

Women in Sport FAQ

In this modern day, do females really need special consideration?

We are not talking about special treatment, just equal opportunities. Although sometimes special consideration is needed in order to achieve equality.

Don't women (all women, not just athletes and coaches) need support in order to pursue an active lifestyle?

Yes – all women need our support to get active and reap the associated benefits. This is why CAAWS has a variety of programs (Mothers in Motion, On the Move Walking Club, [Girls@play](#), etc.) that cater to females who may have a variety of different skill levels and interests. Also, VIEWS members have varied backgrounds to address different sectors (they are educators, volunteers, sports administrators, health professionals and more!).

Why should Canadian taxpayers foot the bill for costs related to sport and physical activity?

Spending on sport is an investment that leads to increased self-esteem, decrease in crime, youth staying in school, decreased healthcare costs, etc. The benefits are too numerous to mention.

Do family commitments prevent females from making participation in sport and physical activity a priority?

Men with families seem to be able to make participation in sport a priority. Don't assume that only women are raising children and that childcare is a mother's sole responsibility. Having children at home is not a reason to not be active. Both men and women need breaks from the demands of raising a family and physical activity is a great way to release stress and increase energy levels. There are lots of "family friendly" activities too – hiking, walking, skiing, swimming – the list goes on!

Don't women choose to participate less in sport and physical activity?

In general women and girls receive less recognition for their achievements, have fewer choices, less money and less power than males. The combination of discriminatory practices in sport and women's position in society as a whole means that women are generally disadvantaged when it comes to the sport system in Canada. Some may choose to accept this and not participate in sport and physical activity, while others pursue it despite the uphill battle. The ones that do pursue sport and physical activity can be role models and motivators for others.

Isn't the issue of equity irrelevant in single sex sports?

There is no reason why women and men shouldn't have opportunities to play whatever sports they choose. The increase in the number of women participating in wrestling and hockey, for example, are success stories. There is no reason for any sport to exclude persons of either gender.

Why do male athletes receive more attention when it comes to sponsorship, advertising and gate revenue?

Until women receive financial recognition for their sport performances, their accomplishments will never be valued as highly as those of men. Advertisers and sponsors need to recognize the benefits of attracting the female consumer and appealing to a female audience. The reality is that women hold the spending power in most households.

In an organization with limited funds how do we create new opportunities for girls and women?

Government funding is available to assist initiatives related to gender equity. Also, many gender equity initiatives can be undertaken with little expenditure (establish a committee on gender equity, write a policy on harassment). Remember, failure to encourage women and girls in sport and physical activity may limit an organization's revenue base – you are only marketing to ½ the population. Failure to promote women's events and programs ignores an untapped market. For ideas and information, contact CAAWS!

Is it true that girls and women who play sports are lesbians or will become lesbians if they participate in sport?

There is no relationship between sport participation and sexual orientation. Sport does not make people homosexuals. Furthermore, one's sexual orientation does not have anything to do with whether or not someone is good at a particular sport.

What exactly do VIEWS members promote?

VIEWS members promote the positive benefits of girls and women being involved in sport and physical activity. Although female participation and success continues to grow, only 39% of females between the ages of 5 and 17 are considered active enough for optimal health benefits. Many girls lack a positive role model or have little encouragement from parents, teachers and coaches.

- VIEWS members try to reinforce that girls and young women have a place in sport – Be proud to "throw like a girl"!
- VIEWS members emphasize fun and fitness, share their positive experiences and provide lessons and positive twists on any negative ones.
- VIEWS members tell everyone about people who have positively influenced their life and celebrate the accomplishments of other females in sport!