



News and Resource Update February 2016: Your guide to what's happening around the world

We want to hear about what you and your related organisations are doing and the information you are producing. You can send your information and news to any member of the executive board for inclusion in the 'Update' each month – [view their contacts details](#)

Keep right up to date with our news

We have set up social media accounts to share all our latest news with you:



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facebook

We're on Facebook too - [view our page](#)

IAPESGW 18th World Congress, Barry University, Florida, USA 17 – 21 May 2017

There is now a website for our event being hosted by Barry University at:

www.barry.edu/iapesgw

Joining IAPESGW – Special membership offer extended

We are pleased to advise colleagues of the special rate of \$50 Canadian for a membership covering 2016 to 31 March 2017 – please encourage your contacts to take up this offer.

[Visit 'Joining IAPESGW' to take advantage of the offer](#)

A new book co-edited by IAPESGW President Rosa Lopez de D'Amico:

Sport in Latin America. Policy, Management, Organization. Routledge, Taylor and Francis Group, February 2016 (296 pages)

The forthcoming Olympics in Rio in 2016, and the FIFA World Cup in Brazil in 2014, highlight the profound importance of sport in Latin America. This book is the first to offer a broad survey of the way that sport is managed, governed and organized across the Latin American region, drawing on cutting-edge contemporary scholarship in management, policy, sociology and history.

The book explores key themes in Latin American sport, including the role of public institutions; the relationship between sport policy and political regimes; the structure and significance of national governing bodies and professional leagues; the impact of sporting mega-events (including the Olympics and World Cup), and the management and governance of football, the dominant sport in the region.

Including contributions from Latin American scholars and practitioners, the book draws on important Spanish and Portuguese sources that are unknown to most English-speaking

researchers, and therefore provides an unprecedented and authoritative insight into sport policy and management in the region.

Including cases from sport in Brazil, Argentina, Chile, Colombia, Cuba, the Dominican Republic, Costa Rica and Peru and examples from Venezuela, Bolivia and Ecuador, this book is essential reading for all scholars, practitioners and policy-makers with an interest in Latin American sport, comparative sport policy, sport management, or Latin American history, culture and society.

[To view more details and to purchase](#)

IAPESGW Symposium in Iran – a few more photographs from the event to share with you:



Basketball team at Alzahara University



Wushu team training



Meeting Motorcycle and Car Racing athletes



Wushu team with members of IAPESGW's Board

International

Celebrating International Women's Day 2016 - #PledgeForParity

Everyone - men and women - can pledge to take a concrete step to help achieve gender parity more quickly - whether to help women and girls achieve their ambitions, call for gender-balanced leadership, respect and value difference, develop more inclusive and flexible cultures or root out workplace bias. Each of us can be a leader within our own spheres of influence and commit to take pragmatic action to accelerate gender parity.

www.internationalwomensday.com

Editor - I hope members will share news items on initiatives and events related to the celebration of International Women's Day 2016, in the next edition of this newsletter. I look forward to hearing from you.

The Biennial Conference of the European Women and Sport-Network - *Moving towards gender equality in sport*

8 - 10th April, 2016, Stockholm, Sweden

This conference will look at four themes, chosen as being the most strategic in implementing gender equality in sport, from the EU's "Gender Equality in Sport - Proposal for Strategic Actions 2014 - 2020" document. The conference will then encourage debate and discussion as to how to move towards gender equality in sport.

- 1) Gender balance and equality in decision-making in sport
- 2) Gender equality in coaching
- 3) Fight against gender based violence in and through sport
- 4) Fight against negative gender stereotypes in sport and the role of the media

Further information can be found at <http://www.trippus.net/EWS16>

Laureus Sport for Good Foundation (week beginning 15 February 2016)

Sport's winning route to improving the lives of girls

Stars Foundation are an enterprising organisation advocating and working to support the capacity building of organisations around the world. A supporter of Sport for Good, they champion the fight against gender inequality through a unique awards called the With and For Girls Awards which enters its second year of award giving.

With the football European Championships and the Olympics on the horizon, our newspapers and facebook pages will soon be awash with sports mania; stories of teamwork, dedication and moments of glory. But sport can do more than just bring entertainment to the masses. Across the globe many locally-led organisations use sports as a tool to improve the lives of girls.

The end of 2015 brought us the first group of winners of the [With and For Girls Award](#), an idea which sprang out of the 2014 Girl Summit in London.

