PANDEMIC IMPACT ON GIRLS IN SPORT

MORE THAN 9 IN 10 GIRLS HAVE DECREASED OR HALTED PARTICIPATION IN SPORT DURING COVID-19

THE TOP THREE NEGATIVE IMPACTS FROM THIS LOSS OF SPORT, ACCORDING TO GIRLS:

MENTAL HEALTH  PHYSICAL HEALTH  MISSING FRIENDS

"I feel I don't like my body the way it looks now, and I feel lazy stuck at home without physical activities and social connection”
- Girl, aged 16

THE IMPACT ON PARTICIPATION COULD BE LONG-LASTING.

1 in 4 GIRLS ARE NOT COMMITTED TO RETURNING TO SPORT

IMAGINE EVERY GIRL AGED 6-18 IN ALBERTA DID NOT PLAY SPORT

“ I am starting to lose interest in sports”
- Girl, aged 15

3 WAYS YOU CAN ACT NOW TO KEEP GIRLS IN THE GAME:

1. Apply a gender lens to return to play plans by asking “how will this plan impact girls differently?”
2. Involve girls in the design of return to play plans so that opportunities connect to their motivations.
3. Create an environment that supports healthy social connections among participants and leaders.

FOR THE FULL REPORT, VISIT WOMENANDSPORT.CA/COVIDREPORT

SOURCE: Primary research conducted by Canadian Women & Sport and E-Alliance, using data from a panel of 5000 Canadians supplied by Leger from March-May 2021.

NOTE: Girls in this graphic are aged 6-18. Results reported are for girls who participate in organized team or individual sport at least once a week.