

Quality Participation Self-Reflection Tool

Special Olympics
Olympiques spéciaux
Canada



What is the Quality Participation Self-Reflection Tool (QP-SRT)?

- A personal reflection and program improvement tool
- Designed to help Youth Program Leaders foster positive sport experiences for young athletes

Tool Benefits

- Improve your program in less than 10 minutes
- Receive a free customized action plan in three easy steps
- A private reflection space, not an evaluation!

Steps of using the QP-SRT

1

Rank Priorities

Rank the six building blocks in order of importance, based on your program and the needs of your athletes.

2

Strategy Checklist

Rate whether your program fosters evidence-based quality participation strategies.

3

Customized Action Plan

An action plan is generated with the top building blocks you should target and strategies to help get you there.

Try the QP-SRT here: qp.cdpp.ca

This infographic was published in January 2023 in partnership with the Canadian Disability Participation Project. For more information, contact Alexandra Walters at alexandra.walters@queensu.ca