Behind the award is the With and For Girls Collective - a collaboration of eight funders, EMpower, GFC, Mama Cash, Malala Fund, Nike Foundation, NoVo Foundation, Plan UK, and [Stars Foundation](#), - which aims to find and fund locally-led and girl-driven organisations working to improve the lives of adolescent girls.

Several of the 2015 winners have been recognised for creating positive change by using sports to challenge stereotypes related to gender and helping to build the confidence and self-esteem of young women by encouraging them to take part in sport.

One such organisation is Organisation of Women in Sports ([AKWOS](#)). In 1994, Rwanda, where AKWOS is based, was torn apart by civil war. The subsequent genocide left many surviving girls raped and abused with a desperate need to rebuild their lives and their confidence.

The founder of AKWOS, Felicite Rwemalika, saw football as a powerful instrument to re-engage and empower girls and women. Playing football on an ethnically mixed team, the women learn to depend on each other for victory and find reconciliation in the camaraderie and teamwork. In doing so it has helped them to overcome ethnic divisions.....

[View the full article](#)

Also...

**Laureus Sport for Good Foundation (3 February 2016)
600 million ways we can change the world**

Women Win is an organisation that helps adolescent girls to exercise their rights through sport. It is working with the Laureus Sport for Good Foundation to produce important research that will be of immense value to the Sport for Development community. In this exclusive article on Laureus.com, MARIA BOBENRIETH, Executive Director of Women Win, looks to the future.

According to the United Nations Foundation, the “well-being of adolescent girls is the key to eliminating poverty, achieving social justice, stabilizing the population, and preventing foreseeable humanitarian crises”.

A big statement for sure, but right now in the world, there are almost 600 million adolescent girls who can create change, if only their well-being is taken care of.

At Women Win we believe in each and every one of these girls, and we use the power of sport to help them achieve these aims. However the success of adolescent girls does not happen in isolation. Through our work with partners to equip adolescent girls to exercise their rights through sport, we have become convinced that a holistic, community centred approach is vital for sustainable success and prosperity.

Community is one of the most powerful words in any language, and is one of the greatest influences on an adolescent girl’s life. A girl’s community often dictates customs or traditions, the expected roles of women and girls, and the services and support systems available.

When our local partners introduce sport as a tool to empower girls, they must inevitably obtain permission from the girls’ communities. Parents, teachers, or religious leaders are often the crucial link between what is legally promised and what is practically achieved, and may be the key decision makers in a young girl’s life.....

[View the full article](#)

**Laureus Sport for Good Foundation (week beginning 22 February 2016)
Sport, Gender, and Breaking Down Social Barriers - A Conversation with Alison Carney.
The latest Huffington Post blog by Laureus Academy Chairman Edwin Moses**

I've written previously on the Importance of [Retaining Girls in Sports](#), a topic very dear to my heart. The issues of Gender in sport are highly complex, and discussions around participation rates are just the tip of the iceberg. This month, I caught up with Alison Carney, an expert on the topic of gender in sports and sport for development practice, and current Learning and Evaluation Consultant at [inFocus](#), to explore some of the complexities around this issue. Alison's work in sport for social change began in 2002 as a soccer coach for an inclusive program for girls in Bosnia-Herzegovina. This direct service work launched her into a career of research and consulting work with an emphasis on gender and sport for social change. Alison has her masters in Gender and International Development from the Institute of Development Studies in the United Kingdom. Presently, her work at inFocus emphasizes the building of sport for development program capacity for social impact measurement and driving social change.

Edwin Moses: You've been working in sport for development, with an emphasis on gender issues, for several years. What sparked your interest in this area and why do you continue to focus your efforts on this work?

Alison Carney: My introduction to sport for development was actually in 2002, when I went to Bosnia I Herzegovina (BiH) for the first time to coach a girls summer soccer program. At the time, I was not even aware of the term "sport for development" but our program was focused on girls for the simple reason that the partner I worked with in BiH was trying to create spaces

for girls to play sports that they traditionally did not have access to. Creating a space where they could come and play soccer and be coached if they wanted seemed like a natural first step.....

[View the full article](#)

Inside the games reports (4 February 2016)

Malawian netballer crowned 2015 IWGA Athlete of the Year

Malawian netball player Mwai Kumwenda has been named as the International World Games Association (IWGA) Athlete of the Year for 2015, it has been announced.

Kumwenda was given the player of the tournament award at last year's Netball World Cup, where the African nation finished sixth following defeat to South Africa in the fifth-place play-off.

During the competition, held in Sydney, the shooter's success rate was over 91 per cent and she was the only player to score over 300 goals as she found the net 321 times in eight games.

