

Quality Sport Checklist for Communities and Clubs

Based on Long-Term Athlete Development

At its essence, quality sport and physical activity is achieved when the right people do the right things at the right times, which leads to positive experiences for participants. The following checklist is composed of a number of elements that lead to quality sport experiences in any sport program. It has been designed with everyone in mind, including women and girls, indigenous populations, participants with a physical or cognitive disability, and newcomers to Canada. This checklist can be used as a tool by community and club leaders to assess and improve the quality of sport programming in a club or community setting.

Good programs, that are developmentally appropriate, are:	
Participant Centered	
<input type="checkbox"/>	Ability, age, size, and maturity are all considered when grouping participants.
<input type="checkbox"/>	Facilities, equipment, and rules are modified for the ability, size, and stage of the participants.
<input type="checkbox"/>	Participants are actively engaged in the game or activity and fully included by teammates.
<input type="checkbox"/>	Program runs on a regular basis and has appropriate attendance.
Progressive and Challenging	
<input type="checkbox"/>	Participants are learning new things and building on their existing skills.
<input type="checkbox"/>	Participants have options to make an activity more or less challenging based on their skills and capabilities.
<input type="checkbox"/>	Coaches and leaders assess the developmental stage, enabling participants to develop appropriate skills.
<input type="checkbox"/>	In the early stages, participants get to play different positions and/or try different events and sports (sportforlife.ca/physical-literacy).
Well Planned	
<input type="checkbox"/>	Programs and practices are well-prepared, considering seasonal and annual plans.
<input type="checkbox"/>	The program is aligned with the national sport organization's Long-Term Athlete Development framework, or when possible, has been designed by a national sport organization (sportforlife.ca/resources/quality-sport-programs).
<input type="checkbox"/>	The program connects participants to other programs and opportunities, either to different levels, types of play, competition, or activities.
<input type="checkbox"/>	In the early stages, leaders emphasize skill development over winning.
Designed for Meaningful Competition	
<input type="checkbox"/>	Based on stage of development, the participants are playing small-sided games with fewer players, competing in shorter distances, or playing for modified lengths of time (sportforlife.ca/qualitysport/long-term-athlete-development).
<input type="checkbox"/>	Rules are modified based on the ability and stage of the participants.
<input type="checkbox"/>	In the early stages, teams, groups, lines, or categories are balanced so that participants of similar ability compete against each other, giving everyone a chance to succeed.
<input type="checkbox"/>	In the early stages, all participants get to play and practice equally.

Good people, who are caring and knowledgeable, include:	
Coaches, Officials, Instructors, and Teachers	
<input type="checkbox"/>	Who are trained and qualified (e.g. National Coaching Certification Program [coach.ca], Aboriginal Coaching Modules [aboriginalsportcircle.ca], Gender Equity [CAAWS.ca], Physical Literacy Instructor Program [sportforlife.ca], HIGH FIVE® [highfive.org]).
<input type="checkbox"/>	Who are provided with ongoing learning opportunities.
<input type="checkbox"/>	Who mentor and build capacity for future coaches, officials, instructors, and teachers.
<input type="checkbox"/>	Who are screened (coach.ca/responsiblecoaching) and follow policies and procedures on child protection (protectchildren.ca), and injury prevention (parachutecanada.org).
Parents and Caregivers	
<input type="checkbox"/>	Who are knowledgeable about quality sport (activeforlife.com).
<input type="checkbox"/>	Who are respectful (respectinsport.com/parent-program).
Partners	
<input type="checkbox"/>	Who work together with other programs and organizations in the community.
<input type="checkbox"/>	Who use sport for social change and community development (communityfoundations.ca/our-work/sport).
Leaders	
<input type="checkbox"/>	Who ensure the organization operates with clear lines of responsibility and authority (sirc.ca).
<input type="checkbox"/>	Who are accountable for decisions, policies, risk management, and operational practices.
<input type="checkbox"/>	Who regularly assess, continually improve, and modernize governance (clubexcellence.com).

Good places, creating good feelings, are:	
Inclusive and Welcoming	
<input type="checkbox"/>	Everyone feels safe and that they belong regardless of ability and background.
<input type="checkbox"/>	Promotional and program materials include a diversity of images representative of the community.
<input type="checkbox"/>	The facility is accessible to participants of all abilities and provides clear navigation, by both staff and signage.
<input type="checkbox"/>	Access is affordable and barrier free.
Fun and Fair	
<input type="checkbox"/>	Leaders demonstrate the organization's stated principles (truesportpur.ca/true-sport-principles).
<input type="checkbox"/>	Leaders ensure environments are FUN (Twitter: #FunMaps).
<input type="checkbox"/>	Everyone uses constructive language, communicates equitably and clearly, and involves participants in discussion and feedback.
Holistic	
<input type="checkbox"/>	All aspects of participation are considered, including mental (intellectual and emotional), physical, cultural and spiritual.
<input type="checkbox"/>	Good social, communication, and leadership skills are demonstrated by everyone.
Safe	
<input type="checkbox"/>	Equipment is of appropriate size and in good condition.
<input type="checkbox"/>	Facilities are safe; the space is suitable, clean, well lit, and well maintained.

