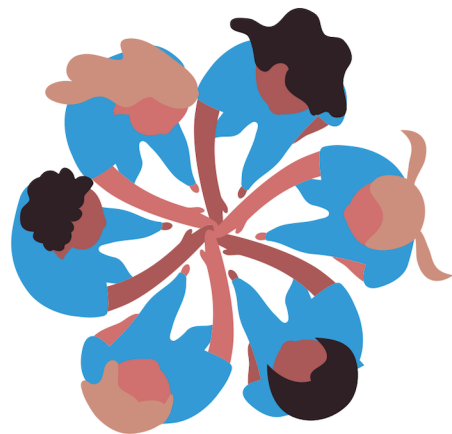


BUILDING A GIRL-FRIENDLY SPORTS CLUB

Based on the Paddle PWR - Girl PWR Framework
WWW.KAJAKKLUBZLATOROG.COM/PPGP



Winner of the 2022 #BeEqual Award



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GIRL-FRIENDLY ENVIRONMENT

In girl-friendly clubs at least 50% of athletes are female and all training programs and activities are designed to be inclusive of girls

- Training programs are tailored to meet each girl's athletic and competitive goals
- All staff are educated in how the menstrual cycle affects girls and their training during puberty
- Rules of some sports are changed to ensure girls participate fully and are not excluded by boys in mixed-gender sessions
- Boys are expected to always behave respectfully towards girls and female staff, with a zero tolerance for any form of violence
- Girl-only activities are included in the program
- All coaches implement an athlete-centred coaching model, with question-based learning forming the heart of the practice
- Girls are actively involved in decision making about the club
- Segregated changing facilities are provided

TOP TIPS FOR A STRONG TEAM

- Maximise opportunities for participants to work in teams - adapting technical and warm up drills so athletes work in pairs or groups can be a great start in individual sports
- Encourage athletes to always be supportive of each other in and out of competition
- Help the daily nurturing of friendships, celebrating sporting and non-sporting successes together
- Enforce a zero tolerance policy towards bullying
- Organise social events in & outside the regular program
- Take time to before and after sessions to get to know all the individuals on your team personally.

1

TEAMWORK

Working together with respect is the foundation for building a strong team environment where girls feel welcome and never fear judgement or exclusion.

2

POSITIVE FEMALE ROLE MODELS

A girl-friendly sports club has positive female role models at all levels; management, coaches, & older athletes because - *You can't be what you don't see!*

These women should be encouraged to always set a positive example for the girls by:

- Embracing and encouraging being strong & competitive
- Living a healthy, active lifestyle
- Being comfortable with their own bodies
- Tackling challenges head-on
- Being confident in speaking up



3

FEMALE COACHES

PPGP recommends that all sports programs with a majority of female athletes be led by a female head coach.

- Female coaches play an important role in making girls feel included and seen.
- During early adolescence, it's easier for most girls to talk to a female coach when changes in their bodies begin to affect their sporting performance.
- In traditionally male dominated sports, female coaches are essential in helping girls navigate the unique challenges they will face.

5

LOVE OF COMPETITION

Girls can be apprehensive of competing even within the training environment - especially in highly patriarchal cultures. To build intrinsic motivation and a healthy love of competing, programs should introduce kids to competition in positive and fun ways which teach good sportsmanship and encourage team spirit, learning, and personal growth. Effort and improvement should always be prioritised and rewarded over results, with every athlete feeling supported by the whole team.

LIFE SKILLS THROUGH SPORT

In a girl-friendly sports club, all programs encourage the development of skills that girls will use as they mature into active citizens of the community:

- Growth mindset
- Resilience
- Perseverance and hard work
- Working with others despite differences
- Self-discipline and organisation
- Confidence and courage

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