The 26-year-old received 17,910 votes for the IWGA Athlete of the Year prize, beating off competition from the flying disc beach ultimate mixed team from Germany, who were given 9,168 votes.....

[View the full news item](#)

Inside the games reports (22 February 2016)

New logo launched for Women's Baseball World Cup and teams to compete in 2016 event

A new logo for the Women's Baseball World Cup, along with the teams due to compete in this year's tournament in South Korea, have been revealed.

The tournament, organised by the World Baseball Softball Confederation (WBSC), is scheduled to take place in Gijiang, a county in Busan, South Korea's second-largest city, from September 3 until 11.

The number of countries competing in the event has been expanded from the eight who took part at Miyazaki in Japan two years ago to 12 this time.

They are led by Japan, winners of the last four World Cups, and the United States, runners-up in the previous two.

They are joined by the hosts South Korea, who will be making their first appearance in the World Cup since it was held in Venezuela in 2010, when they lost all four of their matches.

Also taking part will be Canada, Cuba, Venezuela, Chinese.....

[View the full news item](#)

BMJ Open Sport Exerc Med 2016;2:e000067 doi:10.1136/bmjsem-2015-000067.

Published January 2016. Efficacy of gross motor skill interventions in young children: an updated systematic review. Veldman, S et al

Abstract

Objective : The objective of this study was to provide an update of the evidence on the efficacy of gross motor development interventions in young children (0–5 years) from 2007 to 2015.

Methods: Searches were conducted of six electronic databases: PUBMED, Medline (Ovid), ERIC (Ebsco), Embase, SCOPUS and Psychinfo. Studies included any childcare-based, preschool-based, home-based, or community-based intervention targeting the development of gross motor skills including statistical analysis of gross motor skill competence. Data were extracted on design, participants, intervention components, methodological quality and efficacy.

Results: Seven articles were included and all were delivered in early childhood settings. Four studies had high methodological quality. Most studies used trained staff members/educators to deliver the intervention (86%) and five studies lasted 18 weeks or more. Six studies reported statistically significant intervention effects.

Conclusions: Despite the proven importance of gross motor skill development in young children and the recommendations made in the previous review, this review highlights the limited studies evaluated to improve such key life skills in young children over the past 8 years.

[View the full article](#)

A document to reference perhaps...

Maximising the power of sport. United Nations Educational, Scientific and Cultural Organization, 2016 (6 pages)

"In every society, sport is a field of dreams and a force for fabulous positive change – we must do everything to harness this power" Irina Bokova, Director-General, UNESCO.

A flyer on UNESCO and sport

[Download a copy](#)

Specific countries

AUSTRALIA

ABC Grandstand Sport (2 February 2016)

Gender-neutral travel allowance policies a must for sporting bodies wanting funding, Government says

Major sporting organisations will be expected to provide the same overseas travel standards for their male and female athletes if they want to continue to receive millions of dollars in government funding.

Federal Sports Minister Sussan Ley and Australian Sports Commission (ASC) chairman John Wylie have written to the 30 top funded organisations setting out their expectations for change.

"In 2016, we can think of no defensible reason why male and female athletes should travel in different classes or stay in different standard accommodation when attending major international sporting events," the letter reads.

"The ASC is now proposing to make gender-neutral travel policies for senior major championships a condition of investment by the ASC in a sport."

The ASC is providing a total of \$134 million in funding to different sporting organisations this financial year.....

Key points:

- Top funded sporting organisations should give the same travel standards to males and females: MP Sussan Ley, John Wylie
- Australian Sports Commission proposes to make gender-neutral travel policies a condition of investment
- Initiative follows criticism of Basketball Australia when it was revealed the female team flew economy to the Olympics while the men's team flew business class

.....
[View the full news item](#)

Also...

ABC Grandstand Sport (3 February 2016)
Football and cricket face ASC funding cuts unless Matildas and Southern Stars afforded same travel standards as men

Football and cricket are among several sports facing government funding cuts unless they offer their women's teams the same travel standards as their male counterparts.

The Australian Sports Commission and [Federal Sports Minister Sussan Ley has told the country's 30 major codes their funding could be withheld](#) unless they adopted gender-neutral travel policies.

The Professional Footballers Association (PFA) said the Socceroos were guaranteed business-class travel, while the women's team, the Matildas, travel in economy.....

[View the full news item](#)

Guardian: Australia (2 February 2016)
Netballer Ashleigh Brazill's civil union: my sexuality has never been an issue

The Diamonds star celebrated a lifetime commitment to her partner at the weekend and says she has been 'lucky' in her experience as an openly gay athlete.

