



Summary of results on barriers and facilitators to sports and physical activity

The Know How to Take Care + project aims to design more equitable and inclusive services for sports and physical activity (SPA) and access to healthy eating. Research has been carried out to identify barriers and facilitators to these services. The results will be used to plan services that are better adapted to the needs of the population.

The results presented in this document are based on the testimonies of 24 people from 2SLGBTQ2+ communities who participated in the research activities of the Know How to Take Care + project. Participants reported taking part in a wide variety of sports and physical activities (SPA), such as dance, badminton, roller skating, martial arts, boxing, and karate, in addition to using active transportation on a weekly basis. These activities are appreciated for the sense of well-being and enjoyment that they bring. They also enable respondents to feel good, take care of themselves, reclaim their bodies, have fun, and look after their mental health.

"I think the more you're part of a minority, the harder it is to find places where [...] you can practice [...], so sometimes it can force you to go farther away. [...] there's a lack of safe space that's not mixed and adapted to our own needs."

Participant from the men + group

"It can even be an opportunity to make new friends. Exactly, when it's organized and everything, you meet new people."

Participant from the men + group

Barriers

SPA spaces are perceived as **non-inclusive** and poorly adapted to the realities and needs of 2SLGBTQ+ communities.

There is a perception, particularly among male participants, that SPAs are not beginner-friendly.

As trans, non-binary and agender people tend to be more economically vulnerable, they may face the **economic barrier** of high prices for courses and activities.

Facilitating factors

Participants expressed a desire for SPA spaces that are **inclusive, affordable**, and which accommodate a variety of schedules. Community centers, sports centers, the workplace, or other spaces (such as outdoors) are places that can have these characteristics. The opportunity to practice SPA in a **group and through social activities** is appreciated by the participants.

Possible solutions

Several solutions were proposed by the people we met to facilitate access to SPAs for people belonging to the 2SLGBTQ+ communities, including:

- ① **Training** SPA staff on the realities of 2SLGBTQ+ communities, and ways to create inclusive queer-friendly spaces.
- ② **Promoting** inclusion and diversity in sport events.
- ③ **Providing** changing rooms or bathrooms for individual use.