



Workshops, Resources and References

Workshops

1. Sport and Physical Activity for Newcomers: Toward an Inclusive Sport System

This two-part workshop is delivered by a newcomer to Canada and a mainstream Canadian born sport leader. Part One is a 2 hour workshop (in person or virtual) and introduces key definitions, their application and exploration of barriers to participate in sport, recreation and physical activity. Participants and their organizations are provided opportunities to identify and reflect on modifications to their programs and approaches to a welcoming and culturally safe environment. Part Two of the ½ day workshop involves dialogue and discussion with workshop participants about individual, organizational and system changes that can be made to address identified barriers. To schedule a workshop or to get more information, please email: wpgnewcomersportacademy@gmail.com

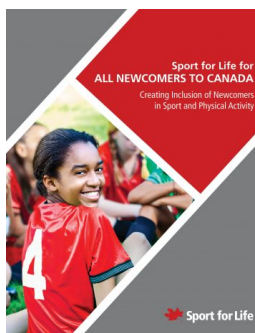
2. Cultural Awareness in Youth Sport

Sport offers many opportunities to meet people and learn about various cultures. This e-learning course on *Cultural Awareness in Youth Sport* examines the basic concept of culture and provides sport leaders with practical ways to model cultural awareness to youth players.

<https://sportforlife-sportpourelavie.ca/catalog.php>

Resources

Sport For Life for All Newcomers



<https://sportforlife.ca/portfolio-view/sport-life-newcomers-canada/>

Playing Together – New Citizens, Sports and Belonging

<https://www.icc-icc.ca/en/insights/docs/sports/PlayingTogether%20Full%20Report.pdf>



Engaging Newcomer Girls and Women: Physical Activity and Sport Handbook



<https://womenandsport.ca/resources/publications/engaging-newcomers-handbook/>

Physical Literacy Resources in 9 languages

Creating welcoming spaces includes good communication for understanding. Some fantastic resources for active play and developing physical literacy have been translated in 9 languages and are available here.

<https://activeforlife.com/resource/more-translations-of-physical-literacy-resources/>

A Few References

Barrick, S., Bridel, W., & Bard Miller, J. (2021). Striving for newcomer inclusion: a critical analysis of Canadian Intro to Sport programmes. *Leisure/Loisir*, DOI: [10.1080/14927713.2021.1872406](https://doi.org/10.1080/14927713.2021.1872406)

Brown, C. (2020). An exploration of the lived acculturation experiences of newcomer varsity athletes in Manitoba (Publication No. 34602) [Master's thesis, University of Manitoba]. Faculty of Graduate Studies (Electronic Theses and Dissertations).

Kramers, S., Sabourin, C., Martin, L., & Camiré, M. (2021). Designing quality sport environments to support newcomer youth and their families: The case of one program founder/leader. *Case Studies in Sport and Exercise Psychology*, 5(1), 42-51. <https://doi.org/10.1123/cssep.2020-0009>