

 COMMUNE DE
MONTREUX

MERCREDI 28 SEPTEMBRE 2022
MONTREUX-SALLE OMNISPORTS DU PIERRIER

« LA PLACE DES FEMMES DANS LE SPORT »



Infrastructures et équipements sportifs – des biais de genre?

Philippe Furrer, Montreux, le 28 septembre 2022

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MEMBRE DE  **THE SHIFT**
SUSTAINABILITY & BUSINESS INNOVATION



« *Tout quartier d'habitation doit comporter désormais la surface verte nécessaire à l'aménagement rationnel des jeux et sports des enfants, des adolescents, des adultes.* »

... et des filles...!!!

Eviter les biais de genre

Genre et sports :

La Ville de Genève analyse les pratiques sportives des femmes

Dossier de presse



Conférence de presse

Mardi 7 novembre, 11 heures
Palais Eynard
Rue de la Croix-Rouge 4
1204 Genève

Dossier à télécharger sur :

www.ville-geneve.ch/genre-sports

Lancée en 2016, cette étude a permis de réaliser un premier **diagnostic de l'offre sportive** proposée par la Ville, d'entendre les **expériences des femmes et les obstacles** qu'elles rencontrent pour faire du sport.

L'enquête met en avant que **les ressources mises à disposition par la Ville de Genève sont utilisées en majorité par les hommes**, même si certaines initiatives sont exemplaires du point de vue de la mixité. Elle révèle aussi que **les pratiques sportives des femmes se heurtent à des contraintes particulières**, telles que la difficile articulation des vies familiale et professionnelle, l'éloignement et l'aménagement de certains équipements, le **sexisme** ou encore, dans le cas des pratiques sportives libres, les facteurs limitant la présence des femmes dans l'espace public.

- 84% des femmes ayant répondu à l'enquête disent avoir une pratique sportive. Celles déclarant ne **pas avoir d'activité sportive** sont **prioritairement** âgées de **26 à 45 ans**, elles se répartissent dans l'ensemble des catégories socioprofessionnelles et ne sont que 12% à ne pas vouloir pratiquer plus de sport.
- **75 % des femmes** ayant répondu à l'enquête disent avoir **dû réduire ou suspendre leurs activités sportives** dans leur vie. Les principales raisons de cet arrêt sont par ordre les enfants/la famille /la grossesse (41,2%), le travail (18,5%), le manque de temps (10,8%) ou encore les problèmes de santé (10,1%).
- **30 % des femmes** ayant répondu à l'enquête disent avoir été **témoins de propos ou de gestes sexistes, 26 % en avoir vécu**. Cette proportion monte à **53 % chez les étudiantes**.

La politique sportive lausannoise à l'épreuve du genre

Résultats clés de l'analyse interne

L'analyse de la politique de la Ville de Lausanne en matière de sport révèle un déséquilibre entre les femmes et les hommes. Ces inégalités se jouent à différents niveaux : gouvernance, financement des clubs et associations, sport collectif d'élite et utilisation des salles et terrains de sport publics. Les principaux chiffres présentés ci-dessous permettent un éclairage précis :

77 %

du personnel du Service des sports est de sexe masculin. Les femmes sont largement sous-représentées, en particulier dans les fonctions de cadre avec seulement une femme sur les neuf postes au total.

72 %

des membres des associations et clubs sportifs lausannois (env. 32'000 licencié-e-s) sont des garçons et des hommes pour seulement 28 % de filles et de femmes.

Le subventionnement accordé quasi-exclusivement aux associations et clubs sportifs et la forte présence des garçons et des hommes dans ces organisations a pour conséquence qu'ils bénéficient de :

69 %

des ressources allouées aux associations et clubs sportifs ;

93 %

des terrains de sports et 60 % des salles omnisports gérés par le Service des sports ;

96 %

du montant des subventions octroyées aux associations et clubs sportifs pour le sport d'élite en équipe.



Constats et actions
prioritaires pour développer
l'égalité femmes - hommes
dans le sport

La politique sportive lausannoise à l'épreuve du genre

moins de
10 %

des femmes interrogées se sentent à l'aise pour pratiquer leurs activités sportives en ville quel que soit le quartier. La grande majorité dit préférer faire du sport dans les espaces verts ou au bord du lac.

19 %

d'entre elles disent avoir été victimes d'actes ou de paroles sexistes dans leur pratique sportive, en particulier en ville.

Par ailleurs, les femmes mentionnent trois obstacles principaux à la pratique sportive :

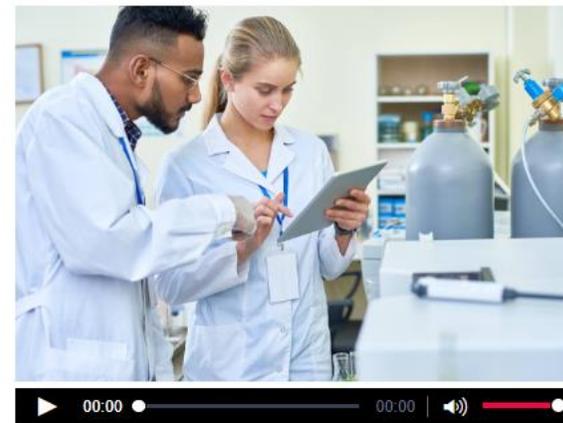
- le manque de temps, souvent lié à une vie de famille ;
- les lieux, en partie associés à un sentiment ou à des expériences d'insécurité ainsi qu'au regard des autres, notamment les hommes ;
- le manque d'infrastructures et/ou l'appropriation de celles-ci par des groupes ou clubs d'hommes.



Constats et actions
prioritaires pour développer
l'égalité femmes - hommes
dans le sport

LES BIAIS DE GENRE EN MÉDECINE

Dernière mise à jour 13/03/19 | Audio



Les hommes et les femmes ne sont pas égaux dans le domaine de la médecine.

Comment soigner aussi bien les femmes que les hommes? Cécile Guérin a assisté à un café débat sur ce thème au sein des Hôpitaux universitaires de Genève (HUG).

Avec Alexandra Calmy, professeure en infectiologie et responsable de la consultation VIH au sein des HUG, la sociologue Joelle Schwarz, qui coordonne le projet médecine et genre à la Faculté de médecine de l'Université de Lausanne, et Carole Clair, médecin adjointe à la Polyclinique médicale universitaire de Lausanne.

Le sexisme nuit à la prise en charge médicale

Les biais de genre sont la source d'inégalités méconnues et peu étudiées dans le domaine de la santé.



