

How to welcome new athletes with disability

We can provide a warm welcome using respect and understanding to encourage all athletes to participate. This is a guide to support you to welcome new athletes with disability.

Completed	Focus area	Comments
	Pre-season	
<input type="checkbox"/>	Allocate a volunteer who is responsible for welcoming new members.	
	Before the first session	
<input type="checkbox"/>	Provide information including what a typical session looks like, expectations for volunteers and what is offered for skill development and competitions. We have a quick guide to what to expect if this is useful.	
<input type="checkbox"/>	Ask about the athletes' goals at Little Athletics and if the parent is aware of any modifications which might be useful.	
<input type="checkbox"/>	Offer 'About me' form for athlete/parent to complete.	
	During the first session	
<input type="checkbox"/>	If possible, take the new member on a tour of the Centre and introduce them to important people such as the age manager and committee members.	
<input type="checkbox"/>	Discuss and plan modifications to the environment for the athlete with disability to succeed. Note: You will need to be flexible and consider things that may be different to what you always do. See the Little Athletics website for more information on event modifications.	
<input type="checkbox"/>	Request the new parent to be involved in volunteering. This will help break the ice and show the new members what your Centre is all about.	
	After the first session	
<input type="checkbox"/>	Ask the athlete/parent what went well. Share comments with committee.	
<input type="checkbox"/>	Ask the athlete/parent what can we do differently. Share comments with committee.	

You don't have to get it right the first time but a willingness to support the athlete and improve Centre practices can show the athlete they are welcome.

Date completed:

Completed by: