



VOLLEYBALL BC

RECOMMENDED TRAINING FOR A MORE WELCOMING CLUB

Clubs and program leaders can have a huge impact on participant mental health and well-being by developing. When clubs embrace a safe, welcoming culture, diverse participation can flourish.

Feeling “included and supported” and positive mental health outcomes go hand in hand. You may benefit from taking training designed for athletes, coaches, and all leadership roles in order to enhance diversity, equity, and inclusion in all levels. Below is a list of activities, resources, and training that you can take to enhance your understanding and awareness.

Coaching Association of Canada

[Anti-racism in coaching eLearning](#)
[Bystander Empowerment eLearning](#)

[Coaching Athletes with a Disability](#)

[Leading the Way: Working with LGBTQ+ Athletes and Coaches](#)

Canadian Women and Sport

Gender Equity in Coaching (webinar)
<https://womenandsport.ca/learning-opportunities/webinars/gender-equity-in-coaching/>

Gender Equity LENS (training):
<https://womenandsport.ca/learning-opportunities/e-learning/gender-equity-lens/>

viaSport BC

viaSport BC have multiple resources on diversity, equity, and inclusion in sport. [Check out the resource centre here](#). Current topics include:

- ✓ Trans Athlete Inclusion Guidelines
- ✓ Creating Inclusive Environments
- ✓ Accessibility Audit Tool
- ✓ Rural and Remote Programming Tips
- ✓ 2SLBTQ+ Coaching Tips
- ✓ Ready, Set, Coach: Supporting children with ASD in community recreation
- ✓ Adopting Inclusive Language Policy
- ✓ Becoming Para Ready
- ✓ All Youth Matter Inclusion Training

ISPARC BC

ISPARC BC is the Indigenous Sport, Physical Activity and Recreation Council for BC.

[Aboriginal Cultural Relations Module](#)
[Aboriginal Coaching Module](#)

Next Steps

- Don't be overwhelmed by all the different options. Consider the demographics of your club and community as a starting point for considering what additional training might be helpful.
- Share these links with your Board or staff and identify training that will benefit your leaders and participants.
- Consider taking a course together as a club so that you can debrief afterwards and identify next steps to put your training to use.