



Barriers to Sport and Recreation Study: Project Report

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Introduction

The purpose of this project is to explore and test innovative ways to increase activity levels among members of priority populations in the Pickering/Durham Region. This project will allow us to design and test new programs that meet community needs, explore ways to make our facilities/equipment more accessible, and find ways to ensure new programs are sustainable. Our goal is to make the benefits of active participation and an active lifestyle more accessible to priority populations, consistent with the priorities and participation goals of *Game On*, Ontario's sport plan.

Game ON – The Ontario Government's Sport Plan is a sport-focussed, athlete-centred and results-oriented plan. The plan builds on a strong existing foundation of sport organizations, programs and investments. It recognizes the many ways in which organized sport can be good for people and communities, from the obvious health benefits of physical activity to the economic benefits of hosting major events.

The plan has identified three priorities for amateur sport in this province – **participation**, **development** and **excellence** – and outlines the steps we plan to take in order to achieve them.

Game ON – The Ontario Government's Sport Plan is a signature legacy of the Pan Am/Parapan Am Games. At its heart, it is about the province supporting a sport culture that welcomes athletes in a safe and positive environment, allows them to develop their skills, at home, to their full potential, and identifies and supports Ontario's athletes who have a genuine chance to pursue and achieve excellence.

"Sport has the power to inspire people, transform communities and change lives." Dr. Bruce Kidd.

The Barriers to Sport and Recreation study was completed by two part time employees at the Pickering Football Club. The Project Coordinator was Tammy Lyle-Gravlev, who coordinated all marketing, community consultation and events associated with data gathering. Research Coordinator Laura Ricketts, was responsible for gathering and analyzing all data and creating the final report.

Generously supported by the Ontario Trillium Foundation



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This project started November 2019, and was paused April 2020 due to public gathering safety concerns around the Covid-19 Pandemic. The project re-started August 2021, with several approved changes to the original workplan, and was complete December 2021.

Since I have a recreational therapy background, I felt it was important to incorporate the word “Recreation” into our study as for many communities, recreation is as important and often times more inclusive than “Sport”.

Definitions

For the purpose of our study, we define:

BIPOC

Black, Indigenous, People of Colour

Priority Populations

People with disabilities, newcomers, LGBTQ2S+, indigenous, people of colour and seniors

Recreation

Recreation is something active that is done for pleasure, either independently or with a group. Activities are engaged in for fun, and pleasure and not for competition.

Sport

Sport is an activity that you do for pleasure that needs physical effort or skill, usually done in a special area and according to fixed rules.

Covid-19 Pandemic

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus.

Focus Groups

With the onset of the Covid-19 Pandemic, it became very challenging to schedule focus groups in-person and virtually. We built great momentum at the start of our project and were able to schedule a number of focus groups through our Pickering Football Club community including people with disabilities and seniors. We had several other community focus groups scheduled, but they were canceled due to pandemic lock downs and then the pause of this project.

Once we started the project again, we had a lot of difficulty engaging participation – particularly groups, in our study. We then pivoted, and engaged in more 1 on 1 conversations for data gathering and encouraged participation with our online survey.

Schedules Focus Groups

People with Disabilities	<ul style="list-style-type: none">• November 9, 2021, All Abilities• Spring 2020, General
Newcomers	<ul style="list-style-type: none">• Spring 2020, Welcome Centre Immigrant Services – Pickering• Spring 2020, Community Newcomers (cancelled due to Covid-19)

Seniors	<ul style="list-style-type: none"> • Spring 2020, In Motion participants • Spring 2020, VIVA Pickering Retirement • Spring 2020, Community Seniors (cancelled due to Covid-19)
Non-Profit Sport and Recreational Orgs	<ul style="list-style-type: none"> • Spring 2020 (cancelled due to Covid-19)
BIPOC	<ul style="list-style-type: none"> • November 2021, Sisters4Pac • Research Coordinator conducted personal interviews with additional subjects

Presentations completed by Tammy

I connected with a number of community groups, who were interested in our study and wanted to learn more, so they could encourage their communities to participate. I met virtually with the following people/ organizations to present information about our study, progress and related special events.

