

Socio-economic barriers to participation in sport

Becoming more inclusive for sport organizations requires willingness, motivation, and more than anything else: a plan! We did it. You can do it too.

Equipment, membership or transportation can be costly. Sports venues and facilities might be too far, or in poor condition. Information about sports that are available or how to get involved might not reach the target groups. It is important to examine the context and analyse the needs of each population, especially in rural areas or lower-income neighbourhoods.

Okrah Donkor, Founder of Triple ThreaT: “Our organisation is built on community leaders. It is built on the ideology that change comes from within, and that we can change the narrative, we can change the lives of the youth we work with. We manage to have youngsters participate in our community and become a part of it because we invest a lot in their relationships with role models. Because of their relationship with the role models, and at times, it can get really intense, they really feel a certain responsibility toward their role model. And step by step, we make them part of our community. We don’t ask for a lot of commitment at one time, we do it step by step. Because at one point they are really part of it, they don’t step out of it like that, because they also feel like this is their second home and they are part of a big family. The most important thing is being sincere, authentic and having a passion because if you can bring the passion forward then the rest will follow. Everyone can start a community.”

We did it. You can do it too. For more information, feel free to reach out to ENGSO, the European Sport NGO, its Equality Within Sport (EWS) committee, and the EQUIP partners, and visit the project webpage.