

Ethnically Diverse Communities

Different communities face different barriers and have different vulnerabilities. It is important to consider that not everyone's experiences will be the same, but it is important to have an understanding and cultural awareness.

THE BARRIERS

As highlighted by Sport England, some key barriers ethnically diverse communities can face include:

- Negative experience in sport
- Unsuitable facilities
- Lack of representation
- Stereotyping



Breaking the Barriers

- Consult with communities, do not assume the activities you have planned will be appealing and receive engagement
- Ensure there are separate changing facilities for different genders
- Introduce family friendly sessions for the whole community
- Check for religious holidays and prayer times, ensure you host sessions that are at suitable times
- When English is not a first language, loud music can make it harder to follow instructions
- Run sessions in local faith groups, or with groups where a community is already established
- Engage with role models in the community to enhance engagement, making sure the influencer is aware of the benefits of the activity
- Ensure there are different gendered points of contact for each session

“ We all have a huge opportunity to create innovative new ways of designing sport and physical activity so that many more people can see it as something for them, for people who look like them, for people from their communities

Chris Grant - Sport England board member on the release of 'Sport for All' research

Please note this is just a guide and not an exhaustive list of barriers or ways to overcome barriers individuals may face. It's most important that you speak to your participants to see how you can support their individual needs. For additional support, please contact diversity@tabletennisengland.co.uk

INSIGHT

According to Sport England's 18/19 Active Lives report, Mixed and White Other adults continue to have the highest activity levels, while Asian (excluding Chinese), Black and those from other ethnic origins are the least likely to be active.