Ashleigh Brazill didn't set out to be a trailblazer.

But as one of the only openly gay elite netballers in Australia, the self-proclaimed "scrappy kid" from the New South Wales town of Bargo who celebrated a civil union with her partner on Saturday, she is one by default.

What sets 26-year-old Brazill apart from the handful of other elite athletes who have come out, she says, is that there has been no prejudice to smash, no homophobia to confront.

Brazill started playing netball aged eight, captained her ANZ Championship side, West Coast Fever, to their first final series in 2015 and recently made her international debut during the Constellation Cup series against New Zealand. She says her sexuality "simply doesn't rate a mention" in netball circles. "Not now, not ever."

.....
[View the full news item](#)

This is a good summary of the current situation in Australia....

Australian Sports Commission (4 February 2016)

Letter outlines importance of women's sport

Federal Minister for Sport Sussan Ley and Australian Sports Commission Chair John Wylie AM have written the letter below urging for continued progress in the promotion and recognition of women's sport.

Women's Sport in Australia

The Australian Government through the Australian Sports Commission (ASC) was delighted but not surprised to see the many achievements by Australian women in sport in 2015. Outstanding performances by the likes of the Diamonds, the Matildas and the Southern Stars made many Australians stand up and take notice of the accomplishments of our leading female athletes, capped off of course by Michelle Payne's history-making effort in the Melbourne Cup.

Broad community recognition of women's sport achievement may have been a new thing in 2015, but the record of achievement itself is not new. Names like Meares, Freeman, Beachley, Pearson and Campbell just in recent times rank among the all-time greats in any form of Australian sport, before considering stars of previous generations like Fraser, Cuthbert, Strickland, Court, Goolagong and Gould.

The ASC and the Australian Government are fiercely committed to the fair recognition and reward of our elite female athletes, and to the promotion of female participation in all levels and forms of Australian sport. Sport and community health in Australia will be demonstrably better if more women and girls are involved as athletes, as administrators, as directors and coaches. Any sport that does not recognise this is doing itself a disservice.

The ASC is not only a strong advocate of women's sport, it's a substantial investor as well.....

[Read the full letter](#)

Australian Government: Minister for Health/Sport (28 February 2016)

#girlsmakeyourmove for the rest of your lives

The Turnbull Government is today launching a landmark awareness campaign to encourage younger Australian women to 'make your move' after bombshell new research found teenage girls were only half as physically active as their male peers.

The **#girlsmakeyourmove** promotion will be headed by a series of fresh TV advertising spots starting from tonight, plus a social media campaign, featuring girls getting active and involved in physical activities or sports they enjoy.

Minister for Health Sussan Ley said the campaign comes on the back of new research showing nearly 60 per cent of girls aged 15-to-17 reported undertaking little-to-no exercise or physical activity compared to one-third of boys.

"This campaign was a fun way to encourage young women in their teenage years to build their bodies as they are growing.

"It aims to tackle this sliding door moment in a young woman's life when they actually are laying down the foundation for the rest of their lives.

"Physical activity in the teenage years lays down the muscle and bone you need for the rest of your life. It's a unique time as your body develops and the greatest opportunity to build up strength for your later years'

“It will also help us to tackle a serious “epidemic” of diseases and chronic conditions facing this current generation if they did not exercise more.

“The research is telling us around the late primary to early high school age girls first engage in some form of physical activity within peer groups. And if that first experience is not enjoyable the idea of exercise and sport also can become a negative,” Ms Ley said.....

[View the full news item](#)

Public Health Journal. DOI: <http://dx.doi.org/10.1016/j.puhe.2015.11.013>. Greenspace, physical activity and well-being in Australian capital cities: how does population size moderate the relationship. Ambrey C, Urban Research Program (URP), Gold Coast Campus, Griffith University, Queensland 4222, Australia

Highlights:

- Physical activity is found to be positively associated with mental health.
- Physical activity is found to be negatively associated with psychological distress.
- The greenspace–physical activity synergy is found to depend on population size.

Abstract

Objectives: The purpose of this study is to investigate the synergy between greenspace and physical activity and its implications for well-being. In particular, how this synergy may depend on population size in the neighborhood.

Study design: Cross-sectional analysis of resident-level responses from the Household, Income and Labour Dynamics in Australia (HILDA) survey for 2013 subset to Australia's major capital cities and linked to Geographic Information Systems (GIS) data.

