



Cycling Cyclisme Canada
Community Sport For All
Community of Practice

May 22, 2025



Land Acknowledgment

Cycling Canada respectfully acknowledges that we are meeting today on the traditional territory of the Mohawk, Algonquin, and Anishinabewaki Peoples. We acknowledge the long history of First Nations, Inuit, and Métis Peoples and show respect to the Indigenous communities. We are making the acknowledgement to further demonstrate our commitment to work together as a community in laying the foundation for reconciliation through sport.



Introductions

Name

Town, Province/Territory

Group/Club Name

Favorite Bike Route

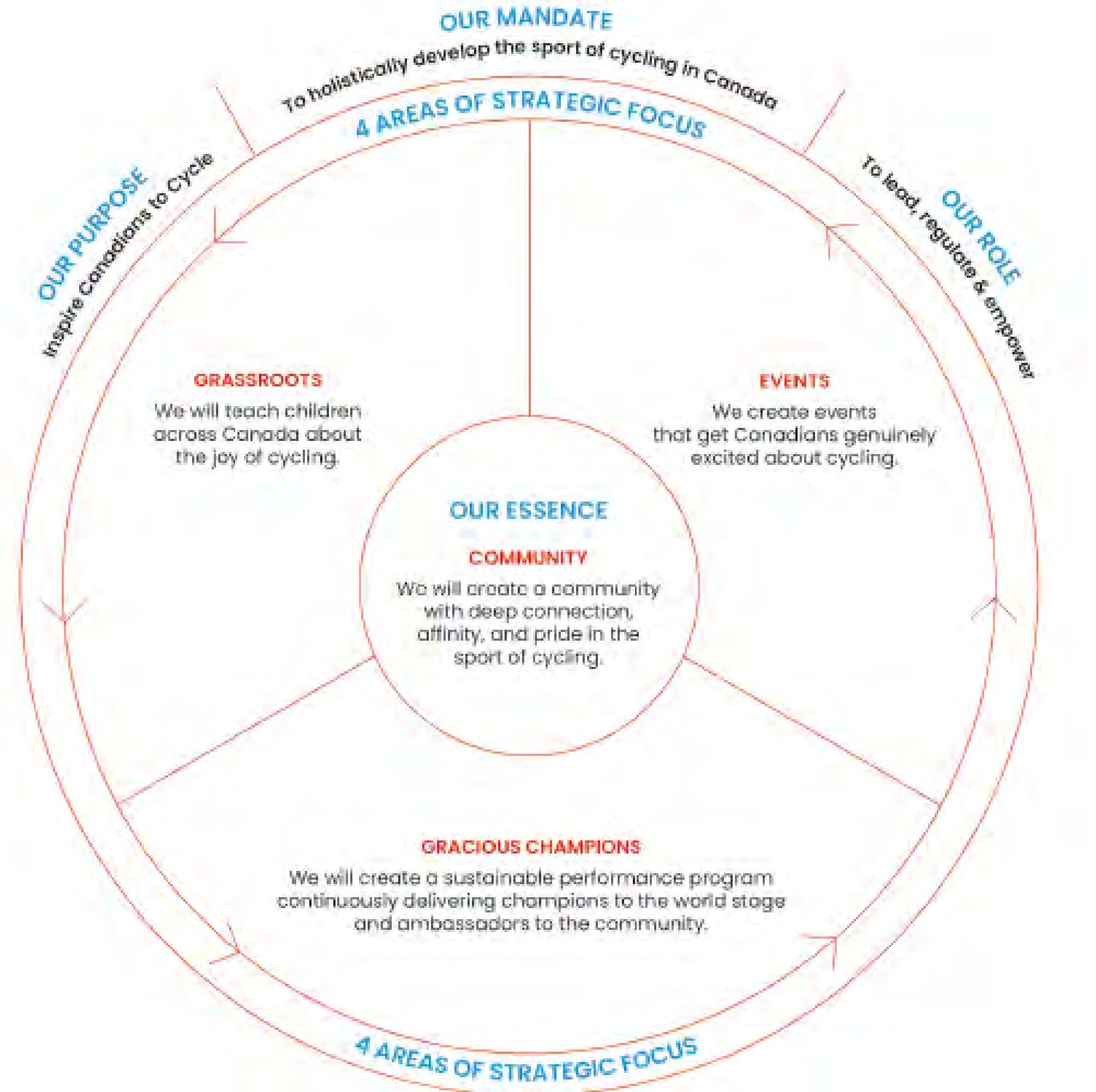
Resources:

Pronouns: <https://www.justice.gc.ca/eng/rp-pr/csj-sjc/legis-redact/logistics/p1p15.html>

Land Acknowledgment: <https://native-land.ca/>



What is Cycling Canada's strategy?



