qualifications; accessible facility features</li> </ul>
	Social Media and Emails	<ul style="list-style-type: none"> <li>○ Ensure all social media posts are easy to understand for your target audience</li> <li>○ <a href="#">Click HERE</a> to find out more about inclusive communications and language</li> <li>○ Make sure you use images that promote inclusion by showing all the diverse athletes involved in your program (<a href="#">Click HERE for more information</a>)</li> </ul>
	Awareness	<ul style="list-style-type: none"> <li>○ Implement strategies to attract new athletes (e.g., try-it days, practice observations, meet the coach nights)</li> </ul>

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(CONTINUED)

THE P	SUB CATEGORY	EXAMPLES
<b>Programming</b>	Access to Equipment	<ul style="list-style-type: none"> <li><input type="radio"/> Program has (or has access to) affordable (rental) equipment for all athletes</li> <li><input type="radio"/> Administrators are knowledgeable of grants available for para athletes</li> <li><input type="radio"/> Space available for equipment storage</li> <li><input type="radio"/> Equipment is appropriately sized and up-to-date</li> </ul>
	Ratio (coach/athlete)	<ul style="list-style-type: none"> <li><input type="radio"/> Ratio will vary depending on athlete make up</li> <li><input type="radio"/> In general, persons with intellectual disabilities, such as autism, require more support (approx. 1:1 or 1:2)</li> <li><input type="radio"/> Athletes who compete in wheelchairs might not need full support (approx. 1:5)</li> </ul>
	Modifications	<ul style="list-style-type: none"> <li><input type="radio"/> Opportunities for para athletes to modify their practice to meet their unique needs</li> </ul>
	Level of Integration	<ul style="list-style-type: none"> <li><input type="radio"/> Program has different integration options</li> <li><input type="radio"/> Athletes have the choice to be fully integrated with able-bodied peers, partially integrated, or segregated</li> </ul>
	Practice Co-Design	<ul style="list-style-type: none"> <li><input type="radio"/> Uses athlete-centred coaching to co-design practices with participants</li> <li><input type="radio"/> Carefully consult with each athlete to accommodate skill level</li> <li><input type="radio"/> Try and facilitate athlete decision making and engagement in the entire process.</li> <li><input type="radio"/> <a href="#">Click HERE</a> to learn about the STEP model (Space, Task, Equipment, People) for practice adaptations.</li> </ul>
	Tracking Improvement	<ul style="list-style-type: none"> <li><input type="radio"/> Develops appropriate benchmarks to record athlete progress</li> <li><input type="radio"/> Coach provides athlete with continuous feedback on personal progress</li> </ul>
<b>People</b>	Coach Education	<ul style="list-style-type: none"> <li><input type="radio"/> Coach(es) have taken <a href="#">coaching athletes with a disability</a></li> <li><input type="radio"/> Coach has opened up lines of communication with an experienced para coach</li> </ul>

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<b>Place</b>	Facility Accessibility	<ul style="list-style-type: none"> <li><input type="radio"/> Smooth surfaces to easily access facilities</li> <li><input type="radio"/> Building is equipped with ramps and/or elevators</li> <li><input type="radio"/> Consider making a video or taking pictures of your facilities to show accessible features (e.g., ramp, surfaces, equipment, washrooms, etc)</li> <li><input type="radio"/> <a href="#">Click HERE</a> to find out more information on building accessibility</li> </ul>
	Competition Track Access	<ul style="list-style-type: none"> <li><input type="radio"/> Research the accessibility of competition facilities where your club competes</li> </ul>
	Washrooms	<ul style="list-style-type: none"> <li><input type="radio"/> All washrooms and change rooms are wheelchair accessible</li> <li><input type="radio"/> Wide entrances and access features (<a href="#">Click HERE</a> for more information on access to sporting facilities)</li> </ul>
	Public Transit	<ul style="list-style-type: none"> <li><input type="radio"/> Bus stops are located close to facility</li> </ul>
	Parking	<ul style="list-style-type: none"> <li><input type="radio"/> Accessible parking is available</li> </ul>
	Planning	<ul style="list-style-type: none"> <li><input type="radio"/> Every facility is different!</li> <li><input type="radio"/> When traveling to a competition prepare yourself and athletes for transportation barriers and accessibility of new venue</li> </ul>
<b>Pathway</b>	Unique Pathway	<ul style="list-style-type: none"> <li><input type="radio"/> Ensure athletes have support to pursue their individual pathway, whether it be development, competitive or a mix of both</li> </ul>
	Classification	<ul style="list-style-type: none"> <li><input type="radio"/> Athletes get to practice with other athletes of similar abilities (when applicable)</li> <li><input type="radio"/> Classification opportunities are available (when applicable)</li> </ul>
	Board Member	<ul style="list-style-type: none"> <li><input type="radio"/> Para athletes have the opportunity to have a member as part of the board to ensure continued para inclusion in all facets of the club</li> </ul>

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THE P	SUB CATEGORY	EXAMPLES
<b>Price</b>	Cost	<ul style="list-style-type: none"> <li><input type="radio"/> Program is low cost</li> <li><input type="radio"/> Administrators are knowledgeable of grants available to para athletes</li> <li><input type="radio"/> You can do specific things to lower costs, for example:               <ul style="list-style-type: none"> <li><input type="radio"/> If you need more coaches, get the senior athletes in your program (or the city) to volunteer and work with Athletes who either need more support or who are learning introductory skills</li> <li><input type="radio"/> Collaborate with the facility to get reduced rates</li> </ul> </li> </ul>
<b>Partnerships</b>	Disability Sport Organizations	<ul style="list-style-type: none"> <li><input type="radio"/> Research and develop (in)formal partnerships with local and provincial disability sport organizations</li> <li><input type="radio"/> These organizations can help you connect with resources needed to feel confident when working with people with disabilities</li> </ul>
	Other Clubs	<ul style="list-style-type: none"> <li><input type="radio"/> Reach out to other clubs in your local area to find out if they are offering para programming and to find out how your club can help</li> </ul>

*\*This checklist has been partly adapted from the Canadian Disability Participation Project's 'Blueprint for Building Quality Participation in Sport for Children, Youth and Adults with a Disability' \*\*Additional elements have been created using the references found in the references section above and through online practical resources*

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