- Pickering Accessibility Committee
- Womxn of Colour Durham Collective
- Alianza Hispano – Canadiense de Ontario
- Lauren Wolman, PhD Social Innovation Research Manager, Applied Research, Innovation and Entrepreneurship Services (ARIES)
- Lee Marrison, Community Care Durham (Seniors portfolio)
- Moninder Nahar, Community Recreation Supervisor, Town of Ajax
- Michelle Leong Francis, TTG Group Consulting
- Nadine Lamarche, Professor, Sport Management at Durham College
- Ajax Accessibility Committee
- Pickering Cultural Advisory Committee
- John Melvin, Cricket External Partner

Community Consultation

We garnered support from a number of community organizations, who assisted us by distributing our survey and information about special projects to their community via email, social media and newsletters. These community organizations include:

- Dnaagdawenmag Binnoojiiyag Child & Family Services
- Megan Parker - Office of Research Services, Innovation and Entrepreneurship, Durham College
- Debbie Ellis - Indigenous Training Specialist, The Regional Municipality of Durham, Children's Services Division
- Julie Gaskin - Children's Services Division | Social Services Department, The Regional Municipality of Durham
- Stacey Gray-McQuat, Manager, Culture and Central Recreation Services - Interim | City of Oshawa

- Megan Lewis - Centre of Indigenous Policy and Research
- Moninder Nahar-Arjun (*She/Her/Hers*) Community Recreation Supervisor, Town of Ajax
- Andrew Noris, Community Recreation Supervisor, Town of Ajax
- Janine Knight-Grofe – International Education, Durham College
- Durham Outdoors Club, Catherine Shearer-Kudel
- Basia Radomski, Communications Manager, Office of the CAO, Municipality of Clarington
- Jake Farr, PLAG Durham
- Aili Oberson, Manager, Programs and Facilities | City of Oshawa
- Kathleen Hutton, bgcdurham.com
- Janet Traer | Accessibility Coordinator, Office of the CAO, The Regional Municipality of Durham
- Jaclyn T. San Antonio (she/her), Senior Advisor, Equity, Diversity & Inclusion | Office of the CAO, City of Pickering
- Nicole Wright Nicole Wright, RN, BScN, Public Health Nurse , Durham Region Health Department , Population Health Division
- Don Terry, Sport Durham
- Matthew Vilord, Community Relations Manager, V!VA Pickering Retirement Community
- Peter Bethanfaly (3 meetings scheduled that were all cancelled)

Marketing

A number of different sources were used to inform our Durham Regional Community about our project.

Flyers

Flyers were created to inform our community about our focus groups, survey and free recreational programming. Marketing flyers were created and shared via social media, email campaigns, paper copies in our facility and circulated through our community.

Survey

We utilized a paid subscription with Survey Monkey to create our Barriers to Sport and Recreation Survey. The survey was released on October 18th 2021, and we accepted responses until November 30, 2021. There was a total of 105 survey respondents.

Emails

Mail Chimp was used to communicate information about our project to our subjects and community organizations. Contact information was acquired through my relationships at the City of Pickering and the Town of Ajax. Additional contact information was gathered through online research. In total, I grew my contact list to 677 people & organizations from across the Durham Region. Open rates for my email campaigns were very small. I attribute this to:

- Covid-19, email fatigue
- Covid-19, many small non-profit organizations have closed their doors
- Covid-19, due to the changing roles in organizations email addresses are no longer valid.
- Lack of interest in our project

