

Examples of Practical Allyship

Speak Up

Question policies and practices that limit girls' and women's participation and leadership in sport and physical activity. Speak up around equitable access for females around programs, facilities, coaching, leadership opportunities, media and equipment.

Celebrate Female Athletes

Celebrate the female's game by attending female events and introducing others to the sports. Whether it be professional or a local match. Attend a match in person or tune in on TV or your local streaming service to show broadcasters how serious you are.

Train And Certify Female Coaches And Officials

Provide female-only coaching and officiating courses and promote other training opportunities in your sporting communities. Increase gender equity by supporting the hiring/selection of women as coaches and officials. Connect women with the resources and opportunities available through your local or national sporting bodies. If they aren't offered ask why not.

Recruit Women Leaders

Ensure there are many female voices representing the interests of both women and men on any Boards with which you are involved. <https://womeninsport.org.nz/> has numerous resources available as to how to do this as does Sport NZ with their Board Gender Diversity and Being Board Ready guides.

Pay-It-Forward and Mentor

Include females in meetings and events that will increase their capability, expand on their contact networks and give them the required skills to go further within the sporting landscape. Share with others how you have experienced female being held back and how involvement may be limited.

Invite Females

Invite females to events as key note speakers, presenters and facilitators to help encourage other females to events and show how females can be leaders and subject matter experts. It will also help them connect with other females.

Nominate Females Leaders

Nominate female leaders for awards and recognition programs. Nominate and support female athletes, coaches, officials for Sport Halls of Fame and life membership.

Communicate Opportunities

Share information about upcoming training events, funding opportunities, and all resources to ensure females are aware of ways to advance their career, secure financial resources for an important project, and are up to date with advancements in the field. Be aware and use funds that are dedicated to support females in sport. Examples of these funds include:

Educate Yourself And Others

Know the facts about the barriers females confront, and their experiences as participants and leaders. Women in Sport Aotearoa's website <https://womeninsport.org.nz/> has a library of articles and resources that can be used to build yours and others knowledge.