



## Checklist to develop Para sport coach training

### (and enhance inclusion in all training)

For the purpose of this checklist - "Para sport" references any and all sports that are practiced by athletes with a disability, both on the Paralympic program and otherwise.

### Module development

- ✓ **Centralize Voices of Athletes and Coaches with a Disability**  
Prioritize the voices and perspectives of people with lived experience in Para sport to design, review, lead, and facilitate coach education. Provide training and support to these individuals to be able to effectively contribute
- ✓ **Involve a multidisciplinary team**  
This can include collaborating with people with disabilities who have a variety of lived experiences and expertise, skill acquisition specialists, experts with knowledge of different disability types and technologies, and practitioners with local knowledge of athletes' unique situations and contexts.
- ✓ **Pedagogy**  
Learning about the nuances of disability, coaching, and Para sport requires intentional coaching pedagogy. Collaborative social learning and reflective approaches are recommended for coach learners can share multiple, and at times competing, perspectives.
- ✓ **Language and messaging**
  - It is important that any content is speaking 'with' athletes or coaches with a disability instead of 'about' them. Coach educators need to carefully craft language in a way that does not assume that only nondisabled individuals are taking the training.
  - Consider intersectionality (the intersection of more than one unique and diverse dimension or lived experience; e.g. a woman who has a disability; which may further decrease access to participation and opportunities).
  - While using scenarios, ensure the athlete with a disability is not seen as the "problem" or that inclusion of disabled athletes is not presented as an ethical dilemma.
  - To learn more about the language of disability, visit [Active Living Alliance for Canadians with a Disability](#)
  - For terminology specific to the Paralympic Movement, use the [IPC guide to Para and IPC terminology](#)

### Content

- ✓ **Make Use of Existing Para sport Resources**  
For example: ['Becoming Para Ready'](#); ['Blueprint for Quality Parasport Experiences'](#); [NCCP Coaching Athletes with a Disability](#).
- ✓ **Infuse parasport and disability coaching knowledge into existing coach education in all contexts and levels of sport**  
This will ensure that ALL coaches gain a general awareness and basic knowledge on disability and Para sport pedagogy and practice.
- ✓ **Central Focus Needs to be Intrapersonal Coaching Knowledge**  
Recent literature has clearly shown that ALL coaches need to challenge their biases and assumptions about Para sport and disability. This can be done, for example, through frequent 'reflective questions' that highlight important issues around disability inclusion/infusion in sport and require deep introspection and follow-up discussions.



## Key Coach Education Topics for Coaches in Para sport

### Disability

- ✓ Different Models of Disability such as the Medical and Social models
- ✓ Descriptions of the nature of different disabilities and the spectrum of function
- ✓ Strategies to work with people who have different disabilities
- ✓ Understanding the technologies and equipment that support different needs in sport settings
- ✓ Health and safety
- ✓ Knowledge of Disability
- ✓ Athlete Development Model
- ✓ Disability Community and Services
- ✓ Accessibility
- ✓ Understanding Ableism/Disablism
- ✓ Social attitudes, stigmas, and discrimination
- ✓ Inclusion Principles

### Parasport Context

- ✓ About the sport
- ✓ Para sport Advocacy
- ✓ Inclusion Principles
- ✓ Equipment
- ✓ Transportation Considerations
- ✓ Awareness and Recruitment
- ✓ Club Governance and Integration
- ✓ The role of Disability Sport Organizations (DSOs)
- ✓ Classification (in some sports and some contexts)

### Interpersonal

- ✓ Communication and Language Considerations
- ✓ Understanding Wider Support Team for people with disabilities
- ✓ Coaching pedagogy
- ✓ Being an Adaptive Coach
- ✓ Coach-Athlete Relationship

### Intrapersonal

- ✓ Addressing biases/assumptions
- ✓ Disability and inclusion advocacy
- ✓ Ethical Considerations

### Professional

- ✓ Analyzing technique
- ✓ Monitoring Athletes Training
- ✓ Skill acquisition
- ✓ Practice planning and adapting

## References

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- Culver, D.M., Konoval, T., & Hassan, I. (2022). *Re-examining Coach Education for Para Sport in Canada*. Submitted to the Canadian Olympic Committee and the Coaching Association of Canada.
- Konoval, T., Charest, M. P., Allan, V., & Davey, J. *An Examination of Disability-Inclusion in Canada's Coach Education System*. Report submitted to the Canadian Paralympic Committee and the Coaching Association of Canada.