Mail Chimp Campaigns

- # 1 Barriers to Recreation and Sport Introduction: 496 recipients, 47 open, 2 clicks, 55 bounces, 1 unsubscribe
- # 2 Focus Groups: 116 recipients, 21 open, 3 clicked, 8 bounces, 1 unsubscribe
- # 3 Free Recreational Programs: 659 Recipients ,74 open, 1 clicked, 39 bounced, 2 unsubscribe
- #4 Bollywood Dancing: 652 Recipients, 65 open, 35 bounced, 3 unsubscribed
- #5 Survey: 672 recipients, 51 clicked, 35 bounced, 2 unsubscribed
- #6 Interview Subjects Needed: 669 Recipients, 87 open, 36 bounced, 5 unsubscribed

Social Media

Regular updates were posted on our numerous social media handles including: Facebook, Instagram and Twitter. In addition, updates were posted through Facebook on regional public group pages. Our community partners advertised our study, survey and events through their social media handles. We also used paid social media boosts to extend our reach.

Paid Social Media Boost

- Survey #2 Ad: \$100.00, Reach 2007, Post Engagement 387
- Survey #1 Ad: \$100.00, Reach 3024, Post Engagement 5
- Free Recreation #2 Ad: \$35.00, Reach 1304
- Free Recreation #1 Ad: \$35.00, Reach 1230, Post Engagement 239
- Focus Group #1, \$35.00, Reach 1874

Weekly Club Newsletter

Updates were included in our weekly Pickering Football Club newsletter.

Word of Mouth

I found that most of the engagement from this project came through word of mouth. We recognised the importance of Word of Mouth communication and tried to find leaders within our priority populations who could encourage and solicit participation in our study.

Free Recreational Activities

As part of the original grant application, we intended to facilitate 4 pilots at \$500.00 each. Due to the changing pandemic restrictions, this was difficult to plan. Instead, we pivoted and instead offered 10 weeks of free recreational programming to our Durham Regional Community. The goal of this pivot was to introduce our participants to new recreational/ sport activities that they can enjoy both in our facility and in our greater Durham Community.

- October 4, All Recreational Equipment Set up (25 Participants)
- October 11, No Program - Thanksgiving
- October 18, Zahra's Belly Dancing (23 Participants)
- October 25, All Recreational Equipment Set up (15 Participants)
- November 1, Cricket (23 Participants)
- November 8, Intro to Frisbee Golf (24 Participants)
- November 15, All Recreational Equipment Set up (25 Participants)
- November 22, All Recreational Equipment Set up (29 Participants)
- November 29, Frisbee Golf Competition (32 Participants)

- December 6, Fitness Circuit (23 Participants)
- December 13, Walking Soccer (34 Participants)

We facilitated programming Monday mornings 9:00 – 11:00 am. Participants were encouraged to join us in our weekly recreational, sport and social activities. We engaged a regular group of participants in new activities, but there were a number of participants who came in to just walk our facility and did not want to participate in our activities. The most enjoyed part of this programming was the social time we planned after everyone completed their activity. We set up tables and chairs in our event room and served coffee and tea. We had two regular participants who brought in scones and cookies – which were enjoyed by everyone.

While we marketed this event in the hopes of inviting new people to the Pickering Soccer Centre, most of the participants were members of a senior's program we ran out of our facility 3 years ago. We did engage a group of BIPOC residents who attended our program on a regular basis. They were welcomed by all participants, and were very active members of our Free Recreational programming. They also regularly participate in our PFC Walking Soccer program.

Vignette

With the changing environment due to Covid-19, we did not feel comfortable moving forward with the Pilot Projects that were part of our original application. With approval from our OTF representative, we again pivoted and instead, created a "Your Community" video vignette highlighting the diversity at the Pickering Soccer Centre. We created 4 vignettes with four distinct faces from around the club. Some of the pertinent questions we asked focused on their love of sport/recreation, the barriers they've had in participating and what the pandemic did to their activity level.

