Women and Girls Sport and Active Recreation Participation

The Principles

What are The Principles?

The principles support female-friendly sport and active recreation participation. They have been developed in response to recommendations from the *Start Playing, Stay Playing report: A plan to increase and enhance sport and active recreation opportunities for women and girls*. The principles and associated resources guide organisations to implement best practice models to improve lifelong participation outcomes for all women and girls.

The principles are holistic and aim to positively influence female participation through enhancements to places and spaces; programs and services; governance; and marketing and promotion.

Diversity

Respond to participant needs by acknowledging the different ages, cultures, interests, abilities, skill level, incomes and locations of women and girls.

Opportunities

Foster positive behaviours to actively break down structural and attitudinal barriers for women and girls to achieve their potential.

Safety

Enhance policies, facilities, services and environments to ensure all sport and active recreation participants are safe, including women and girls.

Leadership

Recognise, inspire and target women and girls as community sport and active recreation leaders.

Visibility

Celebrate and promote women’s and girls’ participation in all capacities of sport and active recreation.

Resources

There are many resources available to support organisations in encouraging women and girls to participate in sport and active recreation.