Methods: GIS data on greenspace and Australian Bureau of Statistics data on population size for the neighborhood are matched to the residents in the HILDA survey on the basis of the Census Collection District in which they reside. A cluster-specific fixed effects model is estimated for the outcomes of mental health and psychological distress. A battery of sociodemographic and location characteristics were also adjusted for. Interaction terms are used to discern the extent to which population size may moderate any synergistic well-being benefits associated with physical activity and greenspace. This question is ultimately operationalized as a three-way interaction effect (greenspace x physical activity x population size).

Results: The results indicate that physical activity is most strongly and positively associated with mental health (statistically significant at the 1% level), with an estimated coefficient of 0.6307. The results also reveal that physical activity is negatively associated with psychological distress (statistically significant at the 10% level), with an estimated coefficient of -0.2447. Unexpectedly, for both mental health and psychological distress the greenspace and population variables are not found to have separate statistically significant effects.

Furthermore, while the results fail to find, on average, the hypothesized synergy between greenspace and physical activity, a closer inspection reveals that this link may depend on the population size of a neighborhood. The interaction term for greenspace, physical activity and population bears a coefficient estimate of 0.0033, statistically significant at the 5% level in the mental health regression and a coefficient of -0.0032, statistically significant at the 1% level in the psychological distress regression.

Conclusion: The results indicate that physical activity is linked differently to mental health and psychological distress. The results initially provide no evidence of the hypothesized greenspace–physical activity synergy. The results provide evidence that this synergy is greater in more populated neighborhoods.

[Source of information](#)

Clearing House for Sport - In the Know: Women's Sport, February 2016

A newsletter from Australia on the subject.

[View the edition](#)

IRAN

Inside the games reports (16 February 2016)

Women refused entry to Iranian FIVB Beach Volleyball World Tour event after "misunderstanding"

Female spectators were turned away from the International Volleyball Federation (FIVB) World Tour leg in Kish Island today, despite Iranian authorities having promised to lift their ban on women attending matches for the duration of the tournament.

Women hoping to watch this morning's action in the male only competition at the Persian Gulf resort were stopped by security officials on their way into the stadium.

They were allegedly told they were "forbidden" to enter.

According to tweets published by Minky Worden, the director of global initiatives at Human Rights Watch, the campaign group which has been leading calls for the ban to be lifted, women were then allowed to watch the match from the roof of a coffee shop by its owner.

He even told men to move from their seats as they could access the stadium instead, it is claimed.

The FIVB admit there was a "slight misunderstanding" with security personnel this morning, but claim this has now been resolved and full access has been restored.

Several photos have emerged of women present in the stadium, although accounts differ as to how many are actually there.

The FIVB claim that, despite the problems today, the event marks significant progress considering the complete ban which existed in the past.....

[View the full news item](#)

There are always two sides to a story....

Inside the games (17 February 2016)

FIVB investigate possible "political stunt" after women are turned away from volleyball event in Iran

Human Rights Watch has criticised the International Volleyball Federation's (FIVB) claim that a "misunderstanding" with security personnel was the cause of female spectators being turned away from the World Tour leg in Kish Island in Iran, amid claims that women trying to enter were part of a "political stunt".

Iranian authorities had promised to lift their ban on women attending matches for the duration of the male only competition, but female fans were stopped by security officials on their way into the stadium for yesterday's morning session.

It was alleged that the women were told they were "forbidden" to enter, with a group then gathering on the roof of a coffee shop in an attempt to watch the competition.

However, several photos have emerged of women present in the stadium.

The FIVB have expressed their concerns regarding the reports, but have said they are investigating claims the arrival of a large group of women was a "politically motivated stunt".....

[View the full news item](#)

PAKISTAN

Sydney Morning Herald reports (21 February 2016)

Pakistani squash player Maria Toorpakai Wazir's war against the Taliban

Pakistani squash player Maria Toorpakai Wazir spent her childhood pretending to be a boy in order to taste the freedoms denied her as a girl.

The South Waziristan region of Pakistan is remote and rugged, with hot summers and freezing winters. Men dress in traditional smocks and turbans, and women are considered second-class citizens. Sharing its border with Afghanistan, it is one of the most war-torn places on Earth.

And for as long as 25-year-old Maria Toorpakai Wazir can remember, it has been a stronghold of the Taliban.

I don't believe the burqa or veil can protect women. Their best protection is their character.

How Maria fled Pakistan, after rising to become the country's best female squash player, is the subject of her memoir, *A Different Kind of Daughter*. The book tells the extraordinary story of how Maria dressed and lived like a boy, to hide from the Taliban.....

