



*Enhancing Participation and
Inclusivity through Wujal Wujal's
Women and Girls Sport and
Recreation Program and Equipment*

Wujal Wujal Aboriginal Shire Council

**Plan for Providing Equitable Access
to Women and Girls' Activities**

April 2024

Contents

1. Project Overview	1
2. Goals and Objectives	1
3. Participation Times.....	1
4. Equipment Use	3
5. Inclusivity and Equity Measures	4
6. Monitoring and Evaluation	4
7. Conclusion	4

1. Project Overview

This project will see the engagement of a Sport and Recreation Co-ordinator to develop, plan and deliver a sustainable program of activities at the newly constructed safe and welcoming modern female-only gym and multi-purpose facilities in the remote regional community of Wujal Wujal. The Sport and Recreation Co-ordinator will consult with the community health workers and women aged between 15-64years in meaningful discussion to identify specific needs for inclusivity. Various equipment will be purchased (refer to attached Activity Work Plan) for a new female-only fitness facility, which has had no specific equipment currently assigned to it. The new facility provides women and girls with a safe modern gym that aligns with Councils Cultural Protocols and Practices where respect is given to First Nations gender values.

2. Goals and Objectives

Goal 1: Increase participation of women and girls in sports and recreational activities.

Objective 1.1: Offer a diverse range of activities catering to different interests and skill levels.

Objective 1.2: Schedule activities at various times to accommodate different availability.

Goal 2: Provide necessary equipment and facilities to ensure all participants have equal opportunities.

Objective 2.1: Ensure all equipment is available and accessible to all participants.

Objective 2.2: Maintain equipment in good condition and replace as needed.

3. Participation Times

This schedule is designed to accommodate various availability and interests, ensuring that women and girls can participate in a range of physical activities throughout the week, month and school holidays. Each session includes access to necessary equipment, which will be maintained and replaced as needed to provide a safe and supportive environment for all participants.

Weekdays

Morning Sessions:

9:00 AM - 10:30 AM: Zumba (Women and Girls, All Ages)

10:45 AM - 12:15 PM: Aerobics (Women, Ages 18+)

Afternoon Sessions:

1:00 PM - 2:30 PM: Traditional Dancing (Girls, Ages 15-18)

2:45 PM - 4:15 PM: Boxercise (Girls, Ages 10-14)

Evening Sessions:

5:00 PM - 6:30 PM: Walking Groups (Women and Girls, All Ages)

6:45 PM - 8:15 PM: Fitness Classes (Women, Ages 19+)

Weekends

Morning Sessions:

9:00 AM - 10:30 AM: Family Fitness Day (Women and Girls, All Ages)

10:45 AM - 12:15 PM: Circuit Training (Girls, Ages 10-18)

Afternoon Sessions:

1:00 PM - 2:30 PM: Cycling Groups (Women and Girls, All Ages)

2:45 PM - 4:15 PM: Fitness Classes (Girls, Ages 15-18)

Evening Sessions:

5:00 PM - 6:30 PM: Strength Training (Women, Ages 19+)

6:45 PM - 8:15 PM: Open Gym (Women and Girls, All Ages)

Monthly "Come and Try" Days

Provide opportunities for women and girls to try various activities and find their interests.

Women Only:

First Saturday of the Month: 10:00 AM - 2:00 PM

Activities include Zumba, Aerobics, Traditional Dancing, Boxercise, and more.

Opportunity to try different activities with instructors providing guidance and support.

School Children (Through School Outing):

Second Friday of the Month: 9:00 AM - 3:00 PM

Activities include Circuit Training, Walking Groups, Cycling Groups, and Fitness Classes.

Coordinated with schools to ensure safe and structured participation.

Women and Girls (All Ages):

Last Sunday of the Month: 9:00 AM - 1:00 PM

Activities include Zumba, Aerobics, Traditional Dancing, Boxercise, and more.

Open to all women and girls to come and try new activities together.

After-School Activities:

Monday to Friday:

3:30 PM - 5:00 PM: Sports and Recreation Activities (Girls, Ages 6-18)

Activities include Circuit Training, Traditional Dancing, Boxercise, and Fitness Classes.

Supervised sessions to provide safe and structured environments for participation.

School Holiday Program:

Monday to Friday:

9:00 AM - 12:00 PM: Morning Sports Camp (Girls, Ages 6-12)

Activities include Zumba, Aerobics, Walking Groups, and Cycling Groups.

1:00 PM - 4:00 PM: Afternoon Sports Camp (Girls, Ages 13-18)

Activities include Circuit Training, Traditional Dancing, Boxercise, and Fitness Classes.

4. Equipment Use

General Access:

All participants will have access to necessary sports equipment during their scheduled activities.

Equipment will be distributed equitably to ensure all participants can fully engage in activities.

Maintenance and Replacement:

Regular checks and maintenance of equipment will be conducted to ensure safety and functionality.

A replacement plan will be in place to promptly address any equipment that is worn out or damaged.

Specialised Equipment:

Provide specialised equipment for activities such as yoga mats, basketballs, soccer balls, and tennis rackets.

Ensure there is enough equipment to avoid any participant having to wait for their turn.

Storage and Accessibility:

Equipment will be stored in an easily accessible location to ensure quick and easy access for all participants.

Clear instructions will be provided on how to use and care for the equipment.

5. Inclusivity and Equity Measures

Flexible Scheduling:

Offer activities at various times throughout the day and week to accommodate different schedules (e.g., school, work).

Transportation Support:

Provide transportation options or support for participants who may have difficulty accessing the location.

Financial Assistance:

All activities will be free of charge.

Community Engagement:

Engage with local communities to understand their needs and preferences, ensuring the activities offered are relevant and appealing.

Feedback and Improvement:

Regularly collect feedback from participants to continuously improve the accessibility and quality of the activities offered.

6. Monitoring and Evaluation

Participation Tracking:

Monitor participation rates and demographics to ensure equitable access is being achieved.

Feedback Surveys:

Conduct regular surveys to gather feedback on the accessibility and inclusiveness of the activities.

Adjustments and Improvements:

Use the collected data and feedback to make necessary adjustments to the schedule, equipment availability, and other aspects of the project.

7. Conclusion

This plan is designed to ensure that women and girls have equitable access to sports and recreational activities, promoting health, wellbeing, and community engagement. Regular monitoring and feedback will help to continuously improve the inclusiveness and accessibility of the project.