

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	
☐	Ability, age, size, and maturity are all considered when grouping participants.
☐	Facilities, equipment, and rules are modified for the ability, size, and stage of the participants.
☐	Participants are actively engaged in the game or activity and fully included by teammates.
☐	Program runs on a regular basis and has appropriate attendance.
Progressive and Challenging	
☐	Participants are learning new things and building on their existing skills.
☐	Participants have options to make an activity more or less challenging based on their skills and capabilities.
☐	Coaches and leaders assess the developmental stage, enabling participants to develop appropriate skills.
☐	In the early stages, participants get to play different positions and/or try different events and sports (sportforlife.ca/physical-literacy).
Well Planned	
☐	Programs and practices are well-prepared, considering seasonal and annual plans.
☐	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).
☐	The program connects participants to other programs and opportunities, either to different levels, types of play, competition, or activities.
☐	In the early stages, leaders emphasize skill development over winning.
Designed for Meaningful Competition	
☐	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).
☐	Rules are modified based on the ability and stage of the participants.
☐	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.
☐	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	
☐	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]).
☐	Who are provided with ongoing learning opportunities.
☐	Who mentor and build capacity for future coaches, officials, instructors, and teachers.
☐	Who are screened (coach.ca/responsiblecoaching) and follow policies and procedures on child protection (protectchildren.ca), and injury prevention (parachutecanada.org).
Parents and Caregivers	
☐	Who are knowledgeable about quality sport (activeforlife.com).
☐	Who are respectful (respectinsport.com/parent-program).
Partners	
☐	Who work together with other programs and organizations in the community.
☐	Who use sport for social change and community development (communityfoundations.ca/our-work/sport).
Leaders	
☐	Who ensure the organization operates with clear lines of responsibility and authority (sirc.ca).
☐	Who are accountable for decisions, policies, risk management, and operational practices.
☐	Who regularly assess, continually improve, and modernize governance (clubexcellence.com).

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