Marie Nicollier
Publié: 31.01.2021, 08h09



Biais de genre dans le sport et la santé

MÉDECINE DU SPORT

Prise en charge spécialisée, globale et interdisciplinaire de la (jeune) femme sportive

Nathalie Wenger , Sandrine Ackermann , Laurence Chappuis , Martine Jacot-Guillarmod , Stéphane Tercier

DOI: 10.53738/REVMED.2022.18.790-2.1438

Résumé

La femme s'est fait une place dans le sport, mais il persiste des inégalités et certaines caractéristiques spécifiques par rapport à l'homme. La puberté est marquée par des modifications hormonales conférant à l'athlète féminine des avantages mais aussi des inconvénients. Elle traverse ensuite diverses périodes de vie qui conditionnent sa relation à son corps et ses performances. Des facteurs anatomiques et hormonaux influencent certaines blessures. Une gestion adaptée du cycle menstruel peut optimiser les performances. Elle est plus à risque de carences nutritionnelles ou de déficit énergétique. De plus, elle souffre davantage d'une image négative de son corps, aggravée par la pression de la femme sportive parfaite ! Tous ces aspects sont à considérer lors de sa prise en charge et de son suivi régulier, afin d'éviter des séquelles à long terme.



WE HUMANS

Sports are designed around men — and that needs to change

Mar 27, 2020 / Mary Halton

SHARE
THIS IDEA



Alamy

From tennis to swimming and soccer, female athletes are at the top of their game right now, but they are still not receiving the support that men do.

Despite accumulating international titles, the US women's national soccer team are **currently having to pursue** a gender discrimination lawsuit for equal pay (above, a photo of them from August 2019). In advance of the trial, their governing body (US Soccer) has filed court documents declaring them **less skilled** than their male counterparts.

But the problem isn't just that the gender pay gap also exists in sport — even the average woman just wanting to have enough energy to hit the gym regularly is at a disadvantage. The underlying research that makes good nutrition and effective training possible has also all been done on men, says exercise physiologist and nutrition scientist [Stacy Sims](#) in her [TEDxTauranga Talk](#). “[During my early research I was told] ‘women are an anomaly, so we don’t necessarily study women in sport nutrition or exercise science’... I looked around and I thought surely with 50 percent or more of the population being female, aren’t the men the anomaly and they don’t know it yet?”

New Zealand-based Sims is on a mission to get the sporting world to recognize that “women aren’t just small men” but have their own set of nutritional and physiological needs.

While everyone's body is different, there are patterns in physiology that are particular to most women and deeply impact their training. One of these is the menstrual cycle. Sims is frustrated that this isn't addressed enough in sport and training. “This is one of the reasons girls drop out of sport, because no one talks about it... and wait til you get to perimenopause and menopause; it's like tumbleweeds.” She has also seen clients in her own practice who have felt it was normal and “easier” for their periods to disappear during intense training.

Où sont passés les enfants des villes ?

Par Clara Georges

Publié hier à 16h00, mis à jour à 12h45

🕒 Lecture 12 min.

🔒 Réservé à nos abonnés



ENTRETIEN | En ville, on ne voit quasiment plus d'enfants seuls dans la rue. Pour aller à l'école, 97 % des élèves d'élémentaire sont accompagnés. Quatre spécialistes décryptent cette disparition progressive.

Vous souvenez-vous de l'âge auquel vous êtes sorti seul dans la rue pour la première fois ? Si vous êtes parent, il y a de fortes chances que ce grand moment d'autonomie soit survenu bien plus tôt que pour vos propres enfants. Les enfants seuls ont quasiment disparu des villes. Il suffit d'un chiffre pour donner la mesure du phénomène : en France, dans les agglomérations de plus de 100 000 habitants, 97 % des élèves d'élémentaire sont accompagnés pour se rendre à l'école, 77 % de ceux du collège, selon un sondage Harris Interactive pour l'Unicef réalisé en 2020. Dans un texte intitulé « Les risques de la rue », disponible en ligne, le ministère de l'intérieur recommande même aux parents d'éviter toute sortie non surveillée des enfants, comme une sorte

d'institutionnalisation des peurs collectives : *« Faites en sorte qu'il ne soit jamais seul. Faites-le accompagner par une personne de confiance. »*

Comment et pourquoi nos enfants ont-ils disparu des rues des villes ? Nous avons posé la question à quatre spécialistes d'horizons différents.



ROGER MAYNE / MARY EVANS PICTURE LIBRARY / PHOTONONSTOP

ROGER MAYNE / MARY EVANS PICTURE LIBRARY / PHOTONONSTOP

More than 1 million girls in the UK lose interest in sport as teenagers

Survey by Women in Sport finds fear of being judged and lack of confidence are main reasons for drop in physical activity



📷 The survey found that girls are far less likely than boys to take part in team sports after the age of 11. Photograph: Tom Jenkins/The Guardian

More than 1 million girls who thought of themselves as sporty at primary school lose interest in physical activity as teenagers, according to estimates based on a new survey.

The **study**, by Women in Sport, found that a fear of being judged and a lack of confidence were the main reasons cited for a waning interest in sport among teenage girls. Its poll of more than 4,000 teenagers **found that 43% of girls felt they were sporty at primary pupils but no longer saw themselves this way. This would equate to 1.3 million girls across the UK, the survey pointed out.**

Out of these girls, 68% said that a fear of feeling judged prevented them from taking part, while 61% said they lacked confidence. Just under half (47%) said they were too busy with school work to carry on with sport.

And teenage girls were much more likely to say they used to be sporty but were no longer keen on exercise than boys (24%). A report on the findings concluded that girls may need more support to engage with sport as they go through puberty.

Nearly eight in 10 (78%) of girls who said they used to be sporty admitted they avoided taking part in sport when on their period - higher than those who had never been sporty (69%) and those who were still passionately involved in sport (64%).

Overall, seven in 10 girls said they avoided sport when menstruating, citing pain, tiredness and self-consciousness.

The poll also found that the pandemic had affected teenage girls' **worries about their appearance, as well as mental health issues, more than boys.** It found they are less physically active than boys in general and are far less likely to take part in team sports.

“Worryingly, girls lose their love of sport and exercise during teenage years, and this presents a significant psychological barrier throughout life,” the report says.

According to the survey, among respondents aged between 11 and 16, **just 37% of girls enjoyed physical activity compared with 54% of boys.** By age 17 to 18, just three in 10 girls would describe themselves as sporty, compared

'Because She's a Girl': Lockdown Exposes Gender Gap in U.K. Sports

Inequalities are especially pronounced in English youth soccer, where only a handful of clubs have kept training open for future female professionals, while boys at the same level play on.



Philip Gill with his daughters Grace, 12, Lydia, 6, and Isla, 2. Mr. Gill, who coaches a girls' soccer team, started a petition calling for equal treatment of boys and girls teams during lockdown. Mary Turner for The New York Times

When Lisa Bloor heard that her daughter Abby's elite-level soccer club was being shut down in England's latest coronavirus lockdown she faced a tough problem: how to explain that boys at the same level were allowed to keep playing.

"How do I tell my daughter it's because she's a girl?" Ms. Bloor asked. "It's disheartening. There's no logic in it at all."

