



My ReconciliACTION Plan – example for sports and reconciliation (87-91)

- Learn and Understand by** Reading *Reclaiming Tom Longboat* by Janice Forsyth and watching *Indian Horse* on Netflix.
- Explore by** Reading the TRC's Calls to Action related to sport (87-91) and the UN Declaration on the Rights of Indigenous Peoples.
- Recognize by** Reading *Call Me Indian* by Fred Saskamoose and learning more about Indigenous athletic achievement.
- Take action by** Supporting Call to Action #87 by following news and events, reviewing the Aboriginal Coaching Module (ACM), learning and sharing Indigenous info. with others, encouraging athletes in your sport to apply for awards or nominate them.
- Teach by** Sharing allyship resources with others.

Learn and Understand: Read *Reclaiming Tom Longboat* by Janice Forsyth and watch *Indian Horse* on Netflix.

Explore: Read the TRC Calls to Action related to sport (87-91) and the UN Declaration.

Recognize: Read *Call Me Indian* by Fred Saskamoose and learn more about Indigenous athletic achievement.

Take action:

1. Follow Indigenous-based news and events. Make it a weekly priority for you and your athletes to share with each other at practice.
2. Take the Aboriginal Coaching Module (ACM).
3. Learn and share about past Indigenous athletes, coaches, officials, and sport developers in your sport.
4. Honour current Indigenous athletes in your sport and encourage them to apply or nominate them for the many Indigenous (MASRC) and non-Indigenous (Sport Manitoba) Awards.

Teach: Invite an Indigenous speaker to talk on Indigenous Wellness. Share what you learned with others like allyship resources or items that have helped you.