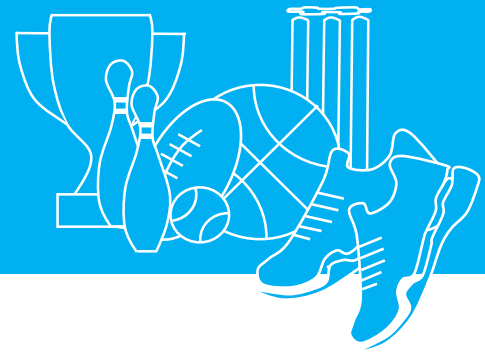


# HEALTHY SPORTS CLUBS



## INCLUSION HEALTH AREA



### BACKGROUND

Sports clubs play an important role in shaping inclusive, welcoming spaces where everyone feels valued and inspired to participate. By ensuring that everyone —regardless of their background, age, ability, or identity— have equal opportunities to engage in sport, clubs encourage confidence, connection, and lifelong community involvement.

Historically, many sporting organisations have prioritised competition over community participation, unintentionally limiting opportunities for those from diverse backgrounds. This has led to inequitable access to the physical, social, and mental health benefits that sport provides.

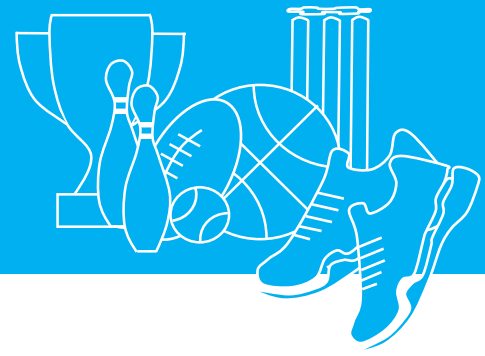
The good news is change is happening. More clubs are recognising that traditional models don't serve everyone—and they don't have to navigate this shift alone. Free, tailored 1-on-1 support is now available for sports clubs in the City of Casey, City of Greater Dandenong, and Cardinia Shire. The Inclusion (General) health area of Healthy Sports Clubs offers practical tools and strategies to help clubs create welcoming, inclusive, and family-friendly environments.

The **Inclusion** health area comprises several sub-areas that clubs can choose from. The 'Inclusion General' health area focuses on being inclusive of all and eliminating discriminatory practices. Otherwise, clubs may choose to work on inclusion for a particular population group:

- Culturally & Linguistically Diverse communities
- Aboriginal Torres Straight Islanders
- Women & Girls
- People with Disability
- LGBTI+
- Older People.

COMPLETE THE EXPRESSION OF INTEREST FORM TO REGISTER YOUR CLUB  
[EOI FORM](#)

# HEALTHY SPORTS CLUBS



## INCLUSION HEALTH AREA



### ACHIEVING THIS HEALTH AREA

The **Inclusion** health area involves providing equal opportunity to people from diverse backgrounds to participate in physical, recreational and social activities at the club. People feel safe, valued and welcome to access, join or visit your club. Club officials, members, players and their families are provided equal opportunity to be involved in your diverse club.

Clubs will be supported to complete targets using the *Healthy Sports Clubs* framework, including:

- Ensure clubs facilities are inclusive to everyone
- Provide varieties of uniform
- Provide gender equity education to members
- Partner with Indigenous organisations and leaders
- Promote your club as inclusive to everyone and use non-gendered language
- Promote relevant health and support services
- Improve marketing strategies to attract more members
- Promote club opportunities and positions to everyone
- Increase skills and knowledge on the sport club and volunteering roles
- Consult with community to understand needs
- Establish social programs
- Create an Inclusion for All, Zero Tolerance for Discrimination Policy.

COMPLETE THE EXPRESSION OF INTEREST FORM TO REGISTER YOUR CLUB  
[EOI FORM](#)