# Skip to content Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa Open search panel Search Search the Insight Hub... Cancel

- <u>Insights</u> <u>Rangahau</u>
- Events Hui
- <u>Partnerships</u> <u>Rangapū</u>
- <u>Impact</u><u>Whakaaweawe</u>
- About Mō Mātou
  - Overview
  - <u>History</u>
  - Support
- ☆<u>0</u> Saved



- Sign in
- Submit





# 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

From: <a href="https://www.nzrecreation.org.n...">https://www.nzrecreation.org.n...</a>

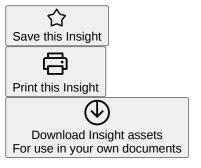
# Introduction

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.



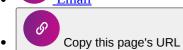
### Was this Insight helpful?



Share this Insight









# **Email this Insight**

X Close 'Download Insight Assets' modal

# igoplus Download Insight assets

- Good Practice Guide Increasing participation of Muslim women and girls.pdf Screenshot 2025-02-27 111008.png 720KB PNG

# Was this Insight useful?





# Similar Insights (85)

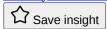
The rise of women's football in New Zealand



Participation

### The rise of women's football in New Zealand

**Healthy Women in Performance Sport** 



Participation

# **Healthy Women in Performance Sport**

Making sport inclusive: Free period products in clubs - report



Participation

# Making sport inclusive: Free period products in clubs - report

By Emma Evans - Sport New Zealand Rally Report 2024



Participation

### Rally Report 2024

By Canadian Women & Sport - Canadian Women & Sport

Women in Trail Running - Aotearoa 2015-24
Save insight
Participation
Women in Trail Running - Aotearoa 2015-24
Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week
Participation
Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week
UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports  Save insight
Participation
UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences Violence against women and girls in sports
Adventures doing a POWA of good  Save insight
Participation
Adventures doing a POWA of good
By Angela Walker - LockerRoom  Is Paris 2024 really achieving its goals for gender equality?  Save insight
Participation
Is Paris 2024 really achieving its goals for gender equality?
By Victoria University Melbourne Australia - Victoria University   Melbourne Australia  New legislation for gender identity and sex characteristics in Queensland sport  Save insight
Participation

New legislation for gender identity and sex characteristics in Queensland sport

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia Strength, power and aerobic capacity of transgender athletes: a cross-sectional study

Save insight

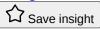
Strength, power and aerobic capacity of transgender athletes: a cross-sectional study

Change in Action I	Moole Innoventire Im	and EINIALICT	Hibiagus Coast Football
Change in Action v	week - mnovauve mi	Jact FINALIST	- Hibiscus Coast Football

Participation

# **Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football**

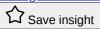
Change in Action Week - Innovative Impact FINALIST - Active Wāhine



Participation

# Change in Action Week - Innovative Impact FINALIST - Active Wāhine

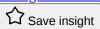
Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy



Participation

# Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy

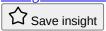
Change in Action Week - Rangatahi FINALIST - Sylvia Brunt



Participation

# Change in Action Week - Rangatahi FINALIST - Sylvia Brunt

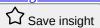
Change in Action Week - Innovative Impact FINALIST - Wāhine Toa



Participation

# **Change in Action Week - Innovative Impact FINALIST - Wāhine Toa**

Change in Action Week - Rangatahi Winner - Carmel College



Participation

### **Change in Action Week - Rangatahi Winner - Carmel College**

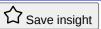
ADIDAS BREAKING BARRIERS RESEARCH



Participation

### ADIDAS BREAKING BARRIERS RESEARCH

Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition



Participation

# Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition

**GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN** 



Participation

### GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN

By Emma Evans - Sport New Zealand

A 2024 SURVEY FOR: Women in Trail and Ultrarunning



Participation

# A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

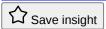
2022 IWG: Christine Young - Integrity in HP Youth Sport



Participation

### 2022 IWG: Christine Young - Integrity in HP Youth Sport

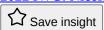
2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton



Participation

# 2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton

2022 IWG: Nicole Terril - Bruce Pulman Park - Collaborating, Connecting, Enabling Our Wahine in Sport



Participation

### 2022 IWG: Nicole Terril - Bruce Pulman Park - Collaborating, Connecting, Enabling Our Wāhine in Sport

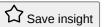
2022 IWG: Kirsten Spencer - Sport as a social development tool



Participation

# 2022 IWG: Kirsten Spencer - Sport as a social development tool

2022 IWG: Erin Hatton - Driving transformational change



Participation

# 2022 IWG: Erin Hatton - Driving transformational change

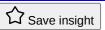
<u>Understanding Period Poverty Infographic</u>



Participation

# **Understanding Period Poverty Infographic**

By Cheycoda Cocks - Sport Manawatu Well Wāhine Week Case Study



Participation

# Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairawhiti
Netball Resources for Clubs and School Administrators



