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Sport For All: Breaking Barriers

Lethbridge, Alberta: The Lethbridge Sport Council believes that quality sport is for everyone. This is why we are hosting 'Sport For All: Breaking Barriers', a series of workshops focusing on creating welcoming, inclusive, accessible and safe sport experiences by providing sport organizations with guidance, information and useful takeaways.

The first session, held on November 23rd, included 2 powerful presentations. The first on sport anti-racism and inclusivity by Courtney Allain and Wren Bond from Get REAL, a Canadian non-profit focused on combatting 2SLGBTQ+ discrimination, racism, and bullying in schools, summer camps, and workplaces. The second presentation was a conversation with Chad Chief Moon and Jennifer MacPherson from Spirit North on their experiences working with Indigenous athletes.

Billy Baum, local educator and attendee of the first session said, "I found the first session of the series engaging and informative. The *Get REAL* presentation had thought provoking information and I appreciated the interactive activities and opportunities to reflect. Presenters Courtney and Wren created a great atmosphere to approach delicate issues. I also learned a lot about the *Spirit North* organization, whose work with Indigenous youth inspired me. I can't wait for the next session!"

The second session of the series is coming up on Thursday, December 7th, 6:00 - 8:00 pm. This session, "Connecting Newcomers: Building Community and Inclusion Through Sports" will be a Q&A panel discussion with local community members on their own lived sport experiences as a newcomer to Canada and the lessons learned from those new to Canada.

Additional sessions to be held in the new year include:

- Para in Sport: Inclusivity and Excellence - January 24, 2024
- Sports without Boundaries: Panel - February 8, 2024
- Keeping Women and Girls in Sport - February 28, 2024
- Keeping Sport Safe with Allison Forsyth - April 27, 2024

Susan Eymann, Executive Director of Lethbridge Sport Council said, "In 2022, we revised our vision statement to reflect our commitment to being an inclusive and accessible sport community that celebrates quality experiences. We want attendees of the Series to leave with new insights and perspectives to boost their confidence when navigating challenging issues. The positive feedback on the immediate impact of the first session is very encouraging."

Information on the series and a link to register can be found on the Lethbridge Sport Council website: <https://lethbridgesportcouncil.ca/programs/sport-for-all>

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