

Is our club age-friendly?

Checklist for Nature-based recreation clubs

- We offer a range of experiences and activities, including some that will appeal to people without much experience, confidence or physical ability.
- We have a person designated to specifically welcome new people.
- New people feel accepted.
- We offer short introductory classes and/or courses.
- We have a social aspect to your recreation.
- Our recreation is usually very competitive but we have modified the rules to make it less so for specific groups.
- Our members are aware of injury prevention and management.
- We have a transport strategy in place to assist members to attend our sessions.
- We have discussed age-friendly attitudes with our existing members to make sure they are on board with our values.