As the coronavirus has upended lives across the world, women have found themselves [disproportionately affected](#), whether by taking on the often invisible labor [of an outsize share](#) in household duties, caring for children and relatives or finding the hard-fought [gains they made in the workplace](#) in past years almost entirely wiped out.

In early November, after Britain's government reluctantly admitted the need for a [second lockdown of all but England's most essential services](#) to stop the number of Covid-19 cases spiraling out of control, the restrictions — and exceptions to the rules — laid bare yet another gender gap: the one between women and men's sports.

When the British government granted "[elite sport](#)" special dispensations for the duration of a four-week lockdown, the top six tiers of men's soccer could carry on training and competing. But only the top two women's soccer leagues were permitted to continue.

Planification et aménagement d'espaces de vie conviviaux pour les enfants

Fondements
Check-lists
Études de cas



Édith Maruéjols

Prise de parole

L'égalité se joue aussi dans les cours d'écoles

TRIBUNE - «Il ne peut exister de société égalitaire si des inégalités liées au sexe biologique (ou à son identité de genre, à son orientation sexuelle, à sa couleur de peau, etc.) d'une personne persistent » constate cette spécialiste de la géographie du genre.

24/08/2022 09:00



[L'égalité se joue aussi dans les cours d'écoles \(huffingtonpost.fr\)](https://www.huffingtonpost.fr)

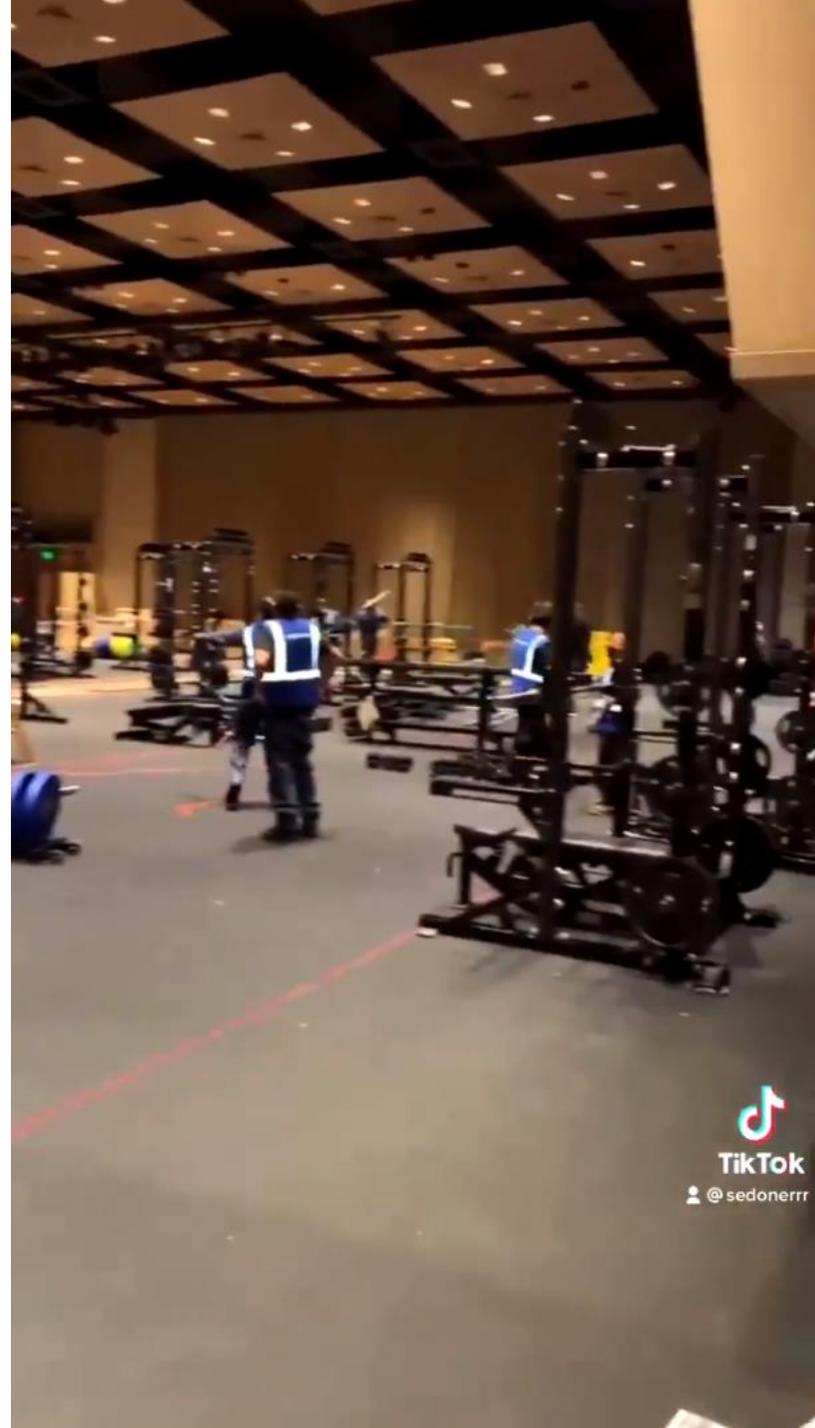
Sedona Prince 
@sedonaprince_ · Follow 

Let me put it on Twitter too cause this needs the attention

Now when pictures of our
weight room got released
vs. the mens



This is our weight room

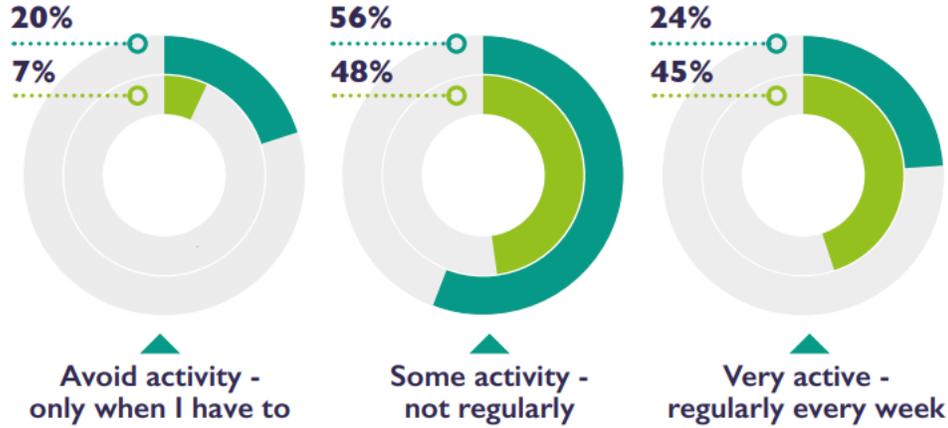




Make Space for Us

Insight report
July 2022

Activity Levels



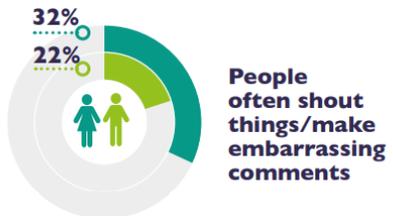
Barriers to park exercise



I don't feel safe exercising in my local park



I feel watched by others when I exercise in parks



People often shout things/make embarrassing comments

31% **don't feel safe**

17% **don't feel safe**

51% **don't feel safe if there are lots of boys in the park**

Only **3 in 10** girls say they are **'sporty'**

compared to over **5 in 10** boys.

