

Quick Wins for Sporting Clubs

Supporting clubs to increase promotion, participation and leadership opportunities for women and girls

Easy to implement



Mostly zero-cost



Simple to communicate



Evidence-based ideas to tackle gender equality



PROFILING WOMEN & GIRLS		Never	Rarely	Occasionally	Frequently	Always	N/
1	Our club schedules games, events and training sessions for women and girls on the main venue courts/grounds/arenas and/or in prime timeslots.						
2	Female role models – including professional, elite or sub-elite sportswomen, coaches and successful sport administrators – are invited to our club's game/events, training sessions and social occasions; or we invite our senior female club captain to speak to our junior teams.						
3	The participation and achievements of women and girls are celebrated and acknowledged at our club.						
	E.g. photos on our social media accounts and website, images on the wall in our clubhouse, events and celebrations, team announcements and awards.						
4	The results and achievements of women and girls' games (individuals and teams), events and competitions are prominently reported in our newsletter, on social media or other platforms.						
	PARTICIPATION						
(5)	Targeted strategies are used in our club to recruit women and girls to our activities.						
	E.g. 'Bring your friend/sister' Day, specific branding, word of mouth or encouraging messages.						
(6)	Our club offers strategies to accommodate parental caring responsibilities.						
	$\hbox{E.g. flexible times for games and training sessions, and secure spaces for children at the venue.} \\$						
7	Introductory or social sport opportunities for new or returning female participants are offered at our club.						
	E.g. skill development, less-competitive activities, low-commitment, supportive and encouraging deliverers/coaches, modified rules or focus on learning the sport.						
	LEADERSHIP & EQUAL OPPORTUNITY						
8	Our club ensures that for paid and appointed roles, men and women receive equal pay for the same role.						
	E.g. administrators, coaches, and other game-day officials/staff.						
9	Leadership development opportunities specifically aimed at women and girls are offered within our club.						
	E.g. coaches, captains, officials, administrators and volunteers.						
10	Our club has women in office-bearer roles.						
	Many national, state and regional sporting organisations across Victoria are working towards a minimum of 40% women on their governing bodies. Increasing the number of women in leadership roles in sport helps to better represent the interests of women and girls, and contributes to the creation of more diverse and inclusive sporting environments for women and girls.						

Action plan

Note down two key actions your club will take to improve the promotion, participation and/ or leadership opportunities for women and girls.

Action area to be addressed	What specific action is your club committing to?	How will you make this action happen? How will you measure/track it?	Who are the key people that will help implement this action?	When will this be completed?

About the Quick Wins

The statements are based on some of the most powerful yet simple ideas for grassroots sporting clubs, developed by VicHealth's Leading Thinkers, Professor Iris Bohnet and Dr Jeni Klugman, experts in behavioural insights and gender equality.

Covering areas such as encouraging participation, showcasing women and girls and providing leadership and equal opportunity, the statements include ideas that have been shown to help change norms, attitudes and practices in clubs.

Building inclusive environments benefits everyone, not just women and girls.

This resource was developed in consultation with Regional Sport Victoria, the peak body for Victoria's nine Regional Sports Assemblies.

For more information about Leading Thinkers, go to www.vichealth.vic.gov.au/leading-thinkers



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Improving gender equality in sport clubs

