



Top Tips: Becoming Rainbow Ready

- 1) Assume 2SLGBTIQ+ people are already part of your community:
 - Players, volunteers, staff, and fans may be 2SLGBTIQ+—even if they haven't told you or shared it with others.
 - Create an environment where people feel safe to be themselves, not pressured to come out.
- 2) Don't ignore discrimination—challenge it:
 - Homophobia and exclusion are still common in sport.
 - Language, jokes, and "banter" can push people away—often silently.
- 3) Try to adopt inclusive, everyday language where possible
 - Avoid gendered assumptions (e.g., "boys and girls") where possible
 - Inclusive language signals safety, even before actions do.
- 4) You don't need to be perfect—just willing
 - It's okay not to know everything about 2SLGBTIQ+ inclusion
 - Being open, respectful, and willing to learn matters more than getting it perfect
- 5) Make inclusion visible and intentional
 - Display signs of support (e.g., rainbow laces, Pride rounds, inclusive policies).
 - Include 2SLGBTIQ+ inclusion in your club values, policies, and communications.
 - Visibility builds trust—especially for those watching from the sidelines.

