



Community Challenge

Training Guide & Resource Catalogue

Introduction:

The ParticipACTION Community Challenge Grants will support community organizations to increase participation and retention in sport and physical activity among equity-deserving groups. One way to facilitate this is through trained instructors/coaches to help ensure fun, safe, welcoming and quality experiences.

This document provides guidance on the training component of the granting process. For more information, please refer to our [grant guidelines](#) or [FAQ](#)

Purpose:

ParticipACTION wants to ensure that all organizations can access training opportunities to close any of their existing gaps around working with people from equity-deserving groups and/or providing safe, high-quality physical activity and sport experiences.

Programs offered as part of the Community Challenge should be quality experiences that are welcoming, accessible and inclusive of equity-deserving populations. ParticipACTION has identified opportunities to train your staff and/or volunteers to meet these qualifications before the events happening in June if they do not already have training. We highly encourage you to allocate a portion of your grant funds to training and capacity-building in areas suitable for your organization's needs.

Training plan:

Once your organization has assessed your training needs, please include, where possible, the details within your application. These may include:

- Who will be trained
- Type of training
- Training budget
- Courses selected



Training budget:

Training for staff, volunteers, coaches and instructors is an eligible expense in the grant application and can be included in your overall budget as part of the Community Challenge grant submission.

Types of training:

Quality physical activity and sport

This type of training focuses on improving the quality of your coaching or instruction within your existing programs, or new programs being created. This would then lead to enjoyment of the programming and in turn improve participation among equity deserving groups and the population at large.

Safe sport

Safe and inclusive sport environments help make sport rewarding and enriching for all. Safe sport training gives you the knowledge and skills to create those environments by recognizing, addressing and preventing maltreatment in sport.

Equity, diversity, inclusion and accessibility (EDIA)

This training discusses the importance of creating an equitable, diverse, inclusive and accessible environment for event or program participants to reduce barriers to participation and retention.

Recommended Courses:

The following is a list of some available training from reputable organizations such as Coaching Association of Canada, Canadian Sport for Life, Canadian Women in Sport, Respect Group, Canadian Parks and Recreation Association and Altergo.

You can include training courses that are not on this list if they meet the needs of your organization and are offered by a reputable vendor.



List of Providers	Safe Sport/ Quality Sport	Equity, Diversity & Inclusion	Indigenous	Accessibility	Women & Girls	Resources Provided	French
Sport For Life- (Courses)	✓	✓	✓			✓	✓
Sport For Life- (Workshops)	✓	✓	✓			✓	✓
Altergo	✓			✓		✓	✓
Canadian Women & Sport (Courses)	✓				✓	✓	✓
Canadian Women & Sport (Workshops)	✓	✓			✓	✓	✓
School Physical Activity & Physical Literacy	✓	✓	✓			✓	
Parks and Recreation Ontario (High Five)	✓	✓				✓	
Respect Group (Keeping Girls in Sport)	✓				✓	✓	✓
Respect Group	✓	✓			✓	✓	✓