

Steph:

Inclusion means to me personally, making sure that everybody has a meaningful opportunity to participate.

Having an inclusion officer on our committee has been instrumental in making sure that our club is able to progress in that inclusive space.

Amy:

Parents and families can contact us through email and I can reach out to them and discuss their needs.

Steph:

We'll go and have a chat with our key officials, see where we can modify our program so that the athletes are able to participate and progress at their own pace.

Amy:

Inclusion also creates safety for people. If people feel included, they feel welcome, they want to come back.

Steph:

It is extremely important to make sure everybody feels valued and they can participate in our centre and reap the benefits just as any other athlete would be able to.