



Anti-Racism in Recreation Training Module

Thank you for taking the first step towards your journey in supporting an inclusive recreation sector in hopes of a future that eliminates racism and discrimination in recreation.

Course Overview

The Anti-Racism Training Module is an introductory online awareness course covering the history of the people who make up our diverse communities and the history Nova Scotia has with racism and discrimination. The training covers the history of colonialism, racism, and discrimination in our province, what racism and discrimination are and how to work towards overcoming forms of racism in recreation.

The training is complementary to the Anti-Racism Charter in Recreation and can be used as a resource as you navigate your own Anti-Racism journey.

<https://www.recreationns.ns.ca/anti-racism-charter-in-recreation.html>

Who should take this course?

The training is for individuals or organizations who wish to explore what racism is, acknowledging that it exists within our province and the recreation sector to collectively work towards a future that eliminates racist and discriminatory behaviour.

Course Objectives

1. Understand the history of the people who make up Nova Scotian communities and our recreation sector.
2. Learn key-terms.
3. Examine the history of recreation in Canada and understand how colonialism has influenced forms of discrimination.
4. Explore how racism looks within Nova Scotia's recreation sector from person-first experiences.

Course Modules

1. Colonialism, Canada, and Recreation
2. Introduction to Anti-Racism
3. Review and Self-Assessment

Evaluation Process

Throughout the course, there will be self-check-ins.

Throughout the three (3) modules, there are opportunities for self-reflection and information review. Participants must successfully complete activities before continuing to the next section.

Upon successful completion, there is a printable certificate for your records.

Course Duration

This online course is self-paced. Participants may leave the course at any time and can resume where they left off. The duration will depend on the individual participant and their prior knowledge of the subject matter. On average, the course will take about two (2) hours to complete.