

**LEAP**

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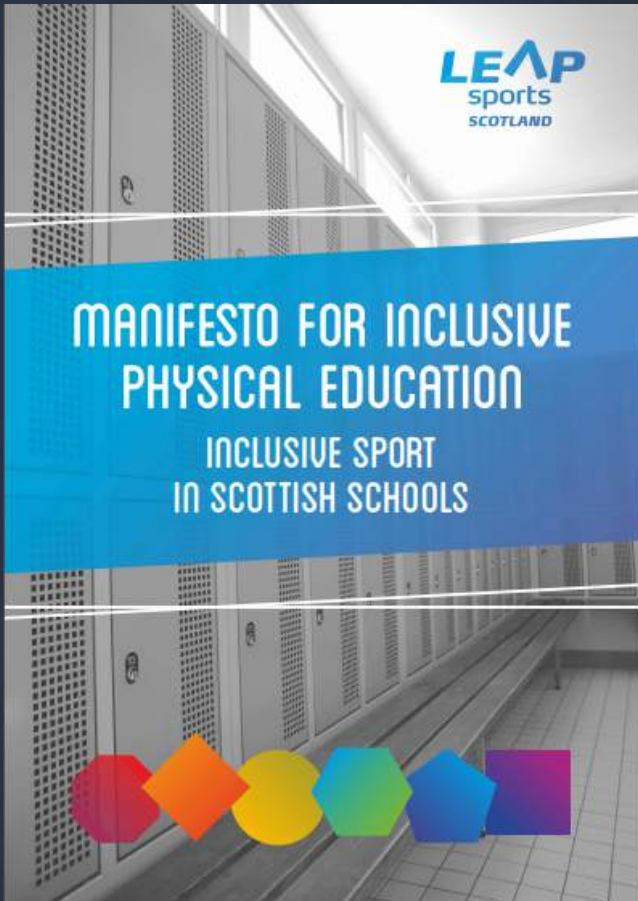
**LEAP SPORTS SCOTLAND  
RESOURCES 2020**

LEAP Sports is Scotland's LGBTI sports charity breaking down the structural, social and individual barriers which prevent lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ+) people across the country from accessing, participating and excelling in Scottish sports.

**All of our resources and much more is available via our website**

**[www.leapsports.org](http://www.leapsports.org)**

This list is a summary of helpful resources, pulled together into one handy guide.



## Manifesto for Inclusive Physical Education

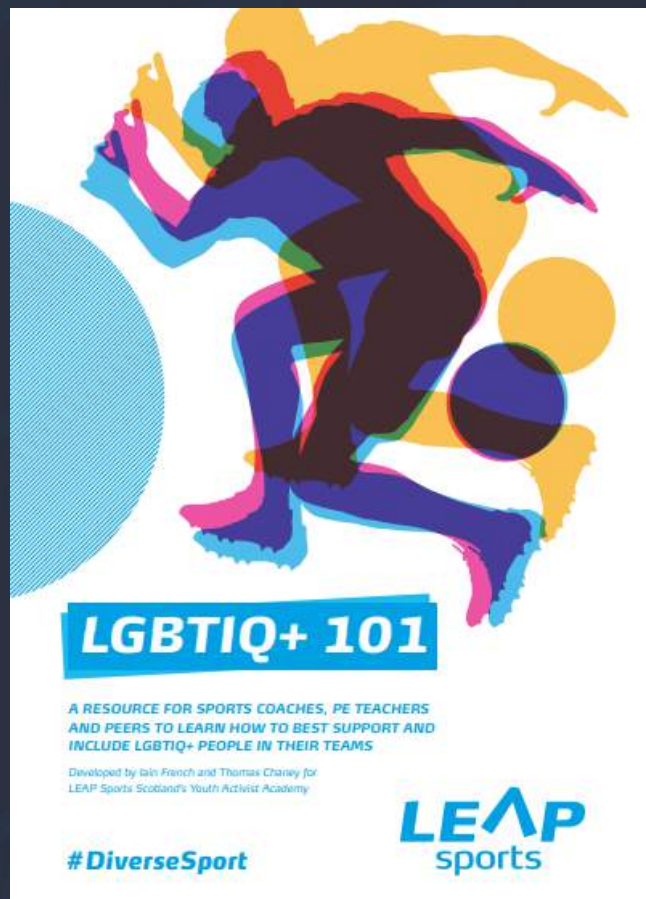
A campaign for secondary schools covering both PE and school sport. This is a set of 6 commitments that schools can make towards making PE and school sport inclusive and participative for LGBTI young people. There is also a pack of downloadable posters which will be posted out free to schools who are signing up.

