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**Equity in your Coaching**

Everyone should have access to sport, regardless of ability, race or gender. But in reality, disabled people, ethnic minorities, women and girls experience discrimination on a regular basis. Everyone involved in sport has a responsibility to improve this situation.

The workshop and it's accompanying resource will raise your awareness of equity issues and help make your sport fair, open and accessible to these three key target groups. Endorsed by the English Federation of Disability sport, Sporting Equals and the Women's Sports Foundation, Equity in your coaching is worthwhile for everybody with an interest in sport.

This workshop will help you, the coach to:

* explain what equity means and why it is important
* identify barriers to participation
* use appropriate language and terminology
* identify and challenge inequitable behaviour
* interpret the legal framework that affects coaching
* identify how they can become more equitable
* establish where to go for further information.

**Assessment** None

**Pre-Requisites** None

**Duration** 3 hours