Participation

### **Netball Resources for Clubs and School Administrators**

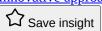
By Jenna Murie - Netball New Zealand <u>Girls Smash Modified Girls Only Cricket Programme</u>



Participation

# Girls Smash Modified Girls Only Cricket Programme

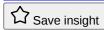
By Jess Davidson - New Zealand Cricket Innovative approaches to encouraging women's participation in Golf



Participation

# Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME Netball Volunteer Programme



# **Netball Volunteer Programme**

By Jenna Murie - Netball New Zealand

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

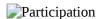


Participation

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

Sport as a Social Development Tool

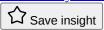




Participation

### **Sport as a Social Development Tool**

By Kirsten Spencer - Auckland University of Technology Netball Player Development Programme



Participation

# **Netball Player Development Programme**

By Alysha Jensen - Netball New Zealand

COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING



Participation

# COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING

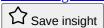
Why Aussie women's sport needs to talk about fertility



Participation

# Why Aussie women's sport needs to talk about fertility

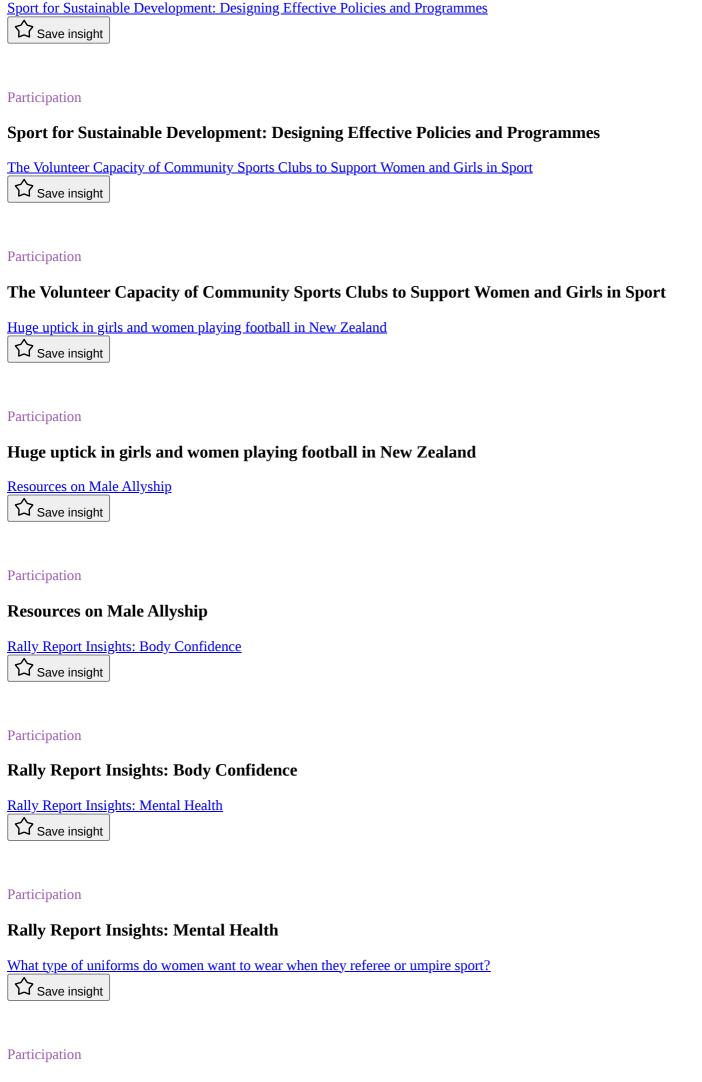
She Belongs: Building Social Connection for Lasting Participation in Sport



Participation

# **She Belongs: Building Social Connection for Lasting Participation in Sport**

By Canadian Women & Sport - Canadian Women & Sport



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

Women & Padel:	Start of a love story
Save insight	

# Women & Padel: Start of a love story

Empowering young women to lead their experiences - Journeys Central Otago



Participation

# Empowering young women to lead their experiences - Journeys Central Otago

By Rachel Howells - Sport New Zealand

Creating safe environments for young women to be active their way



Participation

# Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

Kōhine māia



Participation

### Kōhine māia

By Rachel Howells - Sport New Zealand

Yeah! Girls Move - Cricket not the way you know it



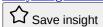


Participation

# Yeah! Girls Move - Cricket not the way you know it

By Rachel Howells - Sport New Zealand

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



Participation

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

By Rachel Howells - Sport New Zealand

Not just for the "sporty", the Not-So-Sports-Club



# Not just for the "sporty", the Not-So-Sports-Club

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



Participation

# Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu Backyard Smash & Sista Smash



Participation

# **Backyard Smash & Sista Smash**

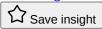
By Roxanna Holdworth - This is ME
The female-friendliness of New Zealand's tennis clubs



