Appendix 8: 15 "keys" for IOS to increase participation through Sport for All programmes or events:

As inclusion of different target groups is one of the central goals of S4A we recommend the following key action lines:

1. Develop policies for including trans people (and update them regularly) and be open to reviewing and revising gender divisions in their respective Sport.
2. Encourage motivation in clubs, and members through innovative forms of awards and recognition.
3. Increase efforts towards creating virtual settings for each Sport.
4. Classes and competitions should target just the minority target groups to encourage those too shy to approach recreation centres and sporting clubs.
5. Dismiss activities that prevent group attachment
6. Keep programmes and events always fun and attractive to everyone
7. Encourage contact between people from different social groups and with different capabilities
8. Embrace innovative non-competitive forms to involve more people in their Sport.
9. Handmade equipment workshops should be part of the Sport interventions due to the shortage of these resources
10. Consider providing basic health insurance memberships to their participants.
11. Adopted rules should have an essential goal to put different groups together, peacefully and promoting cooperation
12. Develop strategies that allow more people to use the same facility and thus to maximize the use of installed capacities. In addition this reinforces participants 'cohesion and friendship.
13. Understand different forms of social barriers that limit access to Sport: human mobility, forced displacement, among others
14. Create options that allow more people to use the same facility and thus to maximize the use of installed capacities.
15. Choose rules carefully in Sport for All under two perspectives: **In the pitch** means "how" a game should be played and **Off the pitch** comprises a form of policies that should encourage participants to increase their participation

Tip: Keep in mind that Everyone should be involved