Video Participants:

- Ronda Evans: Ronda is an urban Algonkian woman living in Ajax, Ontario and a member of the North Timiskaming First Nation in Quebec and the Wolf Clan. Ronda is part of our PFC Walking Soccer Program.
- Melanie Quesnelle and Avery: Single mom to 3 amazing boys, Quentin (15), Avery (8) and Jaxon (5). Melanie's son Avery is part of our PFC All Abilities Soccer Program.
- Elvis Thomas: Elvis is a black member of our community and has been coaching at the PFC for 13+ years.
- Shiv Persaud: is an East Asian external member of the PFC and utilizes our facility for cricket.

What worked well

OTF Flexibility

We are very thankful that our Ontario Trillium Foundation representative was extremely flexible with our workplan while we navigated this project during the Covid -19 pandemic. We stayed in regular contact with our rep and were able to find creative ways to pivot from the original plan set out in our application.

Engagement from club users

We have a dedicated group of facility users including our Walking Soccer, All Abilities and In Motion participants who were eager to assist us with our study.

Engagement from Durham Municipalities

Our local area municipalities are all interested in the results from this study. Most assisted us in advertising our study, focus groups, special events to their community. In addition, they were helpful in providing me with contact information for specific community groups we had trouble connecting with.

Challenges

During the course of this project, we experience a number of road blocks.

1. Covid-19 Pandemic

The Covid-19 Pandemic hit the globe, the end of March 2020 and our project was paused until August 2021.

Contacts – we were very fortunate to receive a list of community contacts from the City of Pickering and the Town of Ajax. As many of those organization were non-profit organizations, due to the pandemic many of those businesses are now closed or the email addresses have changed, or are no longer valid.

Focus Groups - engaging focus group participation during the Covid-19 pandemic, was challenging. We were forced to cancel 3 scheduled focus groups in March 2020 prior to our project being paused. Once we started up again, interest in our project had dwindled, and we had trouble scheduling new groups to interview.

Virtual Fatigue – for most people, work, school, social gathers and learning opportunities switched to virtual formats. Through feedback from community members, we found that people were hesitant to engage in additional virtual meetings to participate our study.

Survey Fatigue – due to Covid-19, people were spending more time in front of their computers, and for many, boredom and computer fatigue prevented them from participating in our online survey.

Starting and Stopping - when we started this project, we experienced a surge in momentum. We were starting to problem solve some of the challenges we were experiencing. When we were forced to pause the project for 18 months, we had a very narrow window of time to start the project, build momentum and gather data from the community.

2. Engaging priority populations

While we received support from local municipalities and organizations who assisted us by advertising our study, survey and special events, we still had a difficult time engaging participation.

Survey

105 total surveys completed

1. Are you filling out this survey on behalf of yourself, or someone else?

- This survey reflects my responses: 88.64%
- I am filling out this survey on behalf of someone else: 11.36 %

2. Do you identify as any of the following?

- Senior 25.71%
- Black 19.05%
- Muslim/Sikh 9.52%
- An individual with a cognitive disability: 8.57%
- An individual with a physical disability: 8.57%
- Immigrant within the last 25 years: 6.67 %
- LGBTQ2SI: 2.86%
- Indigenous: 1.90
- Other minority population (please identify) 1.9
- None of the above 15.24%

3. What is your age?

- 10 or Under: 3.81%
- 11-18: 5.71%
- 19-35: 16.19%
- 36-54: 36.19%
- 55-64: 15.24%
- 65-79: 21.90%
- 80+ : .95%

4. Gender, how do you identify

- Female: 63.81%
- Male: 35.24%
- Non Binary: .95%

5. What city of town do you reside in?

- Pickering: 32.38%
- Ajax: 28.57%
- Whitby: 15.24%
- Oshawa: 12.38%
- Clarington: 3.81%
- Uxbridge: .95%
- Scugog/ Brock: 0%
- Other: 6.67%

6. What type of residence best describes where you live?

- Live independently: 65.71%
- Independent, living with family other than spouse/ dependent children: 15.24%
- Dependent, living with family/caregiver: 10.48%
- Independent living residence: 6.67%
- Retirement Home: 0%
- Group Home: 0%
- Other: 1.90%

7. What type(s) of physical activities do you prefer? Please see definitions for sport and recreation above. Please select all that apply.