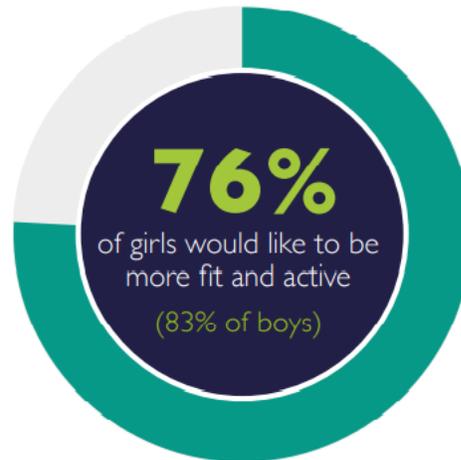


Our opportunity

5 in 10 girls say they

'used to be sporty'

compared to **3 in 10** boys.



Activities teenagers engage in regularly in parks

Walk with family/friends	67%	45%
Meet friends/socialise	67%	61%
Play on park equipment	45%	32%
Walk by myself	28%	19%
Passing through	24%	21%
Play games	23%	49%
Ride my bike	21%	40%
Run/jog	17%	25%
Take dog for a walk	19%	15%
Play organised sport	7%	29%
Skateboarding/roller skating	8%	5%
None	4%	4%



1

First and foremost, parks need to provide a **clean, cared for and attractive space** with at least basic facilities for girls to feel comfortable.

2

Promoting **physical and emotional safety** in parks is particularly important for girls as engaging in physical activity significantly increases their emotional vulnerability.

3

Developing spaces in which **harassment, scrutiny and judgement are minimised** will support more girls to feel comfortable when exercising in parks.

4

Equalising and promoting usage of specific **exercise spaces for girls** will create a more inclusive environment where both girls and boys feel they are welcome.

5

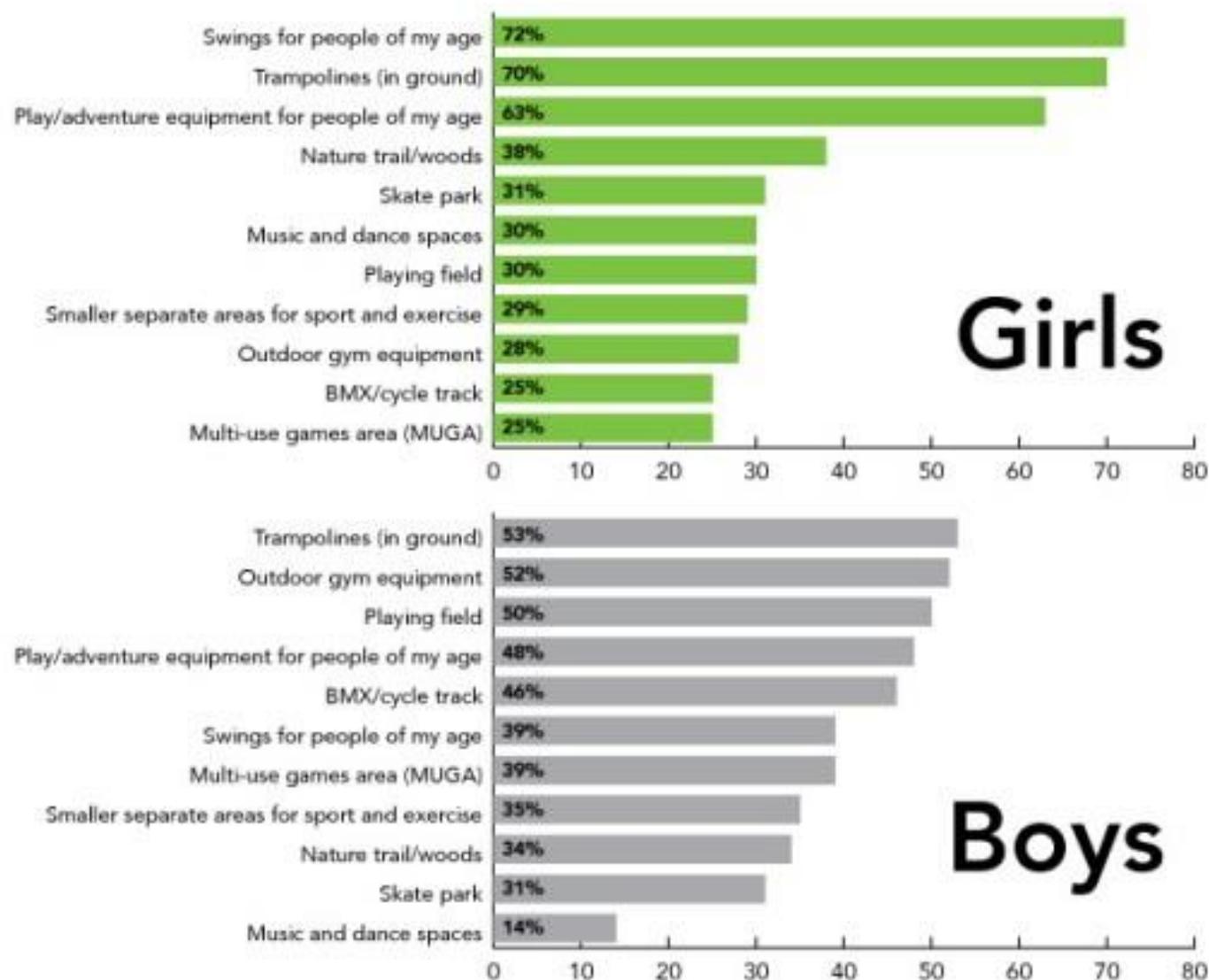
Actively promoting **purposeful activity and organised opportunities** for girls to exercise in parks, with more guidance on how space/equipment can be used is essential to encourage girls.

6

Creating more **playful, exciting and adventurous ways to get active**, and involving girls in shaping activities and designing spaces will increase relevance and appeal.

Les parcs doivent être mieux conçus ; il faut créer des espaces passionnants, innovants et sûrs pour **inciter davantage d'adolescentes à être actives**, leur donner le goût de l'exercice en plein air tout au long de leur vie et leur permettre de mener une vie heureuse et saine. **Les filles utilisent moins les parcs** et rencontrent de **nombreux obstacles** pour faire de l'exercice. Cela vient d'un **manque de compréhension de leurs besoins** dans la conception des parcs et de la façon dont la société les voit et les traite lorsqu'elles y sont. Ces obstacles étouffent le plaisir et **limitent leur droit** à profiter des nombreux avantages pour la santé et le bien-être que procure l'activité physique en plein air. **Nous avons une grande chance d'inciter davantage d'adolescentes à pratiquer des activités de plein air après la pandémie.** Plus que jamais, les filles accordent de l'importance à la **forme physique**, à **l'activité et au plein air** pour leur **santé mentale** et leur **bien-être**. Mais nous devons concevoir des espaces à travers leurs yeux, les inspirer et les aider à découvrir le potentiel de leurs parcs locaux.