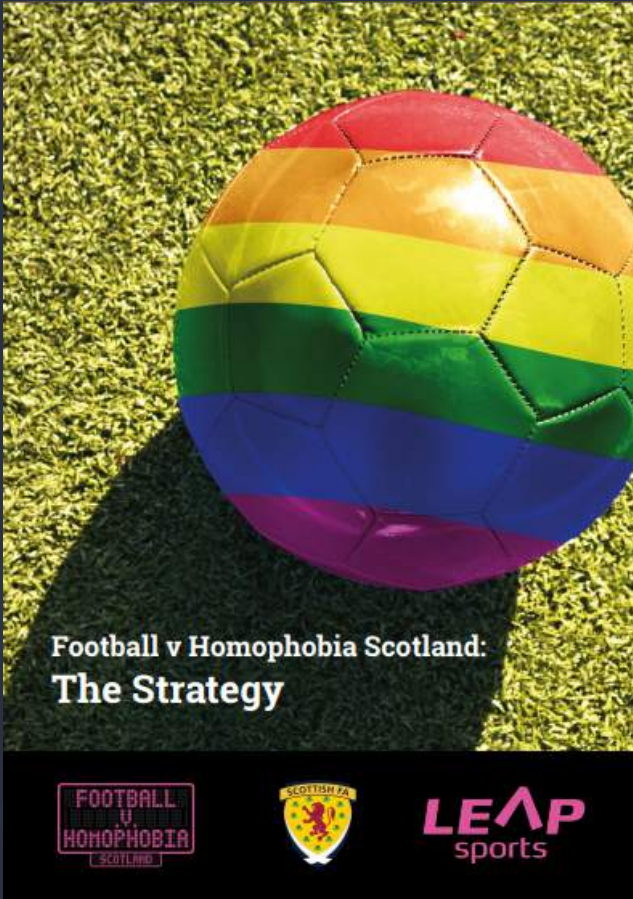
[LINK HERE](#)

## LGBTIQ+ 101

A beginners guide to LGBTIQ+ inclusion in sport produced by young people as part of the 2019 LEAP Sports Youth Activist Academy.

[LINK HERE](#)





## FvH Scotland Strategy

A whole football strategy with a vision of Scottish football as inclusive for all irrespective of sexual orientation or gender identity.

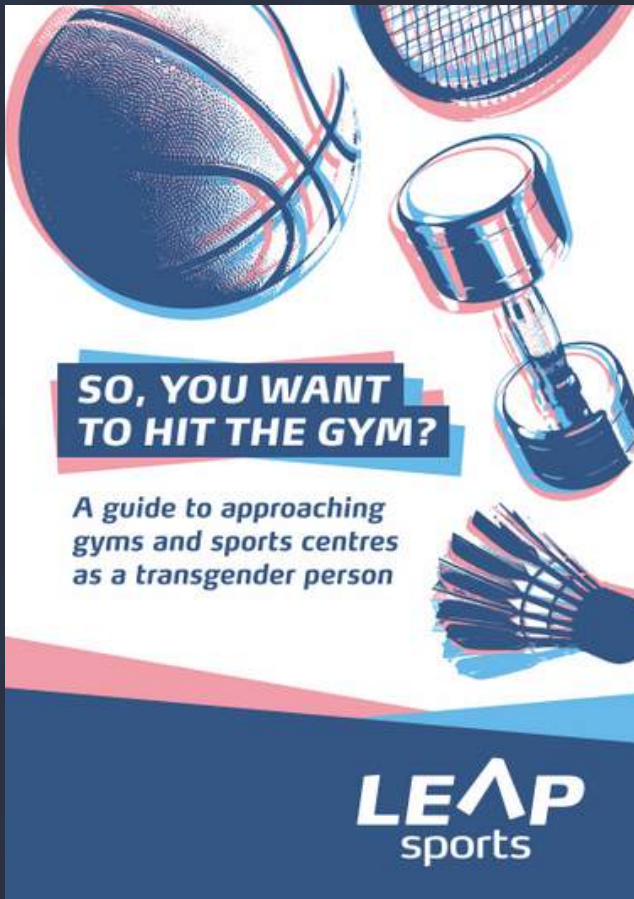
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## Coaches Toolkit

