



## **A female friendly facility**

Women and girls participation in sport and active recreation is influenced by the environment where they participate. If the facility where they participate is safe and meets their needs, they are more likely to continue participating.

While your club may not be able to implement all the ideas below, it may help you consider the needs of women and girls and perhaps identify some areas where your facility could improve.

### **Safe environment**

- easy community access (e.g. the location is related to safe pedestrian networks, cycle paths, public transport and taxi ranks), and
- legal requirements (e.g. disabled access and access for prams).

### **Personal safety**

- training times and locations are appropriate for personal safety,
- lighting is comprehensive:
  - in the car park,
  - outside the facility, and
  - inside the facility.
- club rooms and car park have clear lines of sight from the reception area,
- phones are accessible, in case of emergency,
- signage is clear and accurate,
- escorts to cars, buses or taxis are available after dark,
- corner mirrors are installed to improve visibility and safety, and
- design solutions (lighting, mirrors, appropriate floor covering, landscaping, clear signage) have been used to eliminate danger spots.

### **Participant safety**

- accredited instructors are always available to provide training on the safe use of equipment,
- first aid equipment and materials are always available, and
- qualified sports trainers are available to offer first aid services or advice as needed.

### **For facility managers**

- a risk assessment has been conducted within the last three months.

### **Welcoming environment**

- volunteers and staff are qualified, friendly, approachable and knowledgeable,
- only material appropriate to all members, including females and junior members, is displayed,
- promotional materials reflect gender equity, graphics feature active girls, women, boys and men, of all shapes and sizes, from different backgrounds, in a variety of activities affirming the accessibility and pleasure of participating,
- all members and supporters of the club are featured in club room memorabilia,



- introductory skills workshops are provided for all skill levels and ages,
- there are programs for parents/caregivers to participate with their children as appropriate,
- set aside women-only (and men-only) times to accommodate the needs of different cultural groups. If possible, roster female volunteers and trainers on duty during the women-only times.
- women-only sessions are offered at safe, convenient times of day,
- if your facility has a weights room, provide appropriate weight increments, and
- exercise machines are a suitable size for women.

#### **Child and baby care facilities**

- childcare needs are regularly identified, childcare options are identified and communicated, or if possible, on-site child-care facilities which adhere to legislative requirements are available,
- space is allocated where mothers can park and lock strollers,
- a private baby change room and breast feeding area are provided, and
- facilities for refrigerating bottles of milk and heating them up are provided.

#### **Facility policies reflect a responsible attitude to**

- smoking,
- consumption of alcohol visit the [Good Sports website](#),
- member protection,
- harassment, and
- being sun smart.

#### **Comfortable environment**

- female members' input is sought if renovations are planned,
- change areas for females are completely separate from the male change facilities,
- change rooms are designed to cater for the privacy and hygiene needs (sanitary disposal units) of women and girls,
- there are separate shower cubicles with lockable doors,
- needs of women or girls with a disability (mobility, physical access, parking, access to information) are taken into account,
- change rooms are regularly cleaned and tidied, and
- social areas are attractive, light, airy and easy to keep clean.

Council has a range of [grant opportunities](#) that clubs can access to improve facilities for females.