[View the full news item](#)

UK

Independent (20 January 2016)

Half of girls avoid secondary school sports due to concerns about their breasts, research finds

Study calls for better advice on which bras to wear as girls report school sport causing them embarrassment and pain.

As many as half of all girls at secondary schools are actively avoiding sport due to embarrassment or pain caused by their breasts and need better advice on which bras to wear, research has found.

Out of more than 2,000 adolescent girls surveyed by academics, very few knew which sort of bra to wear or how to avoid breast pain while exercising.

The results, taken from schoolgirls aged between 11 and 17, found that three-quarters of those surveyed had at least one concern about their breasts, including embarrassment when

getting changed for sports and pain during exercise. Their concerns peaked at the age of 14, with 87 per cent saying they wanted to learn more about breast health, according to the Research Group in Breast Health at Portsmouth University.

The results may provide an explanation for why 90 per cent of 14-year-old girls in the UK do not do enough exercise to meet recommended activity levels.

Researchers from Portsmouth University, St Mary's University in Twickenham and Chichester University came together to produce the study, which is the first of its kind in the

UK to examine the impact of breasts on schoolgirls taking part in sport or exercise.....

[View the full article](#)

British Cycling (3 February 2016)

2016 Aviva Women's Tour route announced

The Aviva Women's Tour has presented a new-look route for 2016, with increased climbing and four stages in the heart of England, including a visit to the Peak District National Park.

Taking place over five days from Wednesday 15 to Sunday 19 June, the 2016 edition of the race will be a part of the new UCI Women's WorldTour calendar, currently one of just four multi-day stage races on the season long programme of races for the world's top riders and teams.

The race will begin at Southwold on the Suffolk coast, before Norfolk becomes one of five counties to make their debut on the route, hosting the opening stage finish in Norwich city centre.....

[View the full details](#)

Kick it Out (3 February 2016)

An interview with FA BAME Coach of the Year Amirah Rahman

The last eight years have been a whirlwind for the 2015 FA Black, Asian and Minority Ethnic (BAME) Coach of the Year, Amirah Rahman.

Back in 2008, Amirah was at the wedding of a mutual friend when she struck up a conversation with a man named Kevin Finnerty, who just so happened to be an FA coaching mentor. Within minutes, Amirah's enthusiasm for football was so obvious to Kevin that he decided to ask her whether she had ever considered becoming a coach.

"Until that point I had no knowledge whatsoever that I could start such a journey," Amirah declares. "I could never have dreamed that I'd be where I am today."

Amirah was unable to envisage a career in the game for herself despite the fact she had been hugely passionate about football ever since she was a young girl.....

[View the interview](#)

Women in Sport is referring to this article for information on their forthcoming report...

Sports Management reports (8 February 2016)

Women in Sport to issue guidance on maintaining winter participation

Women in Sport is attempting to counter female physical activity drop-off rates during the winter months by issuing recommendations to its partners following an extensive piece of insight work.

Sixteen women recorded digital diaries before and after participation in the winter for the body's latest project, followed by workshops and a larger online survey undertaken by 400 women aged 16 to 64 who have been active in the last 12 months.

The top barrier to participation, according to the insight, was the weather, with 31 per cent of those surveyed put off by the colder conditions. Poor weather was grouped into one of three overarching categories – environmental, cultural and motivational.

Grouped together, cultural barriers such as increased social commitments and shopping during the Christmas period were responsible for the largest proportion of women dropping out (56 per cent), while 45 per cent cited environmental factors such as the lack of daylight. Six per cent of women said they stopped because of safety concerns.

In response, the equality body is set to discuss a range of solutions with its partners including initiatives such as goal setting to retain participant interest, events which embrace winter challenges and shorter sessions or lunchtime classes. Targeted marketing in the winter months and building communities to add a social element to physical activity will also be recommended.

Women in Sport’s full report on winter drop off will be published in the next few weeks.

[View the full article](#)

England Athletics (15 February 2016)

Supporting women in coaching – Pledge to Parity

International Women’s Day takes place on 8 March 2016. As part of the ‘Pledge for Parity’ initiative of International Women’s Day, England Athletics have specific events to help support women in coaching.

You can also find out more about just some of the women making a difference to the sport through their coaching.....

[View the details](#)

Sport and Recreation Alliance (17 February 2016)

Sport and Recreation Alliance launches publication to uncover the social value of sport

The Sport and Recreation Alliance has launched its latest report under the [Fit for the Future](#) banner - [Uncovering the Social Value of Sport](#).

