



YOUR HEALTHY CHOICE AMBASSADOR

Effective date: July 11, 2022

### **Equitable Access Policy**

MJKO is a youth charity with our center of operations in South Parkdale, Toronto. We use leadership training to promote positive, healthy lifestyle choices for children and youth. With certified coaches, MJKO builds Community Champions by focusing on the needs of the whole person through two streams: non-contact (recreational), and contact boxing (competitive) which includes physical training (skipping, shadow boxing, defensive moves) and mental skills training (visualization and meditation). Our programs allow students to develop an appreciation for physical fitness, inclusive communities, mindfulness, healthy eating, and volunteerism.

At MJKO, the goal is to provide access to our programming to as many children and youths as possible based on the principle that everyone should have the opportunity to train and prepare for whatever goals one may have in life. Programs are available to children and youths between the ages of 6 and 18.

Appreciation for physical fitness, positive lifestyle choices, and a strong sense of community are fostered through our programming. MJKO programs are designed to welcome participants and provide them with access to safe, healthy, and fun training environments, regardless of gender, race, religion, ethnicity, culture, sexual orientation, physical or mental ability, socioeconomic background, or languages spoken.

With the permission and support of a parent or legal guardian, no child or youth who is willing and able shall be denied in a way that is unfair or unacceptable, an opportunity to participate in MJKO programs or events.

Programs are free of charge, thanks to donations and grants received by MJKO, which are used in part to pay for equipment and program venues. This is also possible due to the generous donation of time and talent lent by the many volunteers who make up the MJKO family. All that participants require to take part is a positive attitude and a willingness to try something new.

MJKO believes that training, goal-setting, self-discipline, and respect for oneself and others are the foundation for building tomorrow's leaders. No child or youth should be barred from receiving these lessons.

All program participants are treated fairly and with the utmost dignity. These principles are upheld by the MJKO Code of Conduct and the MJKO Discrimination and Harassment Prevention Policy and Procedures.