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Good Practice Guide - Increasing participation of Muslim women and girls

Theme: Participation

Good Practice Guide - Increasing participation of Muslim women and girls

Co-authored by Recreation NZ

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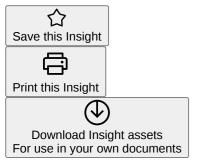
Introduction

This guide is intended to help improve the participation of Muslim women and girls (Muslimah) in outdoor activities. It describes strategies for outdoor centres, instructors, and leaders to improve religious and cultural sensitivity. It aims to create an inclusive environment that reduces or removes barriers to participation for Muslimah.

Why these guidelines were created

- To reduce the barriers to participation by Muslimah in outdoor activities, such as unintentional or unconscious bias, and address the potential for discriminatory behaviour.
- To increase cultural competency and awareness of outdoor operators and instructors in accommodating Muslimah in outdoor activities. To ensure Muslimah have their needs met.
- To reassure parents of Muslimah youth that religious and cultural accommodations can and are being made.
- To improve the physical and mental wellbeing of Muslimah while helping them to connect with the land where they live.
- To foster positive social interaction and collaboration among diverse groups.

Download the guide here.



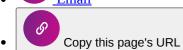
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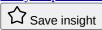


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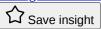
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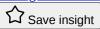
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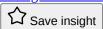
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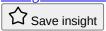
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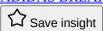
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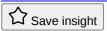
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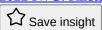
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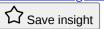
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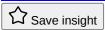
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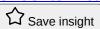
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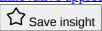
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Mind. Set. Engage. Rugby's mental wellbeing programme.



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Sport as a Social Development Tool



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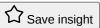


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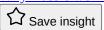
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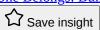
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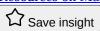
Huge uptick in girls and women playing football in New Zealand

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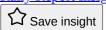
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Rally Report Insights: Mental Health



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Rally Report Insights: Mental Health

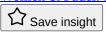
What type of uniforms do women want to wear when they referee or umpire sport?



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What type of uniforms do women want to wear when they referee or umpire sport?

Women & Padel: Start of a love story



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Women & Padel: Start of a love story

Empowering young women to lead their experiences - Journeys Central Otago



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Creating safe environments for young women to be active their way

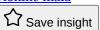


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Creating safe environments for young women to be active their way

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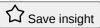
Kōhine māia



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Kōhine māia

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Yeah! Girls Move

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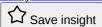
For young women, by young women - WORD girls-only programme



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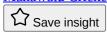
By Rachel Howells - Sport New Zealand Not just for the "sporty", the Not-So-Sports-Club



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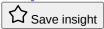
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By Rachel Howells - Sport New Zealand Manawatū Cricket Association case study



Manawatū Cricket Association case study

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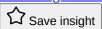
By Roxanna Holdworth - This is ME <u>The female-friendliness of New Zealand's tennis clubs</u>



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The female-friendliness of New Zealand's tennis clubs

Removing Period Poverty As a Barrier to Participation



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Removing Period Poverty As a Barrier to Participation

By Roxanna Holdworth - This is ME

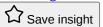
Te Awamutu AFC starts 2024 off strong with growing demand



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Te Awamutu AFC starts 2024 off strong with growing demand

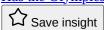
Five things to know about women and sport



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Five things to know about women and sport

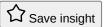
Has the Olympics become too sexualised? How sex and gender debates drove online discourse



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Has the Olympics become too sexualised? How sex and gender debates drove online discourse

Pacific Women's Leadership Programme Impact - Sela Vaenuku



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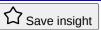
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes

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"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes

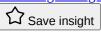
Nutrition For Female Athletes



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Nutrition For Female Athletes

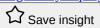
Coaching through a Gender Lens Infographic



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Coaching through a Gender Lens Infographic

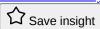
Angel City Equity House Podcast: Myth Busters presented by Gatorade



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Angel City Equity House Podcast: Myth Busters presented by Gatorade

2022 IWG: Emily Davidson - She Loves Golf Presentation



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2022 IWG: Emily Davidson - She Loves Golf Presentation

<u>Hikurangi Golf Club president Felice Croft encouraging more women into the sport</u>



Hikurangi Golf Club president Felice Croft encouraging more women into the sport

Running and periods: The myths about exercise and your menstrual cycle, debunked

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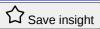
<u>Updated Pregnancy guidance from UK Sport</u>



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Updated Pregnancy guidance from UK Sport

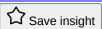
IWG: Daenin Roth - Grassroots Role Models Inspiring Change



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IWG: Daenin Roth - Grassroots Role Models Inspiring Change

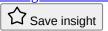
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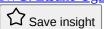
Young Women Profile - September 2021



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Young Women Profile - September 2021

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New Zealand Football Performance & Prevention - Considerations for Female Athletes IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill



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IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill

<u>Co-Designing Effective Programmes for Young Girls: Insights and Principles</u>

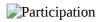


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Co-Designing Effective Programmes for Young Girls: Insights and Principles

By Briana irving - Aktive - Auckland Sport & Recreation How To Co-Design A Programme With Participants





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How To Co-Design A Programme With Participants

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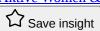


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Empowering Disengaged Girls Through A Participant-Centered Programme

By Briana irving - Aktive - Auckland Sport & Recreation Aktive Women & Girls Facility Guide

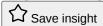


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Aktive Women & Girls Facility Guide

Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"



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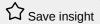
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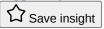
IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?



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IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?

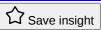
Supporting Disabled Teenage Girls to be Active



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Supporting Disabled Teenage Girls to be Active

400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL



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400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

By Amy McClintock - Basketball New Zealand

Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"



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By Rachel Howells - Sport New Zealand

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