This toolkit has been created by young LGBTIQ+ people for the benefit of coaches in grassroots football, as part of LEAP Sports Scotland Youth Activist Academy, in partnership with the Football v Homophobia Youth Panel.

[LINK HERE](#)





## So You Want To Hit The Gym?

A practical guide for transgender people who want to access a local gym facility but don't know where to start.

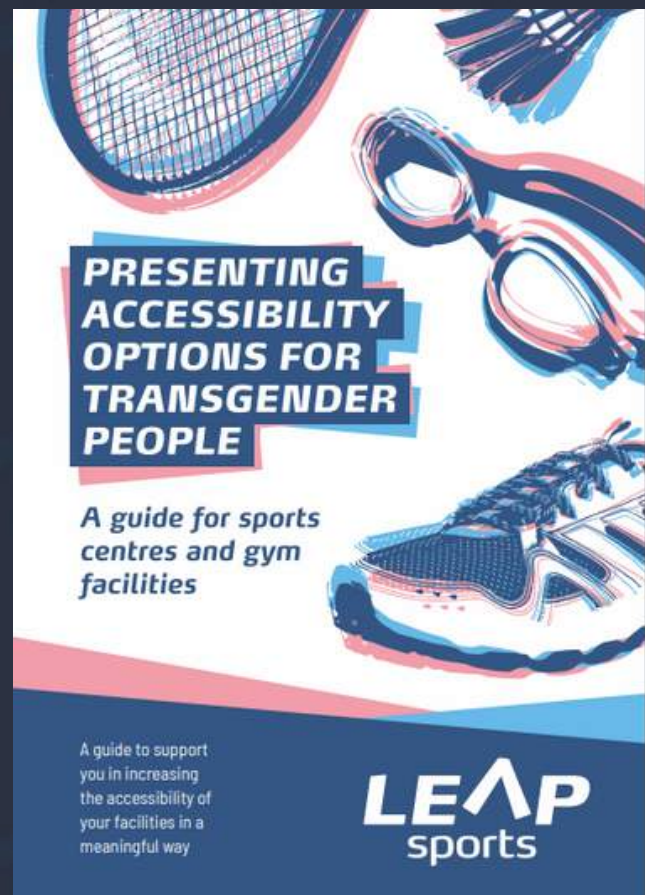
A companion guide to 'Presenting Accessibility Options...' below. Produced by the LEAP Sports Youth Activist Academy.