The report features essays that discuss the power of sport and recreation to achieve social good, how to run sporting initiatives that aim to achieve social good and how best to promote them. Industry leaders, who have either organised, been involved in or promoted sporting social value programmes across the UK, were asked to share their expertise.

The contributors to the report were:

- Mike de Giorgio, CEO, Greenhouse Sports
- Ken Cowen, CEO School of Hard Knocks
- Chris Grant, CEO Sported
- Ron Tulley, Head of Development, England Boxing
- Liz McMahon, Managing Director, Madison Muir
- Rebecca Birkbeck, CEO, Join In

[View the full news item](#)

Uncovering the Social Value of Sport. Fit for the Future Series. Sport and Recreation Alliance, February 2016 (40 pages)

The report features essays that discuss the power of sport and recreation to achieve social good, how to run sporting initiatives that aim to achieve social good and how best to promote them.

[Download a copy](#)

England Golf (22 February 2016)

Girls' golf is about to get rocking

Girls' golf is about to get rocking with the launch of a campaign in nine counties to encourage new players.

Girls Golf Rocks is all about attracting beginners to have fun, learn a new sport, get active and play alongside friends – with no pressure. Girl golfers from county squads will act as ambassadors to share their enjoyment and inspire other girls, aged five to 18.

The campaign will return to Essex, where it was successfully trialled last year and attracted 90 girls to try the game. It will also start in Cheshire, Buckinghamshire, Dorset, Durham, Gloucestershire, Hampshire, Norfolk and Nottinghamshire.

In each county there will be free taster sessions at local clubs, supported by the squad players. These will be followed by four-week structured coaching programmes provided by PGA professionals at each of the clubs, with the county girl players mentoring the newcomers. All the girls who complete the coaching programme will be fitted with a free seven iron to help them continue to play.....

[View the full news item](#)

England Golf (22 February 2016)

The Ladies' Golf Union and the R&A to merge

The Ladies' Golf Union (LGU) and The R&A are to proceed with a merger of the two organisations.

Following an extensive consultation exercise, agreement has been reached on the merger of the two St Andrews-based bodies with the process due to be completed in the coming months.

The LGU organises a series of prestigious championships and international matches including the Ricoh Women's British Open and the Curtis Cup and the merger will be an opportunity to further develop these world class events.

An announcement was made in February 2015 that a potential merger between the LGU and The R&A was under consideration. Since then discussions have taken place between the respective Boards and the LGU's shareholders - England Golf, Scottish Golf, the Golf Union of Wales and the Irish Ladies Golfing Union - and there has been unanimous support for the proposal.....

[View the full news item](#)

Centre for Diet and Activity Research (23 February 2016)

Children need more support to be more active during winter

Children should be given more support to enable them to be more active during the winter, particularly at weekends, say researchers from the University of Cambridge. Their call comes in response to their findings that children are less active and spend more time sitting in autumn and winter compared to other times of the year.

Public health guidelines state that children should accumulate at least an hour per day of moderate to vigorous intensity physical activity, which might include brisk walking or running, active participation in sports or exercising. At the same time, children should minimise the amount of time they spend sitting for extended periods.

To examine the seasonal variation in children's behaviour, researchers at the Medical Research Council (MRC) Epidemiology Unit and Centre for Diet and Activity Research

(CEDAR) at the University of Cambridge used data from the UK Millennium Cohort Study, which measured levels of physical activity in more than 700 seven year old children across a calendar year using accelerometers. Using the data, they also modelled the relationship between levels of activity and variables such as gender, weight and family income. The results of their study are published in the journal *Medicine and Science in Sports and Exercise*.

The researchers found that physical activity was lower in autumn and winter compared to spring; average activity levels across the group peaked in April at 65.3 min/day and reached their lowest levels in February at 47.8 min/day. Physical activity was at its lowest at weekends during winter. Children were at their most active during early summer, particularly at weekends.

The models suggested that boys' activity levels changed more than girls' throughout the year, but remained higher than girls' at all times. Although on average, boys achieved the recommended minimum activity even at winter, girls only tended to reach recommended levels during the summer.....

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A few more publications of interest...

Under the skin: Understanding youth personalities to help young people get active. Sport England, February 2016 (51 pages)

This new wave of research builds on our youth insight published in 2014, with a host of findings to help influence how we get young people active. Working with research agency YouthSight, we've delved into the personalities, behaviours, attitudes and aspirations of young people.

