

TOP 10 THINGS

Your Gym or Community Centre Can Do

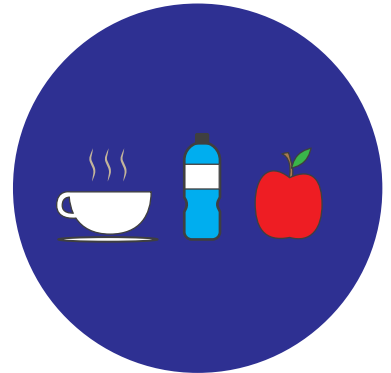
To Create a Welcoming Environment for Diverse Members



Use diverse language and gender-neutral terms



Ask members if they need support navigating the centre or using equipment



Provide water or healthy snacks to members while they wait



Create exclusive hours for gender diverse members



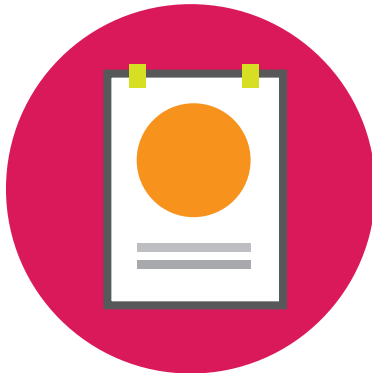
Provide childcare during gym times or programs



Display diverse images of people being active



Create programming for families: Offer programs for parents and children



Display poster and signs conveying that everyone deserves to feel welcome and respected



Seek feedback with a survey, comment box, or community advisory committee



Tell returning members "It's nice to see you again"