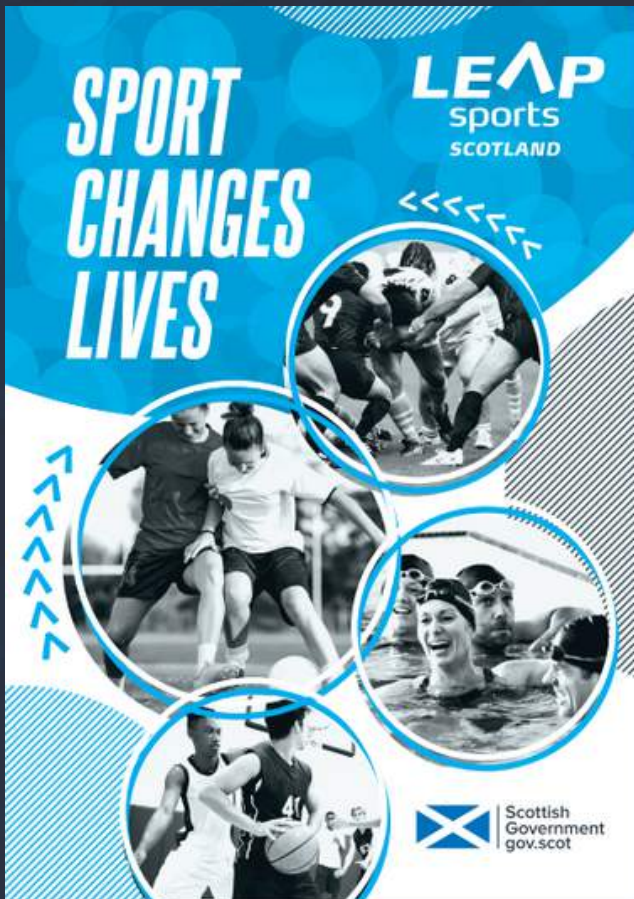
[LINK HERE](#)

## Presenting Accessibility Options For Transgender People

A practical guide for sports centres and gym facilities who want to make their spaces welcoming and inclusive for trans people. A companion guide to 'So you want to hit the gym' above. Produced by the LEAP Sports Youth Activist Academy.

[LINK HERE](#)





## Sport Changes Lives

A collection of impact stories looking at how LGBTI people have changed their lives using sport, and the power of sport in relation to our health, wellbeing and identity.

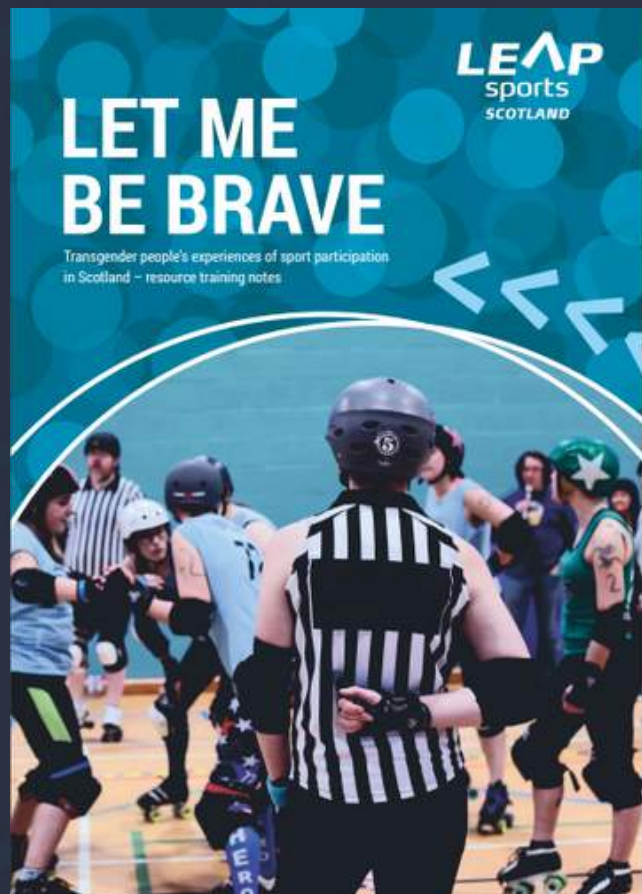
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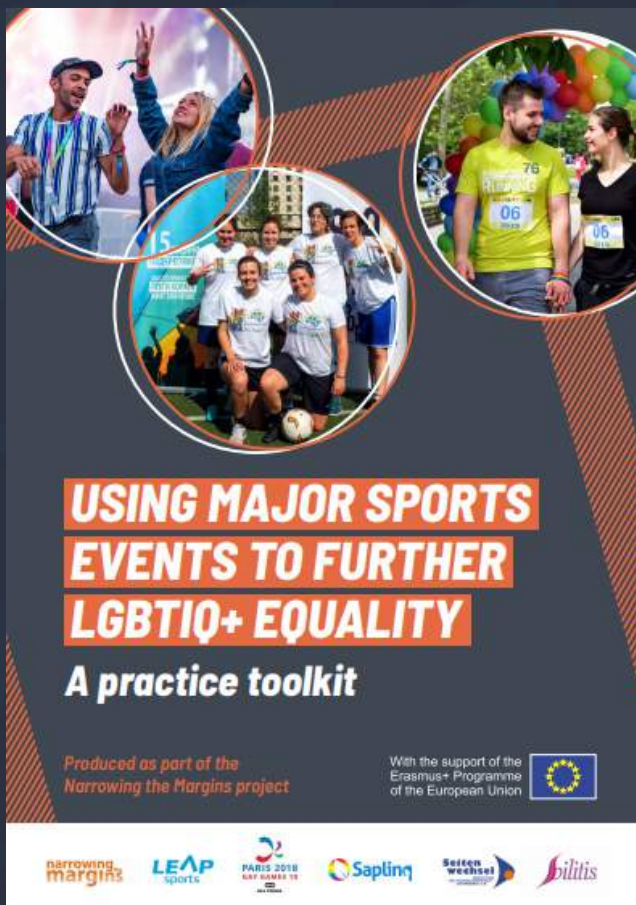
## Let me be brave