- Organized Recreational Activity: 63.11%
- Organized Sport Activity: 60.19%
- Independent Recreational Activity: 52.43%
- Independent Sport Activity: 36.89%

8. Please identify which recreational/sport activity(ies) you currently participate in. Please select all that apply.

- Exercise/ Fitness Classes: 36.19%
- Soccer/Football: 32.38%
- Swimming: 30.46%
- Walking: 23.81%
- Gym: 20%
- Yoga: 16.19%
- Cricket: 14.29%
- Cycling: 13.33%
- Basketball: 13.33%
- Pickleball: 12.38%
- Badminton: 9.52%
- Bowling/Lawn bowling: 9.52%
- Volleyball: 7.62%
- Martial Arts: 4.76%
- Tai Chi: 4.76%
- Other Water Sports: 2.86%
- Lacrosse: 0.95%
- Other: 46.67% (Includes: Golf, Tennis, Roller Skating, Hiking/ Walking, Baseball, Running, Hockey, Kayaking, Curling)

9. How long have you participated in recreational/ sport activities?

- Under 5 years: 17.31%
- 5-10 years: 24.04%
- 11-25 years: 18.27%
- More than 25 years: 40.38%

10. At what age did you become involved in recreational/sport activity(ies)?

- Under 10 years old: 46.1%
- 10-18 years old: 24.04%
- As an adult: 29.81%

11. Where do you participate in recreational/sport activity? Please select all that apply.

- Community Recreation Centre: 52.88%
- Sport Club: 39.42%
- Park: 32.69%
- School: 18.27%
- Virtually: 17.31%
- Fitness Club: 14.42%
- Private Club: 10.58%

- Church: 10.58%
- Senior's Centre: 8.65%
- Private program in someone's home: 3.85%
- Cultural Club: 2.88%
- Other: 15.38% (Lakes/ Oceans, Gym in Condo, Fitness at home,

12. How did you hear about the recreational/ sport activity that you are involved in? Please select all that apply.

- My own research: 45.19%
- Referral from social contacts: 34.62%
- Community Resources: 26.92%
- Social Media: 24.04%
- Advertisement: 12.50%
- Referral from Seniors Organization: 10.58%
- Referral from Disability Organization: 2.88%
- Other: 11.54% (Church, Email, Word of Mouth)

13. What general barriers exist preventing you from participating in recreational/ sport activities? Please select all that apply.

- Cost: 44.76%
- Availability with respect to schedules: 35.24%
- Lack of information on available options: 32.38%
- None of the above: 22.86%
- Lack of all ability's inclusive options: 19.05%
- Transportation: 13.33%
- Accessibility issues: 7.62 %
- Other
 - Lack of facilities all year round (3)
 - Indoor facilities during winter
 - Professional coaching
 - Lack of available facilities for consistent activities
 - Not enough skate rinks (indoor and outdoor) available in Durham (5)
 - Limited aquatic option
 - Smoothly paved walking paths or open spaces
 - Balancing Time
 - Availability of team sports for adults
 - Youth safe environment for at risk youth
 - Vaccine Mandates
 - Adapting a program on my own

14. What personal barriers exist that prevent you from participating in recreational/ sport activities? Please select all that apply.

- Unsure of opportunities: 37.14%
- Timing of scheduled sport: 32.38%
- Fear of not fitting in: 15.24%
- My circumstances do not work well with prescheduled events: 13.33%
- Negative personal experience, including but not limited to ageism/ racism/ homophobia/ ableism and may have included micro-aggressions and or/ outright intolerance: 8.57%
- Inability to independently

- I do not feel organized sport is safe/inclusive for me: 6.67%
- travel to sporting site: 5.71%
- Assistance required for participation: 5.51%
- Religious barriers: 0.95%
- Cultural Barriers: 0.95%
- Language barriers: 0%
- None of the above: 21.90%
- Other
 - Available facilities to use or provide
 - Non-inclusiveness of females
 - Location
 - Shift Work
 - My chronic illness causes me to have good and bad days, which are not predictable
 - High Schools fail to support Special Olympic athletic teams.
 - Need more accessibility to outdoor skating rinks
 - Equipment barriers, environmental barriers
 - Indigenous representation/leadership does not exist or is unknown...cultural values are not present
 - Unjust mandates
 - My physical limitations
 - Conflicts with medication

15. If you identify as an immigrant to Canada, can you tell us how long after your immigration date you became involved in Canadian organized sport?

