

Speaker: Club President, Steph

Inclusion means to me personally that everyone has an opportunity to participate. Having an inclusion officer on our committee has been instrumental in making sure our club is able to progress in that inclusive space.

Speaker: Inclusion Officer, Rachel

I got 2 who have disability, 1 with an intellectual disability and rare genetic syndrome and 1 who is neurodivergent. We're catering to make it inclusive for everyone and that everyone has the same opportunities and same information.

Speaker: Club president, Steph

We've had plenty of athletes of all abilities come through that has always been supported. From little things such as making it known to parents that we have options available of athletes of all abilities.

Speaker: Inclusion Officer, Rachel

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

Speaker: Volunteer Coordinator, Amy

I think it comes down to families feel like they are being listened to and that their concerns are definitely taken onboard.

Speaker: Club president, Steph

When families have come and spoken to us about their athletes that might need a little bit of extra support, we go and have a chat with our key officials to see where we can modify our programs so the athletes are able to participate and progress at their own pace. Other things that we can do as a center is to not be so regimental in the way we judge events.

Speaker: Inclusion Officer, Rachel

Sometimes it is as simple as changing how we run an event for this athlete. An example would be to do the hurdles smaller or let them run a shorter distance.

Speaker: Club president, Steph

So we ran a trial in the 24/25 athletics season with some temporary signage that turned out to be a great success. Basically, it's a graphic indicator so the kids know where they need to be.

Speaker: Inclusion Officer, Rachel

Just more visual supports, because you know, verbal and auditory things get missed often by most people, not just those who are neurodivergent or with disability so having clearer information around just makes it more accessible for everyone.

Speaker: Volunteer Coordinator, Amy

Being able to offer what we set out to offer for all kids in all families, I suppose is really what we're here for.

Speaker: Inclusion Officer, Rachel

It's true grassroots sport that any child – regardless of their ability - can come here, have a good time, being included.

Speaker: Volunteer Coordinator, Amy

Our goal is to have kids come down, whether it is for training or compete and have the best time.

Speaker: Inclusion Officer, Rachel

We really rely on families to tell us. And that is part of the reason we wanted the inclusion officer role as well so we had a touch point so families can come and say "Here are our needs. What can you do for us?".

Inclusion also creates safety for people. If people feel included, they feel welcome and they want to come back and enjoy the experience that is. And if we're not going to be inclusive, people won't come back if they feel like we're not a safe space for them.

Speaker: Club president, Steph

It's extremely important to make sure everyone feels valued and they can participate in our center and reap the benefits just as any other athlete would be able to.