What would help you be more active in your local park?



(379 respondents – 194 girls/185 boys / 13-15 yo)





Town Council
5 August at 11:59 · 🌐



Town Council ▶ **Cycle Sunday & Pump Track Celebration**
5 August at 11:58 · 🌐

Join us for an afternoon of bike related fun! 🥳🥳

11th September - 12-3pm

🚲 At Welshmill Park: **FROGS** will be joined by Fusion Extreme with bike stunts,...

[See more](#)



Make Space for Girls

3,397 followers

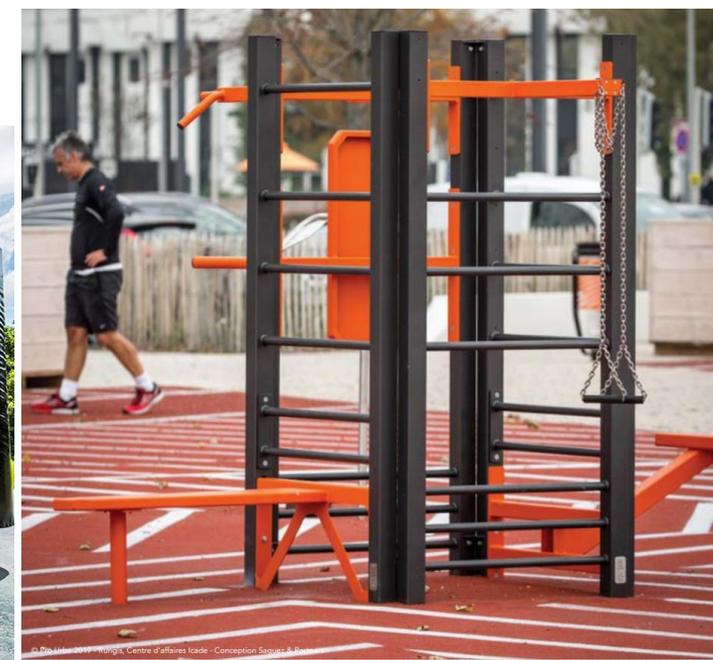
7h · 🌐

Ah parks, those spaces where boys take up all the space being active while girls stand round the edges and watch.

There's so much wrong with this photo, but what's particularly irksome is that it's promoting a pump track - which are so often territorialised by boys.

So much work still to be done...

Street workout & Parkour





SEARCH



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HOME

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NEWS

RESEARCH AND ADVICE

OUR WORK

GET INVOLVED



Determined to make sure the Lionesses' triumph leaves a legacy

NEW BLOG!



SKIP TO MAIN CONTENT

THIS
GIRL
CAN

WATCH THE VIDEO



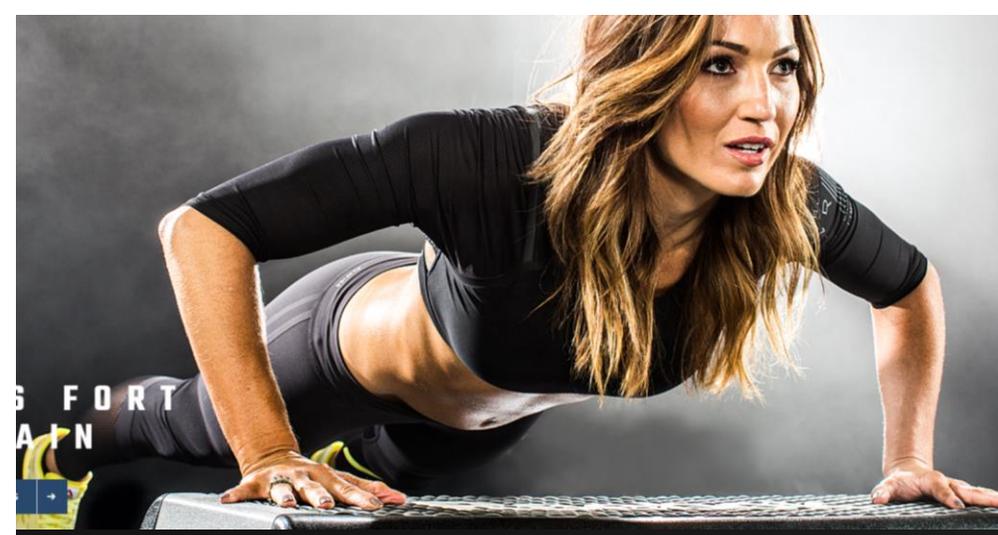
LOGIN



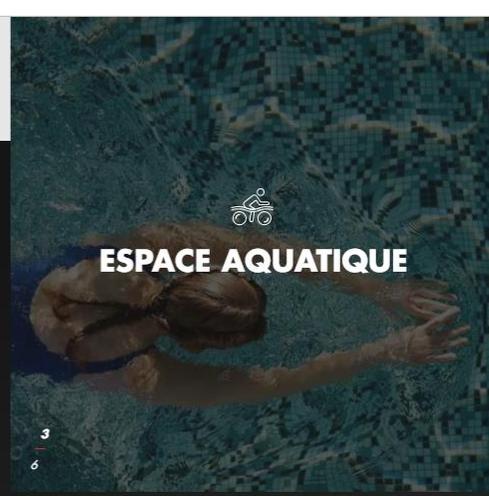
THIS GIRL CAN

No one gets to choose how you exercise other than you. Your body, your call. And whatever that looks like, we think it's worth celebrating. This Girl Can, funded by The National Lottery, believes that there's no "right" way to get active. However you jiggle, kick, lift, stretch, or sprint, it's time to get moving how you damn please.