Goals for Community and Grassroots

Community

- 100,000 members by 2030
- Currently 50,000

Grassroots

- 300,000 youth on bikes by 2030
- Currently 42,700



22-23, 23-24 CSAI Summary

- 3rd year for Cycling Canada CSAI Funding
- Impact of this funding over the past 2 years
 - Over **\$700k** to clubs and PTSO's across Canada to launch and build HopOn capacity
 - **3100** participants and **50+** new HopOn Instructors trained in 2023
 - **10,000+** participants and **100+** new HopOn Instructors trained in 2024



24-26 CSAI Summary

- 27 projects across Canada
 - \$300k across 11 PTSO's
 - **2 Alberta**, 4 British Columbia, 1 Manitoba, **1 Northwest Territories**, 3 New Brunswick, 3 Nova Scotia, 1 Newfoundland, 4 Ontario, 1 PEI, 6 Quebec, 1 Yukon
- Estimated 2700 participants targeting under-represented group
- Strong representation for programming for persons with a disability




Frequently asked questions

- Provincial/Territorial Sport Organizations
- 24-26 timeframe
- Payments
- Shifting your budgets
- Social Media posts



Upcoming Deadlines

- June 30 – Project Summary & Photo
- May-March 31, 2026 – Social Media Post
- Inclusion and Accessibility Guide, reporting and surveys to come
- <https://hoponcanada.ca/csai-information-page/>




NEURODIVERGENCE AND MENTAL HEALTH

Neurodivergence refers to cognitive functioning that is not considered "typical", for example autism, ADHD, and dyslexia.


Mental health is a person's emotional, psychological and social well-being.

Not everyone who is neurodivergent has mental health concerns, and not everyone with mental health concerns are neurodivergent but they do frequently cross over and have similar considerations. Both are also not visible and can impact how a person engages with others, stressors, information processing, and ability to regulate emotions.




Personal Learning

- Neurodiversity and Mental Health impact a person's nervous system and ability to respond to stressors in a "typical" way, causing what others view as heightened or seemingly irrational responses. Take some time to learn about what a Window of Tolerance is and how it can impact people.



Addressing Exclusion

- Raise awareness across participants, staff, and volunteers of different ways people communicate and learn (e.g. in writing, verbally, or mix).
- Provide multiple routes to learn and communicate.
- When possible provide any learning or expectations ahead of time. **Example:** Tuesday's practice schedule is sent out on Monday via writing and then verbally explained on Tuesday.
- Clearly define behaviour expectations.



Promoting Inclusion

- Sensory overload and anxiety around the unknown are common experiences of people with neurodiversity and/or mental health considerations. When possible, provide quiet spaces, alternative ways to engage, and the ability to talk through what people might experience to support preparation.
- Allow for different ways to prep for a race (headphones, sunglasses, away from group, etc.)
- Talk about the importance of neurodiversity and mental health awareness often.

RESOURCES

EXCEPTIONAL INDIVIDUALS - NEURODIVERSITY & NEURODIVERGENT: MEANINGS, TYPES & EXAMPLES

NEURODIVERSE SPORT



Funded by the Government of Canada
Financé par le gouvernement du Canada



Please bookmark this page for all Community Sport For All (CSAI) 2024-2026 related communications and documents. All of the below items have been sent via email as well.

Veuillez marquer cette page d'un signet pour toutes les communications et tous les documents relatifs au Initiative Le sport communautaire pour tous (ISCT) 2024-2026. Tous les éléments ci-dessous ont également été envoyés par courriel.

CSAI Email Update #1 – Sent May 1, 2025 // Mise à jour du ISCT #1 – Envoyée le 1er mai 2025

CSAI Email Update #2 – Sent May 8, 2025 // Mise à jour du ISCT #2 – Envoyée le 8e mai 2025

Documents

To download and save the images, click the link, and when it opens, right-click and navigate to the "Save image as..." option.

Pour télécharger et enregistrer les images, cliquez sur le lien et, lorsqu'il s'ouvre, faites un clic droit et naviguez jusqu'à l'option « Enregistrer l'image sous... ».

HopOn Branding – 2025 // Guide de l'image de marque Embarquez 2025

Social Media Template for project promotion – Facebook/Instagram // Modèle de médias sociaux pour la promotion du projet (Facebook/Instagram)

Social Media Template for project promotion – Twitter // Modèle de médias sociaux pour la promotion de projets (Twitter)

HopOn Logo – PNG // Logo Embarquez – PNG

Government of Canada Logo – PNG // Logo gouvernement du Canada

Social Media Wording // Formulation des médias sociaux

Don't have the HopOn logo you're looking for? Please email HopOn@cyclingcanada.ca for access to all logos. // Vous ne trouvez pas le logo Embarquez que vous recherchez ? Veuillez envoyer un courriel à HopOn@cyclingcanada.ca pour avoir accès à tous les logos.



Project Highlights



- Handcycle Club of Canada - Ontario - <https://handcycling.ca/>
- Adventure Biking Project – Newfoundland - <https://www.adventurebikingproject.org/>

Questions?
Next Meeting –
August

