



SPORTING EXPERIENCES OF BIPOC WOMEN & GIRLS IN CANADA

One solution may not work for ALL women and girls in experiencing sport. While more research is needed on the experience of Black, Indigenous and People of Colour (BIPOC) in sport, we know that they experience sport in unique ways. If we don't acknowledge this, we risk building more barriers to equity.

To assist, Canadian Women & Sport and the E-Alliance have partnered to seek existing evidence to understand the lived experiences of Canadian women and girls that are from BIPOC communities and to identify the best practices for addressing the barriers they face to sport participation.



BENEFITS OF SPORT

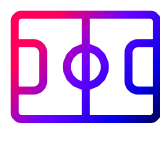


BARRIERS TO SPORT

In addition to the more well-known barriers that all women and girls face in sport, it's important to recognize that BIPOC women and girls face additional hurdles such as:



STEREOTYPING
and compounded race/
gender discrimination
We acknowledge that different stereotypes apply to different members of the BIPOC community



LACK OF PROVISION
of sport and recreational
spaces for women-only
and for 2-spirit, trans
and non-binary people



RACISM & ISLAMOPHOBIA
based on race, dress,
and cultural practices



LIMITED ACCOMMODATIONS
for childcare and family
obligations, proximity
to home, and low income

RECOMMENDATIONS TO IMPROVE SPORT EXPERIENCES



DEVELOP
female-only and racial or ethnic
exclusive sporting spaces^{16, 18}



CREATE
activities that involve multiple generations
& providing access to childcare^{6, 15}



ESTABLISH
informal community settings
& fun outdoor activities^{7, 14}



GENERATE
more robust support networks
& nurturing environments^{7, 10}



INVOLVE
BIPOC women in leadership and
development of activity programming²



GRANT
Indigenous self-determination^{*2, 9}

**Indigenous self-determination is a structure in which Indigenous communities may control the administration of their people, land, resources and related programs and policies, through agreements with federal and provincial governments.*

NEXT RESEARCH GOALS



UNDERSTANDING BARRIERS THROUGH AN INTERSECTIONAL LENS

OBTAINING MORE DATA ON 2-SPIRIT, TRANS, & NON-BINARY PEOPLE



RESEARCH ON SPECIFIC RACIAL & ETHNIC GROUPS



WOMENANDSPORT.CA



EALLIANCE.CA

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