



PILOT PROGRAM SUMMARY:
REMOVING BARRIERS FOR SELF-IDENTIFIED GIRLS IN SPORT

SPORT LEADERS

Background

The problem

Girls consistently report lower rates of sport participation and are less likely to enjoy and continue in sport compared to boys due to a number of systemic barriers that make sport a less welcoming, fun and safe space for girls. This not only prevents girls from accessing the benefits of sport and physical activity, but it also limits the number of potential women coaches and sport leaders who are critical to engage and retain the next generation of girls in sport.

The Project

Fast and Female is partnering with Canadian Women & Sport to create parallel programming that will engage and retain more self-identified girls in safe, welcoming, and inclusive sport experiences.

Using an intersectional framework (gender +), Fast and Female and Canadian Women & Sport will deliver concurrent training for girls and their sport leaders, creating change, one diverse Canadian community at a time.

The core training for the girls (delivered by Fast and Female) and for the leaders (delivered by Canadian Women & Sport) will be offered concurrently in two distinct streams, with the girls and the leaders each receiving training and messages tailored to their role. The girls and their sport leaders will connect at the start and end of the training series to create linkages and shared learning and experiences. This Project will have greater impact for both the participants and the sport leaders than either organization could achieve independently.

Highlights

- To gain the full benefit of the course, leaders are required to attend seven (7) virtual sessions, complete independent course work, and submit a summative learning assignment.
- Feedback will be provided on an ongoing basis and leaders will receive a certificate upon completion.
- See session dates and times below:

Session	Date	Time
Orientation	September 11, 2021	10 – 11:30 am MT
Session 2	September 14, 2021	6pm MT
Session 3	September 21, 2021	6pm MT
Session 4	September 28, 2021	6pm MT
Session 5	October 5, 2021	6pm MT
Session 6	October 12, 2021	6pm MT
Closing Session	October 16, 2021	10 – 11:30 am MT

Pilot Evaluation Details

To help us understand the pilot model and course's overall effectiveness in building knowledge and competency among participants, we will ask you to complete a series of evaluations:

- Pre-course evaluation
- Weekly-course evaluations
- Post-course evaluation
- General course evaluation

Evaluation completion is voluntary but does help us to make informed revisions to the content. Data will only be used in aggregate and all responses will be anonymous. We ask that you carefully consider the time commitment associated with full participation in this pilot ahead of registration.

Would you like more information?

If you have any questions or would like more information about the pilot program, please contact Vanessa at vanessa.wallace@womenandsport.ca