



VOLLEYBALLBC

PILLAR 3. INCLUSIVE, DIVERSE, AND WELCOMING SPACES - INTRODUCTION

When sport is a welcoming and open space, diverse participation can flourish. However, Volleyball BC acknowledges that individuals and equity deserving groups have traditionally experienced barriers to participation in volleyball, as they have in other sports. Individuals with diverse gender, sexuality, ethnocultural, or physical/intellectual abilities already have a higher risk for experiencing poor mental health - if a volleyball program is unwelcoming, mental health outcomes for these participants can be even more challenging. Feeling “included and supported” and positive mental health outcomes go hand-in-hand. Actions must be taken by clubs and Volleyball BC to enhance diversity, equity, and inclusion at all levels.

In 2022 Volleyball BC launched a [Strategy for Diversity, Equity and Inclusion](#) to identify actions to create a more welcoming and inclusive volleyball experience in British Columbia. In addition, Volleyball BC’s annual membership surveys include questions to focus on ways the volleyball community might enhance well-being and work towards being more inclusive. But how does this relate to your club or program?

Assessing Your Club as a Welcoming Space

In light of Volleyball BC’ Strategy for Diversity, Equity, and Inclusion, we have developed a tool for self-assessment to help clubs and programs decide where you may want to start in the area of creating more inclusive and welcoming spaces.

Tools and Templates in this Pillar

- 5.1 Diversity, Equity, and Inclusion: Audit and Action Tool for Clubs
- 5.2 Recommended training for a more welcoming club

1. Read through each section and reflect on what your volleyball club currently does well and where it could improve. Record notes in the space provided in each section.
2. Choose one or two areas that you want to improve to kick things off in your club or program. Sometimes it can be most motivating by starting with smaller steps that can create momentum. Change takes time and this process can be done gradually.
3. Once you’ve decided on a strategy and action you wish to focus on, decide how you will put it in place, including who will be in charge and what your timelines are for implementation. Add detail to the “Action” section with your concrete steps to take.
4. Take action by starting on your chosen strategy, and tracking your progress.
5. Revisit this tool regularly to track progress and move to another section or strategic area that will build on the work you have already completed. Sharing ideas with other clubs across the province can also add to momentum and a united commitment to inclusive volleyball in BC.
6. Review our list of suggested resources and learning opportunities to decide if there are ones that will support creating an inclusive and welcoming environment in your club/organisation.