- 1-3 Years: 8.57%
- 4-9 Years: 5.71%
- 10+ Years: 9.52%
- Not involved in sport/recreation since immigration: 0.95%
- Not Applicable: 75.24%

16. Would you be more likely to participate in recreational/ sport activities if participation was open to "select" populations only? (examples include but not limited to men only, Indigenous participants only, Muslim women only, new immigrants only, etc.)

- Yes: 22.13%
- No: 19%
- Makes no difference to me: 57.9%

17. Would you be more likely to participate in recreational/sport activities if there was a scheduled social time for participants after the activity?

- Yes: 60.58%
- No: 39.42%

18. If you answered yes to Question 17, would you be willing to pay an additional nominal fee to offset the cost of the social time?

- No: 11.54%
- Yes: 36.54%
- Not Applicable: 51.92%

19. As part of a minority or vulnerable population, do you believe recreational/ sport organizations are a safe and inclusive space for you? If not, please tell us why.

- Yes: 77.14%
- No: 22.86%

20. What can organizations do to make you feel they are a safe and inclusive? Please select all that apply.

- Website section outlining policies pertaining to inclusion that include the organizations actions should racism/ableism/homophobia/ageism/not inclusive behaviour occur: 37.50%
- Advertised/documented diversity training for all staff who come in contact with members: 34.62%
- Website section outlining formal inclusivity structures and statement/public commitment to inclusivity/equity policies inclusive of intersectionality: 33.65%
- Coaches/instructors from my identified population group: 29.81%
- Public sponsorship programs led by the sporting organization that prioritizes equal access for my community: 28.85%
- Public documentation by sport organization on measurable activity: 27.88%
- Flags/signage indicating inclusivity : 25.96%
- Formal relationship with community organization related to my background/personal circumstances: 25.00%
- Private change room areas: 22.12%
- Other (please specify) 17.31%
- Documented and published public Board of Directors list of commitments: 16.35%
- Land acknowledgements: 14.42%
- Scheduled "x group" only classes: 12.50%
- Other physical building amenities (please list) 7.69%

21. What types of activities would you participate in if they were available in your neighbourhood? Enter N/A if you are satisfied with your current opportunities

- Cricket
- Volleyball
- Skating (Ice & Roller)
- More Special Olympic Teams
- Cycling, walking, hiking, yoga,
- Curling
- Pickleball
- Baseball
- Walking
- More organized sport activities for Seniors. Currently I have to compete against 19-year old in some sports as women's class is just OPEN. In many cases my age group is 40 - 50 years older than players in the league or their team. This poses serious risk if injury.

22. Would you be open to participating in recreational/sport activities if all of the conditions you indicated above were met by an organization?

- Yes: 95.24%
- No: 4.76%

23. What is your primary mode of transportation?

- Vehicle 88.57%
- Public Transportation: 3.81%
- Carpool: 3.81%
- Bicycle: 0
- Walking: 0.95%
- Scooter: 0%
- Other: 2.86 %

24. How long would you be willing to travel to participate based on your primary mode of transportation?

- 10 Minutes: 15.24%
- 20 Minutes: 40%
- 30 Minutes: 37.1%
- Up to 1 hour: 6.67%
- Not Applicable: .95%

25. We would be honoured to hear more about your thoughts on this topic. Are there any suggestions you have that might improve accessibility to organized sport for you that are not identified above that you would like to tell us about? Please enter N/A if you do not have any feedback.