They're compiled in this comprehensive pack which breaks down young people into six key personas. Only by understanding these various groups can we design the best possible programmes to get young people active.

Each category is broken down into a series of key traits, based on extensive research talking to scores of young people.

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International Women's Day 2016. Library Note. House of Lords, 15 February 2016 (20 pages)

This House of Lords Library briefing provides background reading in advance of International Women's Day, held on 8 March each year, which celebrates the social, economic, cultural and political achievement of women.

The theme for International Women's Day 2016 is 'Pledge For Parity', which aims to accelerate gender parity worldwide. The United Nations, which marks International Women's Day with its own theme each year, has designated its theme for 2016 as 'Planet 50-50 by 2030: Step It Up for Gender Equality'.

In its Global Gender Gap Report 2015, the World Economic Forum—an international organisation for public-private cooperation based in Geneva, Switzerland—ranked the UK the 18th most gender-equal society in the world. In addition, the report ranked the UK 37th, one place below Chile (36) and one place above Poland (38), in its 'Educational Attainment' subindex measure; 43rd, one place below Russia (42) and one place above Cameroon (44), in its 'Economic Participation and Opportunity' subindex measure; 66th, together with Belgium,

in terms of its gender gap by the report's 'Health and Survival' subindex measure; and 23rd, one place below Argentina (22) and one place above Italy (24), in its 'Political Empowerment' subindex measure.

This briefing provides background information on International Women's Day and the themes for 2016. It then summarises a recent report from the World Economic Forum on the worldwide gender gap, before providing information on the UK context in the areas of education, economy, health and politics, with an emphasis on statistical information relevant to the theme of gender parity.

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Also...

Women around the world: International Women's Day 2016. Briefing paper Number CBP 7512. House of Commons Library, 22 February 2016 (21 pages)

This briefing gives an introduction to International Women's Day, celebrated on the 8th of March. It examines a variety of indicators for women's equality both in the UK and internationally

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US

Inside the games reports (2 February 2016)

Muhammad to become first American Olympian to compete wearing hijab at Rio 2016

Fencer Ibtihaj Muhammad will make history at the Rio 2016 Olympics by becoming the first American athlete to compete at the Games wearing a hijab, the headscarf worn by muslim women.

The 30-year-old secured her place in Brazil this summer by winning bronze at the International Fencing Federation (FIE) Sabre World Cup in Athens on Sunday (January 31).

She had already made history as the first muslim woman to compete for the United States at fencing, and has achieved bronze medals at two of the three World Cup events this season.

In addition, Muhammad is now second in USA Fencing's national team point standings, behind two-time Olympic champion Mariel Zagunis who won gold in Athens and has also qualified for Rio.....

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Beyond Sport reports (8 February 2016)

NFL Now Mandates Women Be Interviewed For Executive Positions

NFL commissioner Roger Goodell on Thursday said that the league is working on "formalising" a rule to interview women for executive positions.

Speaking at the NFL's first-ever Women's Summit, Goodell likened the initiative to the league's "Rooney rule," which says that teams must interview minority candidates for head coaching positions.

The commissioner pointed to the recent hiring of women as coaches — Dr. Jen Welter as a coaching intern for the Arizona Cardinals and Kathryn Smith as special teams coach for the Buffalo Bills — as evidence that "progress is being made" in regard to women in football.

Goodell also spoke of an upcoming partnership with the Women's Sports Foundation to develop a flag football league, with the intent of involving girls in the game. The commissioner

mentioned his own twin daughters, now fourteen — admitting that they're more interested in tennis than football — but said he has seen the impact of youth sports on their confidence.

The commissioner spoke at the summit for fifteen minutes before introducing Condoleezza Rice, who has often been mentioned as a potential candidate to become commissioner of the NFL. He did not take questions, nor did he address the league's handling of and recent initiatives regarding domestic violence and sexual assault in the league.

Goodell hinted that the two-day Women's Summit would potentially be an annual event to discuss and advance the role of women in sports.

[Source of information](#)

Inside the games reports (11 February 2016)

United States Golf Association elects only second female President in 121-year history

Diana M. Murphy has been elected the 64th President of the United States Golf Association (USGA), which together with The R&A governs the game worldwide.

She is only the second woman in the organisation's 121-year history to serve as President, following Judy Bell, who served in the role in 1996 and 1997.

Following her election at the USGA Annual Meeting in San Diego, Murphy assumes the leadership of the more than 300 professional staff and nearly 1,200 volunteers who serve on more than 30 of the organisation's committees.....

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