A 10-minute film exploring experiences of 6 transgender people accessing grassroots sport.

This film is accompanied by a booklet with key questions on each of the stories which can be used to facilitate discussions with groups and team members.

[LINK HERE](#)





## Using Major Sports Events To Further LGBTQ+ Equality

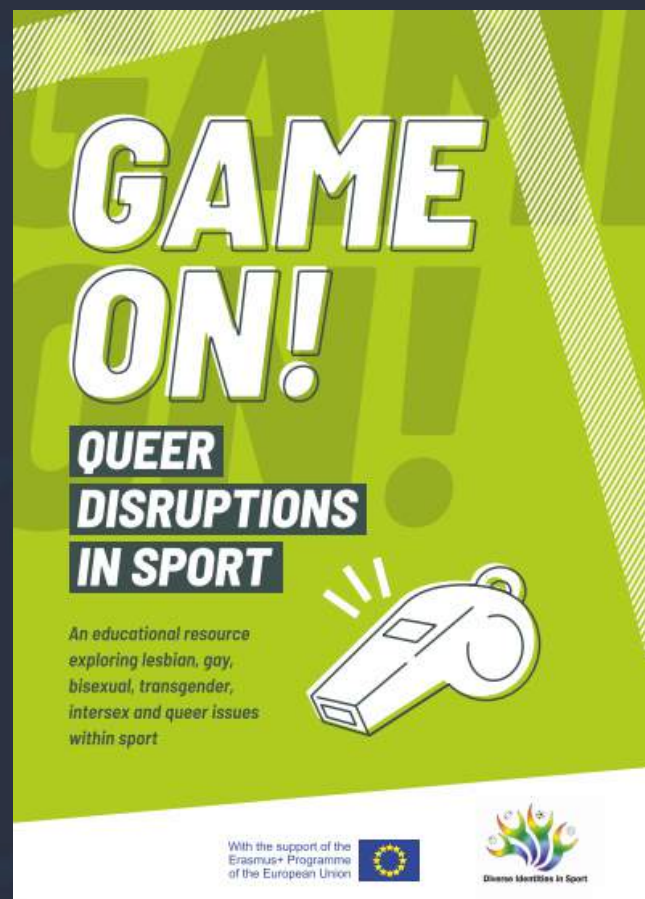
A practice toolkit with 5 case studies of where LGBTQ+ community organisers have used a major sports event coming to their city as a springboard for community and awareness raising activities. Full of tips, examples and learning.