- We don't have facilities for cricket in Durham outside of Ajax. Need more multipurpose fields with a cricket pitch included.
- More media coverage of all sports to increase community awareness
- I would like to see cricket grounds in the Durham region and see more organized cricket being played.
- BIPOC participants aren't the problem here. We try to assimilate into sports and many times we are shown we don't belong. It's so disgusting and puts a bad taste in our mouths. The day we can all see one another as participants and not a colour then we will be on the right track for progress.
- I think promoting inclusivity through the options presented above would do a great deal to improve accessibility.
- Physical Education teachers at high schools need awards and recognition to be encouraged to coach a special Olympic sport since they have less status than regular high school sports.
- Designated outdoor pickleball courts that do not have rough asphalt as the playing surface
- General knowledge that these sorts of programs exist
- Provide funding and space for Minority groups to run their own organized recreational or sports activities.
- Please get diverse community member on the board that chooses the available activities. Having a diverse working staff. Community engagement activities. We all need to get to know one so that we feel more comfortable with one another.
- Please fix the pathways provided to be smooth so that I can safely roller-skate. Including a transition from road to pathway when crossing over streets
- It would be great if Durham Region had Netball teams and facilities. It's very popular in Caribbean Culture and although I'm not Caribbean, I played Netball growing up in Australia.

- culturally respectful logos and mascots...verbiage that is sensitized, mandatory cultural training, management of audience verbal abuse that is addressed immediately with visible consequences, removal of gender expectations
- Get rid of vaccine mandates because they discriminate. Stop being hypocrites and listening to what the media is spewing out hate
- Easier to identify senior physical activities in Ajax. Flyers delivered to home - not everyone uses the internet or uses it well. Certainly, this has been hampered by Covid (otherwise I might know of senior opportunities via senior centre).
- It would be great if there were women-only recreational spaces in Durham.
- More avenues for advertising programs available to all groups
- Completed by parent of 22 y. o. with physical disabilities who has participated in many recreational programs and some sports through childhood, less in teen years, and none now.
- I was looking for swimming classes for Muslim woman
- More communities and sports clubs like Pickering FC that offer All Ability programs of all types all year round making them easily accessible for us to join and participate in!
- The availability of some programs are very difficult to find, for example a heated pool. There are very few around Durham and difficult to get exercise if pool is not heated. Transportation to the activities will be difficult at times in the winter months.
- I can see that this survey would be difficult, if not impossible, for a person with an intellectual disability. I'm going to give you a bit of feedback from a coaches/organizers view. Some training for coaches is needed. I have had many coaches who mean well but don't know how to communicate with athletes with language barriers. Also, some coaches play into the disability and forget to teach the athlete or have a low expectation of the athletes. I have not seen any local places where this specific type of training and awareness is available. Transportation can be a barrier, especially now that Durham Transit has put new restrictions of the qualifications for those wanting/needing to use Specialized Services. Running any sport requires equipment - uniforms- etc. and having a place to store these things is important. Individual Cities seem to be making space available but not necessarily giving a "home" base to work from. Many participants come from group homes and experience shows their level of participation is very much dependent of those responsible for bringing them. Although this is not in the hands of those running programs it is definitely a barrier to people participating in sports/activities. There are many clubs offering activity within Durham that don't offer specialized or inclusive programs. Having said that, I have noticed more opportunities being made available. Things like karate, dance, curling, artistic and drama clubs. Not all people want or like "sport" activities and have a passion for other things. It might be time to try and pry the door open of other groups that exist but have not open their doors to inclusion. It's so much work and effort to try and start new clubs when these efforts might be better spent opening up and improving existing ones. That's my 2 cents worth. If you have any questions or need clarification on anything, please just ask. Much appreciation for your efforts to make our community better for all.
- Having enough participants available and signing up to make a sport viable.
- Share details at schools, community fairs
- We need more, good free programming with a social aspect as well.