



# Quality participation in disability sport

The Government of Canada is committed to promoting equity and inclusion for people with disabilities in the area of sport. But equity and inclusion aren't enough. It is also essential to ensure that disabled people have “quality experiences” in sport, and that taking the risk to try a sport doesn't result in further marginalization. Research conducted by the Physical Activity Research Team shows that a key reason people with disabilities are less physically active is that the experience of sport is too often alienating and (inadvertently) discriminatory. Six qualities are needed to ensure “quality experience” [in sport participation](#): **autonomy, belonging, challenge, engagement, mastery & meaning.** These qualities need to be expressed in every aspect of the sport experience – coaching, organization, scheduling, equipment, venues and sportsmanship.

*A vision of Canada where people with disabilities enjoy full participation and citizenship, supported by a coherent framework of legislation, regulation and programs.*