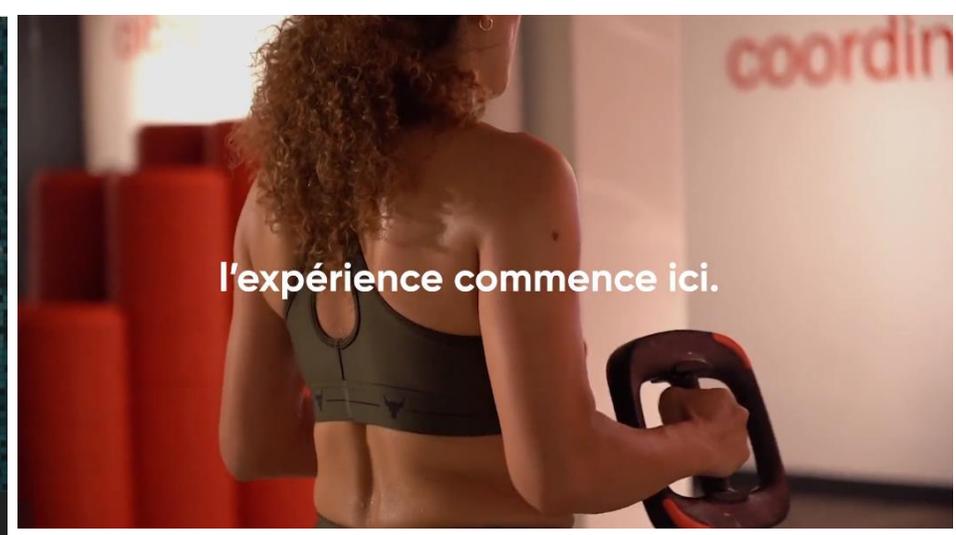




S FORT
AIN



ESPACE AQUATIQUE



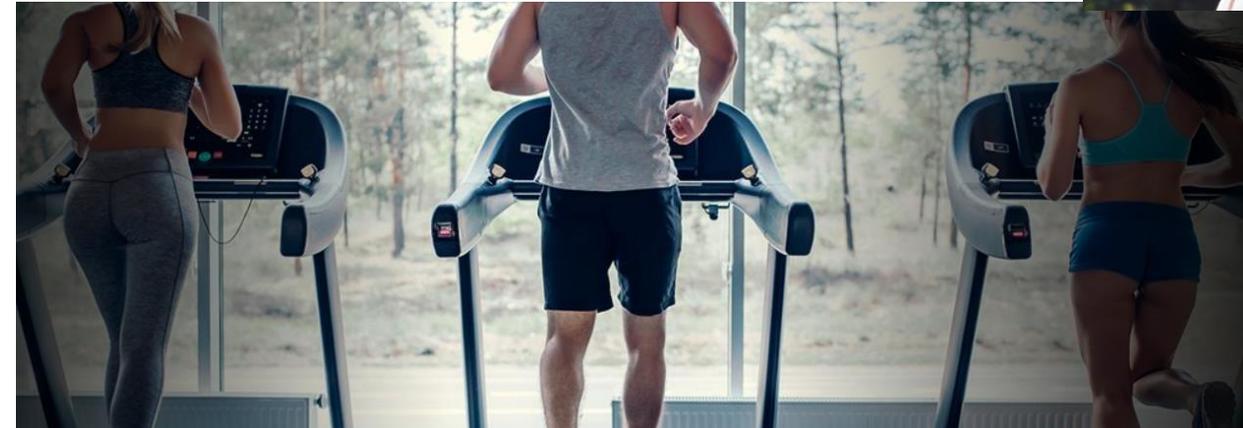
l'expérience commence ici.



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[How to Build Public Spaces for Teen Girls — Women in Urbanism Canada](#)



Women in Urbanism Canada

462 followers

5d • 🌐

+ Follow ...

Studies show teen girls feel ten times less secure in public spaces, mostly relating to a lack of city-building that considers their needs, behaviours, and desires. To navigate what building spaces for teen girls looks like and how it would benefit their social, physical, and mental development, we take a look at three European-based organizations and individuals making the change teen girls need in the built environment. 📍

Make Space for Girls researches how to foster interaction and offers ways that let teen girls chat, linger, and socialize in public spaces.

White Arkitekter's project, Flikrum, co-designs projects by consulting with teen girls, including how to make cycling infrastructure more accessible and attractive for them.

GUrL Berlin is led by Carmel Keren, who is working alongside teen girls to understand their perception of safety in public spaces.

Read more about the impacts of these projects in our latest blog "How to Create Public Spaces for Teen Girls" through the link below [1](#)

CASE STUDY

How to Build Public Spaces for Teen Girls



www.womeninurbanism.ca/words

Read more



GUIDE RÉFÉRENTIEL

Genre & espace public



Les questions à se poser
et les indicateurs pertinents à construire
pour un environnement urbain égalitaire

PARIS-OCTOBRE 2016

LES IDÉES REÇUES

✓ IDÉE REÇUE N° 1

Les hommes et les femmes ont le même usage
des espaces publics.

✓ IDÉE REÇUE N° 2

L'espace public est par définition public : il n'existe pas
d'espaces interdits à quiconque, pas de « murs invisibles ».

✓ IDÉE REÇUE N° 3

Les motifs de circulation et le temps passé dans la rue
par les femmes et les hommes sont les mêmes car,
aujourd'hui, ils et elles travaillent et partagent les tâches
domestiques et éducatives.

✓ IDÉE REÇUE N° 4

Les hommes, dès le plus jeune âge, ont plus besoin
d'occuper l'espace que les femmes.

✓ IDÉE REÇUE N° 5

Il y a les sports de filles et les sports de garçons.
Et pour les femmes, le sport ce n'est pas une priorité.

OCCUPER L'ESPACE

Flâner, faire du sport...



WE LOVE ASPHALT

Game

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› Movement & Sports Activism

GAME
ACADEMY
Game

ABOUT

TOOL BOXES

COURSES

EXTERNAL RESOURCES



LOGIN



HOME / GENDER EQUITY

GENDER EQUITY

How can we make sure that women and girls around the world have access to and enjoy the same benefits from participating in team-oriented physical activities?

GAME and its partners have been hard at work trying to figure this out, and we have made progress. Please use some of the resources below to help make your activities more female-friendly:

[10 Recommendations to Include Girls](#)

[A Female Friendly Facility](#)

[Guidebook: How To Include More Girls in Sport](#)

[GAME's Erasmus+ Partnership & Resources: She Got Game](#)



1. Make sure the girls feel invited to the activities

The girls must feel that they are invited into the collective, e.g. by doing outreach work at schools and youth centres or by getting parents and local actors to be ambassadors for the girls' participation.

2. Adapt activities to local context and needs

The girls must not adapt to the activities that are already available. Instead, locally based activities must be developed so as they are carefully adapted to the girl's specific interests, wishes and needs. This requires thorough preparation and context specific knowledge of the target group.

3. Support diversity by understanding culture specific barriers

Girls with minority background seek cultural, practical and social confidence. Therefore, create a safe setting and use an enclosed facility if needed. In addition, you can arrange activities where the girls do not have to change clothes and allow girls who wear headscarf to participate.

4. Use comfortable, safe and nearby locations

Participation in sports and physical activity requires a sense of 'belonging' in the social context in which the activity takes place. It is important with places and people who are familiar and trusted by the girls. It is crucial with a location in near geographical distance. It may also work well to use a familiar and safe setting such as the school.

5. Involve female role models as coaches

A strong bond between the girls and the coach is vital. Engaging female role models in whom the girls can mirror themselves in and talk to about ups and downs can strengthen the trusting and close relationship. The coach must be welcoming, positive and empathetic and ensure that all participants feel included.