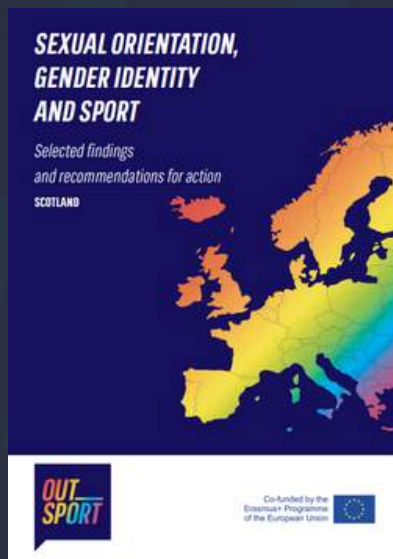
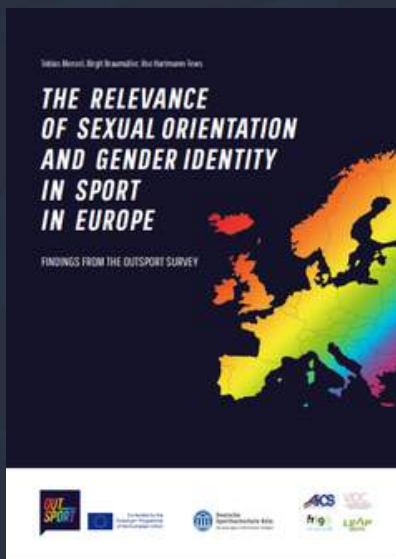
[LINK HERE](#)

## Game On! Queer disruptions in sport

A one-hour film following 5 different individuals who identify as lesbian, gay, trans, intersex and queer. The film charts the journeys each person has made within their lives and within their sports, including barriers and experiences and touching on many broader issues too. The accompanying guide contains exercises and discussions to help you to use the film to lead your own training.

[LINK HERE](#)





## Outsport research

A set of resources based upon Outsport, a European wide research project into the experiences of LGBTI identifying people in relation to sport. In addition to the main research, there is a Scotland specific report and a toolkit for sports educators and trainers at all levels, designed as part of the Outsport project, focusing on non-formal educational approaches to facilitating LGBTI inclusion within sport.

[MAIN RESEARCH REPORT](#)

[SCOTLAND REPORTS](#)

[EDUCATORS TOOLKIT](#)

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## Some Recommended Wider Resources

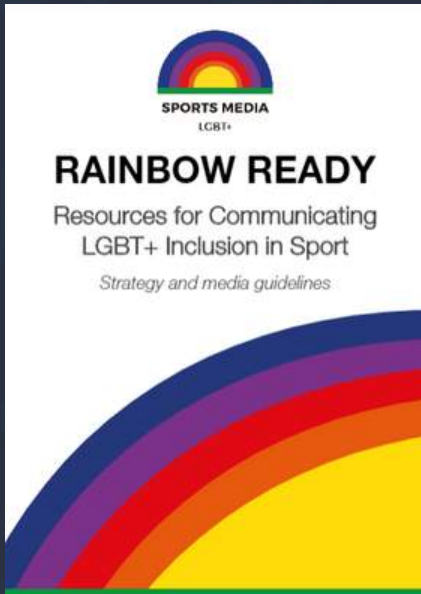
### Non-Binary Inclusion In Sport

A booklet which aims to provide sports organisations and organisers; sports regulators and governing bodies; and members of sporting communities with a resource to help accessibility for non-binary people and people of all genders.

[LINK HERE](#)







## Rainbow Ready – Resources for Communicating LGBT+ Inclusion in Sport.

The 14-page document lays out a strategy that anyone working in a comms or sports media role can adopt to help make lesbian, gay, bi and trans people feel welcome and included. In addition, a set of media guidelines is provided to assist press officers, editors and journalists in producing related content.

[LINK HERE](#)

## Sport, Physical, Activity & LGBT

Study focused on reviewing the existing research and reports into issues affecting LGBT participation in sport and physical activity and to evidence the impact of projects that are successfully addressing issues and delivering increased opportunities in sport.

[LINK HERE](#)



## Make Sport Everyone's Game - Sports Toolkit

A guide for LGBT inclusion in sport.

[LINK HERE](#)



LEAP Sports Scotland is a Scottish Charitable  
Incorporated Organisation – SC043210.

You can follow our work through our website  
[www.leapsports.org](http://www.leapsports.org) or via our social media channels

