

# Engaging New to Canada Families via Sport

Race Directors Workshop  
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Presented by:

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Sport for Life honours the traditional lands and homelands of all Indigenous peoples and communities across Canada, including First Nations, Inuit and Métis living both on and off reserve, in rural and urban communities.

We specifically acknowledge the traditional territory of the Ləkʷəŋən-speaking peoples, where today's presentation originates.



## Kabir Hosein

Director of Operations and Strategic Initiatives

- Newcomer of almost four years
  - Home country: Trinidad & Tobago
- Parent of four active kids
- Way of life is Islam
- Sports: track & field, cricket and soccer

## PURPOSE >

OF SPORT FOR LIFE

Improve the quality of life for as many people as possible through sport and physical literacy.

## ASPIRATIONS 2030 >

- Impactful Projects, Products, and Services
- Delivering Diverse Expertise through Top Talent
- Innovative Thought Leadership
- Financial Resilience and Sustainability



## New to Canada Families

- A **Newcomer** is a recent Immigrant within the last five years, such as:
  - people with protective status (e.g., a refugee),
  - international students,
  - temporary foreign workers,
  - permanent residents, and
  - Visitors.
- **New Citizen to Canada** have gained citizenship recently.
- Individuals **self-identify** as feeling “new”.





## Feeling Connected

- The focus is often on employment, housing, health care, education, food and nutrition, which **do not** provide a **connection to the country** individuals have arrived to.
- Sport, both structured and unstructured, provides the opportunity to **connect** with a community and understand the culture.

Source: <https://www.canada.ca/en/public-health/services/health-promotion/population-health/what-determines-health.html>

# How



Source: [https://sportforlife.ca/wp-content/uploads//2018/01/Sport-for-Life-for-all-Newcomers-to-Canada\\_2018.pdf](https://sportforlife.ca/wp-content/uploads//2018/01/Sport-for-Life-for-all-Newcomers-to-Canada_2018.pdf)

# Understand the Barriers

## Playing Together – New Citizens Sports and Belonging

Source: [http://inclusion.ca/wp-content/uploads/2022/05/PlayingTogether\\_FullIR-Online\\_Final.pdf](http://inclusion.ca/wp-content/uploads/2022/05/PlayingTogether_FullIR-Online_Final.pdf)





# Racism



Source: [https://youtu.be/\\_Tvtz-P\\_4o](https://youtu.be/_Tvtz-P_4o)

# Potential Solutions

## Racism

- Examples of **training** sessions for stakeholders include:
  - Anti-racism in sport training: <https://antiracisminsport.ca/training/>
  - Anti-racism in coaching: <https://coach.ca/anti-racism-in-coaching>
- Policy development: <https://antiracisminsport.ca/wp-content/uploads/2022/07/Anti-Racism-in-Sport-Policy-Template-2022.pdf>





## Potential Opportunities

### Racism

- Develop partnerships to learn more:
  - Local Immigrant Partnerships (LIPs):  
<https://lipdata.ca/about/>
- Bystander intervention

# Bystander Intervention



Source: <https://youtu.be/w8EtYRTTqIg>

# Action Plan for Inclusion

## Step 1

Create a vision for your program.

## Step 2

Complete a community scan of the people, places, and programs that already exist and are inclusive of newcomers, and of those that you would like to exist.

## Step 3

Plan, activate, and evaluate—use a planning worksheet to map out the work.

## Step 4

Reflect on your progress and next steps.

Source: [https://sportforlife.ca/wp-content/uploads//2018/01/Sport-for-Life-for-all-Newcomers-to-Canada\\_2018.pdf](https://sportforlife.ca/wp-content/uploads//2018/01/Sport-for-Life-for-all-Newcomers-to-Canada_2018.pdf)

# Sport for Life Resources



eLearnings



Downloadable Resources



Webinars & Workshops

Sources:

- [https://sportforlife-sportpourelavie.ca/catalog\\_detail.php?courseid=1129](https://sportforlife-sportpourelavie.ca/catalog_detail.php?courseid=1129)
- <https://sportforlife.ca/portfolio-view/sport-life-newcomers-canada/>



Thank You

Questions? Let's Connect

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