6. Involve the girls as co-creators of the activities

It is important to be attentive to the girls' wants and needs and involve them in developing and defining the activities. Create a culture where it is natural for girls to provide feedback and inputs to the training content. This fosters a feeling of commitment and sense of ownership.

7. Create opportunities for the girls to cultivate their friendships

Many girls do not prioritize sport because they want to "spend their time on friends". Therefore, foster a social space around the activities and create a sense of community. Reach out to groups of friends and make sure that the girls can build and cultivate their friendships, e.g. by allowing time to informal talks and to incorporate the relational aspect into the activities.

8. Remove the feeling of performance pressure

Many girls associate participation in sports with the capability to perform before they even start. Create a safe space where the girls can be themselves, and where it is acceptable to fail. Make sure that all girls are part of the activity and that achievable goals are set in order to foster recognition from peers and personal success.

9. Make the girls experience progression

It is important that the girls experience rapid progression in the activity and acquire new skills. The coach must be able to bridge the different levels, and pay attention to the girls who are beginners and might need some extra support. Progression can be supported by continually assigning the girls new responsibilities, e.g. planning a warm up.

10. Create trust in the activities amongst parents

Parents' trust in and validation of the activities is crucial in motivating the girls to participate. This can be promoted through local parental involvement and dialogue about how sports can have a positive impact on other areas of girls' lives. Create a framework where parents can get involved on their own terms so that comprehensive parental support does not become a prerequisite for participation.

Game

Game



WHAT WE DO » FEMALE EMPOWERMENT » FROM THE GIRLS' PERSPECTIVE: THIS IS HOW A SPORTS FACILITY SHOULD LOOK LIKE

FROM THE GIRLS' PERSPECTIVE: THIS IS HOW A SPORTS FACILITY SHOULD LOOK LIKE

The existing sports facilities in Denmark captures the interest of boys in a greater extent than girls. Therefore, to ensure that these are attractive to girls as well, there is a need to rethink the ways of developing and designing sports facilities. GAME is currently examining girls' use of the GAME Houses and is here sharing some of their preliminary insights and experiences, which can be used to include more girls.

"My favorite spot in the house is the stairs" says Isabelle and points towards the grand stair element, which is placed in the center of the street sports house 'GAME House Aalborg', so that it connects the big hall with the dance hall on the first floor. "The view is good from here. It's almost like a TV, because you can observe everything from here (...) and we can talk and be social together."

Isabelle is 12 years old and she is familiar with GAME House Aalborg, which opened its doors for the first time back in 2018. She comes here frequently alongside her girlfriends. However, she wishes that more girls would use the house.



**A KNOWLEDGE AND INSPIRATION CATALOGUE
MAKING SPORTS FACILITIES MORE ATTRACTIVE TO GIRLS**



CONTENT

ABOUT THIS CATALOGUE..... 4
 Core insights..... 4
 Methodology..... 5

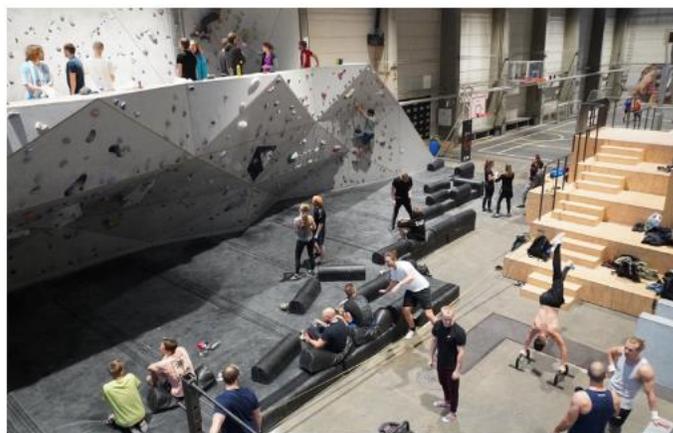
INVOLVING GIRLS AS CO-CREATORS 6

CREATING A SOCIAL AND MULTIFUNCTIONAL PLACE..... 7
 A sport setting designed for social interaction..... 7
 Different uses of the facility 9

ORGANIZATION..... 13
 Support for inclusion..... 14
 Identification and mirroring..... 15

CREATING A FAMILIAR AND SAFE MEETING PLACE..... 18
 Inclusive language and visible role models 19
 Proximity and accessibility..... 20

Game



There are different approaches to creating social spaces in the sports facilities. In GAME House Aalborg, the climbing wall and the surrounding area are designed in a way where activity and hang out is integrated side by side. In this way, users can easily switch between activity, dialogue and socializing.



In the dance hall in GAME House Viborg, the wooden bench helps to strengthen the social aspects of the activity. Here, users can take a rest, talk and hang out in an alternation between dance and togetherness.



The stairs in GAME House Viborg enable users to retreat a bit and take a break while maintaining an overview of the ongoing activities.



The large staircase centrally located in the large hall in GAME House Aalborg can be used for stays, breaks and gatherings in smaller or larger groups. From here you can see the house's other activities.



In GAME House Aalborg, the creative street art room is located some distance away from zones where the high-intensity activities take place. The room is partially enclosed with a view to the entrance of the facility and the lounge area adjacent to the room.

KEY POINTS

- Create more compact space dimensions, where larger areas are, for example, divided into sub-areas with an "open-enclosure" that protects the private sphere while maintaining an overview of the facility's other activities.
- Integrate the activities and social zones side by side and think about how the sports facility can be coupled with other functions of a more social nature that support the need for dialogue and social interaction.
- Create multifunctional spaces that allow for wider use of space. Instead of formally lined and built spaces, functions must blend and overlap to blur the boundaries. It lowers the threshold for participation.

INSPIRATION

GAME Girl Zone is an activity for girls between the ages of 8-12 and is run by female street sports instructors and role models in GAME House Copenhagen. The content of the training varies from time to time with continuous inputs from the girls themselves. The multifunctionality of the facility makes it possible to accommodate the girls' different wishes and ideas for the training. They do skateboard, basketball, parkour, dancing, dodgeball and much more.

Game



Game

INSPIRATION

In GAME House Copenhagen, a so-called Friday Jam Girls Edition is held on the occasion of International Women's Day on 8 March. This event puts extra focus on girls in street sports and street culture. There are workshops, DJs, live acts and more. This is the day of the girls - together with the boys - and it is an event that attracts a lot of girls - both those who are used to coming to the House, but also girls who have never visited the facility before.

