



[www.prideandsports.nl](http://www.prideandsports.nl)



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## BEING YOUR AUTHENTIC SELF IN SPORT

### NETWORK

Access to the largest LGBTQ+ sports network in the Netherlands.



### EXPERIENCE

99+ LGBTQ+ sports clubs, 77 sports associations, 30 Pride celebrations and 18 million role models.



### SAFE POSITIVE SPORTS ENVIRONMENT

Truly being yourself requires a safe (sports) climate.



### Network

Pride and Sports brings together a diverse network of partners through a 'bottom-up' approach. This network includes individuals in social, civic and political leadership roles, such as councillors, administrators, policymakers, anti-discrimination organisations, interest groups and a variety of (LGBTQ+) sports associations. Our LGBTQ+ sports network in the Netherlands actively participates in local discussions and fosters the development of a more inclusive and safer sports environment.

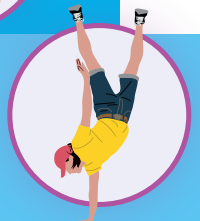
### EDUCATION

Inclusivity is something everyone can learn!



### INCLUSIVITY

Sport is for everyone without exception.



### Find your community

If you are looking for LGBTQ+ sports clubs, groups and collectives in the Netherlands, we encourage you to visit the club finder on our website. You can search by location or sport and find initiatives especially for people from the LGBTQ+ community (LGBTQ+ focused) and mainstream associations whose policies strive for LGBTQ+ inclusion (LGBTQ+ welcoming).

We invite you to get in touch with us.  
**Think with us. Talk with us. Act with us. Celebrate with us!**

*"And then the penny dropped. I wanted to be able to be myself: I am a boy."*  
Young transgender athlete

*"There's a fine line between 'it's just a joke', and 'that's hurtful'."*  
Ambassador

*"When I came out as transgender, I lost everyone."*  
Volunteer Pride and Sports Media

## ▲ A selection from our experiences

Read these and other stories on our website [www.prideandsports.nl](http://www.prideandsports.nl)

### Visibility

Since 2017, Pride and Sports has been connecting athletes and sports communities across the Netherlands, both year-round and during various Pride events. A standout initiative is our comprehensive sports programme during Queer & Pride Amsterdam, featuring the Pride Run, Pedal for Pride and Urban Sport jams. These events underscore the importance of fostering a safe and inclusive sports environment, and we offer visitors guidance on establishing more inclusive and secure sports policies at their own clubs.

The focus of these events is to support marginalised groups facing societal exclusion or discrimination, including queer, transgender, non-binary and intersex individuals; BIPOC (Black, Indigenous, People of Colour) LGBTQ+ communities; LGBTQ+ refugees; and LGBTQ+ individuals with physical and/or intellectual disabilities. Through initiatives like self-defence training (LGBT Krav Maga) and by advocating our message of equality, diversity and inclusion, we aim to inspire mainstream sports organisations to join us in taking meaningful action.

### Education, Research and Behavioural Change

The Pride and Sports Foundation possesses a wealth of (scientific) knowledge and first-hand accounts in the field of LGBTQ+ inclusion in sports. We leverage this knowledge at the board level to make the broader sports environment in the Netherlands safer and more inclusive for LGBTQ+ athletes. Pride and Sports continuously develops a diverse range of online training courses with practical toolkits designed to encourage real behavioural change. These toolkits can be downloaded from our website and are straightforward to apply in practice.

Our training sessions focus on revealing the subtle mechanisms of exclusion in amateur sports. This process begins with conducting a benchmark survey of the association or organisation in order to make inclusion and safety within sports measurable. Our inclusion and competence training courses are closely tied to this benchmark, ensuring that actual changes take place. Upon successful completion of our training courses, sports associations receive certification and are included in the Pride and Sports database.

Scan Queer code



#### Pride and Sports

The Pride and Sports Foundation is an accredited charity (ANBI) with a certified Social Handprint. As a national sports umbrella organisation, we advocate for the rights of LGBTQ+ athletes and sports organisations in the Netherlands. 'Being your authentic self in sport' requires a safe sports environment and a positive, inclusive sports culture for all athletes. As the largest

LGBTQ+ sports network in the Netherlands, Pride and Sports works on topics related to emancipation, diversity and inclusion in contemporary society with all its varied and complex challenges. We achieve this through several events, an extensive knowledge network, online training courses and downloadable toolkits, in addition to benchmark research and certification. We advocate for comprehensive solutions, promoting change at every level of an organisation, from policy development to implementation, and supporting individuals of all ages.



Listen to us • Believe us • Respect us • Build with us

Creating a safe(r) space is a TEAM effort!

Are you interested in raising awareness, connecting and achieving a safer sport climate for everyone? **Sign up to volunteer with Pride and Sports!**

If you think it is also important for your company to work on visibility, acceptance and the safety of LGBTQ+ people in sport, or are looking for tools on this topic, let us know by sending a message to **[contact@prideandsports.nl](mailto:contact@prideandsports.nl)**

Follow us on IG **@prideandsports** or join our Discord server for the latest news and updates on our events.

**Your participation helps us engage with policymakers and politicians to advocate for equal rights and opportunities for all LGBTQ+ athletes!**