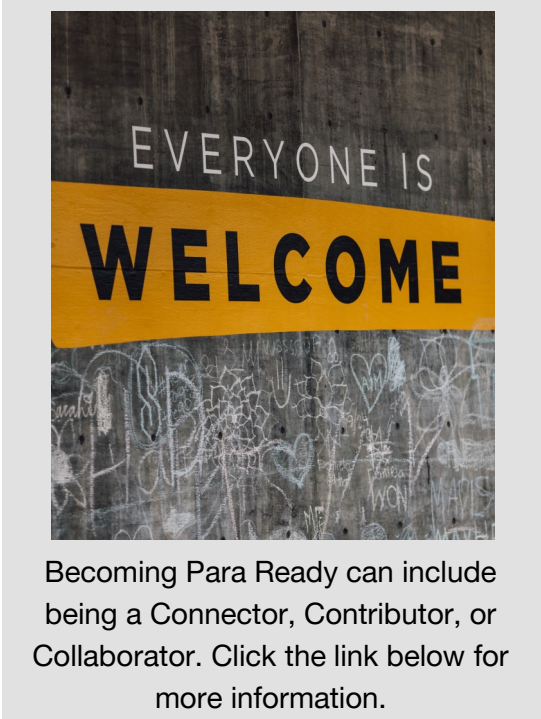


Becoming
Para Ready



We're Ready for You!

Fail to plan, plan to fail. It can be disappointing when someone with an impairment wants to begin swimming but their local club isn't equipped to accept them. For clubs who want to open their doors to the impaired for the first time, or who want to improve their current para swimming programming, it can hard to know where to start. This is why the University of Alberta created a proactive guide to provide coaches and club administrators a toolbox to begin that journey. Composed of "10 Ps", each "P" includes a short checklist of items to consider in order to make your club Para Ready.

Becoming Para Ready can include being a Connector, Contributor, or Collaborator. Click the link below for more information.

- ### The 10 Ps
1. Be **P**roactive
 2. **P**rioritize quality participation
 3. Have a public **P**olicy of inclusion
 4. **P**romote with inclusive language
 5. Plan your **P**rogramming
 6. Find your **P**eople/ Team
 7. Make your **P**lace accessible
 8. Have a development **P**athway
 9. Keep **P**ricing accessible
 10. Develop **P**artnerships

For more information:
Becoming Para Ready:
<https://www.ualberta.ca/steward-centre/resources/becoming-para-ready.html>

Version 1.0 was initially designed for para athletics but the principles are the same for all sports.
Version 2.0 is coming soon.