"Hosting is one of the most important things. Safety is paramount and it comes with the role of being a good host. I have decided that there should always be a female front desk staff who welcomes users during opening hours. Female role models are also very important. For example, one young woman sometimes comes in the House and leads freestyle football. The girls look up to her and think she's cool"

-Anja Lyngsø, Manager of GAME House Aalborg



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CREATING A FAMILIAR AND SAFE MEETING PLACE

"Many girls in this area do not want to participate in a leisure activity that is associated with something unknown and unsafe"

-Social housing officer

SPENCERS PARK:

The case for making space for girls Evidence Base



APRIL 2022



HOW TO INCLUDE MORE GIRLS IN SPORT

TOP TIPS AND LEADING
PRINCIPLES FOR ENGAGING
& RETAINING GIRLS IN SPORT

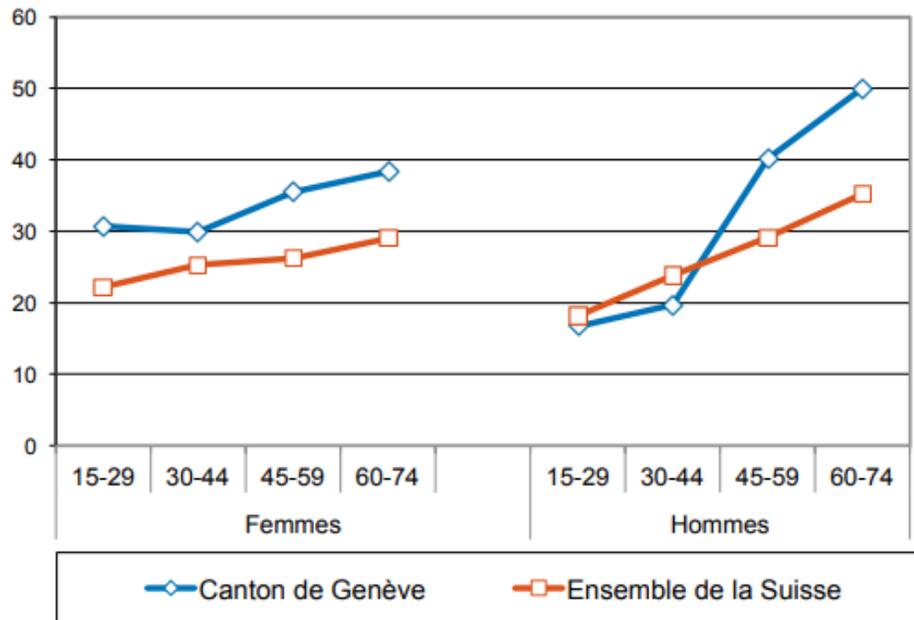


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CONTENTS

The Girls' Engagement Method	3		
Top Tips: Recruiting girls into sport	5		
The 8 leading principles – a summary	6		
		<ul style="list-style-type: none">• Be welcoming: Create a positive environment• Be reliable: Show dedication and consistency• Be supportive: Build trust and relationships• Be social: Encourage fun and friendship• Be adaptable: Offer something for everyone	<ul style="list-style-type: none">• Be encouraging: Provide different opportunities to grow• Be inclusive: Focus on participation• Be collaborative: Share ownership
		<ul style="list-style-type: none">• Example activities• How to plan an activity• Explaining steps of the participation ladder• Activity preparation form• Notes section	<ul style="list-style-type: none">1314151621212223

G 5.1: Part de non-sportifs selon le sexe et l'âge (en %)

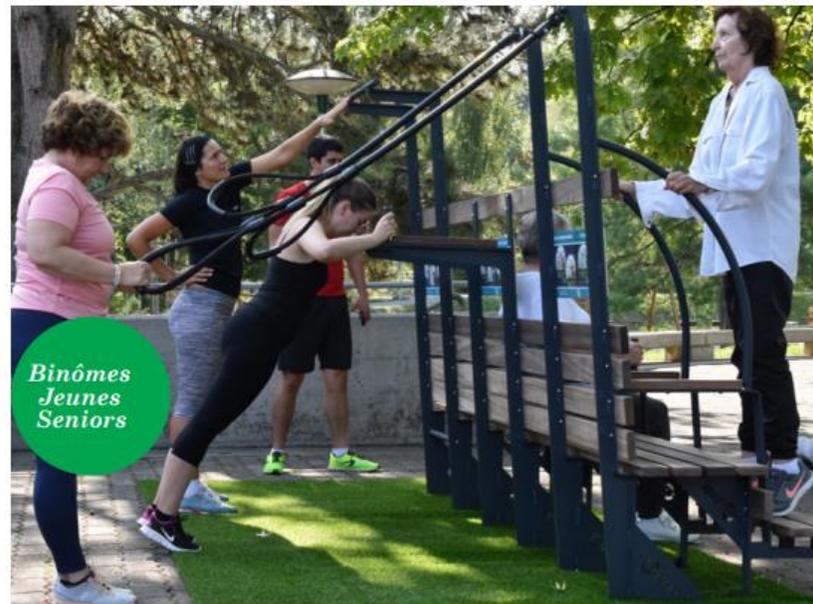


Remarque: nombre de personnes interrogées: canton de Genève: 1003; ensemble de la Suisse: 10 622.

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VILLE DE CAROUGE



Bouger en plein air, ça vous dit ?

Dans le cadre du programme « Carrefour du mouvement », la Ville de Carouge propose aux jeunes et aux seniors de se mettre en binôme et de se rencontrer deux fois par semaine pour une session de gym douce en plein air sur des bancs actifs.

Si vous êtes à la retraite et que vous souhaitez bouger, tout en partageant un moment avec un-e jeune de la région et en plein air, vous pouvez vous inscrire au programme « Binômes Jeunes - Seniors ». La Ville de Carouge vous propose:

- Des cours adaptés à votre forme et à vos capacités
- Des rencontres intergénérationnelles, source de plaisir et de joie

CONTACT ET INFORMATION
Carrefour du mouvement
carrefourdumouvement@gmail.com
078 929 48 99

carouge.ch
Ville de Carouge





Consultation et inclusion

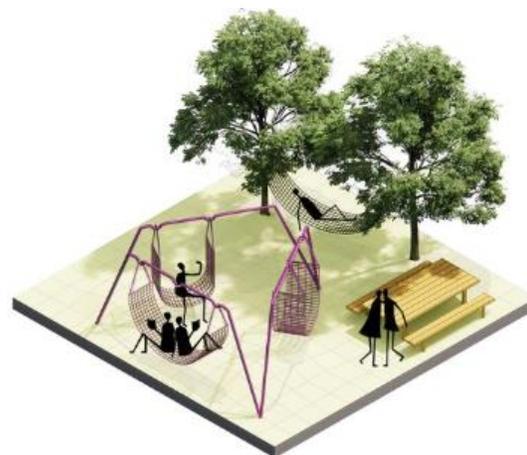




Des biais bien réels en termes de...

- urbanisme et infrastructures
- équipements et aménagements sportifs
- programmation, animation, promotion

Repensons nos habitudes et schémas, nos métiers et formations, nos cadres et directives... pour garantir des espaces publics et sportifs bienveillants et accueillants





Philippe Furrer

phil.furrer@inspoweredby.ch

 <https://www.linkedin.com/in/philfurrer/>