Participation

### The female-friendliness of New Zealand's tennis clubs

Removing Period Poverty As a Barrier to Participation



Participation

# Removing Period Poverty As a Barrier to Participation

By Roxanna Holdworth - This is ME

Te Awamutu AFC starts 2024 off strong with growing demand



Participation

# Te Awamutu AFC starts 2024 off strong with growing demand

Five things to know about women and sport



Participation

### Five things to know about women and sport

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

Save insight
Participation
Has the Olympics become too sexualised? How sex and gender debates drove online discourse
Pacific Women's Leadership Programme Impact - Sela Vaenuku  Save insight
E P O Gave moight
Participation
Pacific Women's Leadership Programme Impact - Sela Vaenuku
IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective
Save insight
Participation
IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes
Save insight
Participation
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes
Nutrition For Female Athletes
Save insight
Participation
Nutrition For Female Athletes
Coaching through a Gender Lens Infographic
Save insight
Darticipation
Participation
Coaching through a Gender Lens Infographic
Assert City Profes House Deduct Mode Destruction and the Co. 1

<u>Angel City Equity House Podcast: Myth Busters presented by Gatorade</u>

Save insight

Participation

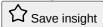
**Angel City Equity House Podcast: Myth Busters presented by Gatorade** 

2022 IWG: Emily Davidson - She Loves Golf Presentation



# 2022 IWG: Emily Davidson - She Loves Golf Presentation

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



Participation

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

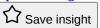
Running and periods: The myths about exercise and your menstrual cycle, debunked



Participation

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

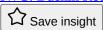
Updated Pregnancy guidance from UK Sport



Participation

# **Updated Pregnancy guidance from UK Sport**

IWG: Daenin Roth - Grassroots Role Models Inspiring Change



Participation

# **IWG: Daenin Roth - Grassroots Role Models Inspiring Change**

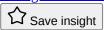
IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel



Participation

# IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel

Young Women Profile - September 2021



Participation

# **Young Women Profile - September 2021**

IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls



IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls

New Zealand Football Performance & Prevention - Considerations for Female Athletes



Participation

**New Zealand Football Performance & Prevention - Considerations for Female Athletes** 

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



Participation

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

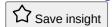
Co-Designing Effective Programmes for Young Girls: Insights and Principles



Participation

**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



Participation

Participation

# **How To Co-Design A Programme With Participants**

By Briana irving - Aktive - Auckland Sport & Recreation

Empowering Disengaged Girls Through A Participant-Centered Programme

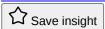


Participation

Participation

# **Empowering Disengaged Girls Through A Participant-Centered Programme**

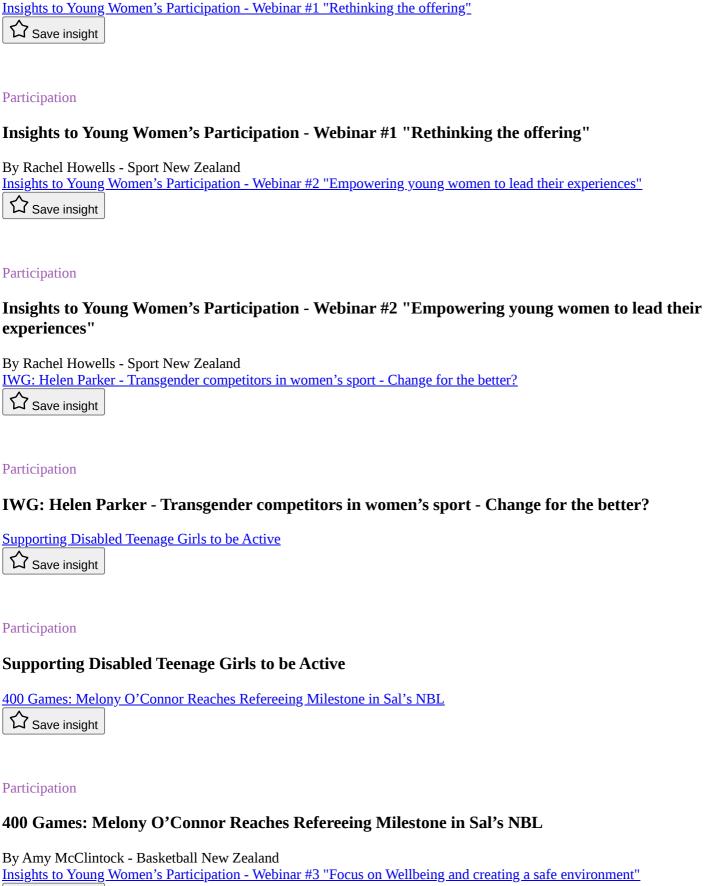
By Briana irving - Aktive - Auckland Sport & Recreation Aktive Women & Girls Facility Guide



Women & Girls Facility Guide

Participation

**Aktive Women & Girls Facility Guide** 



Save insight

Participation

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

By Rachel Howells - Sport New Zealand

# **Our Partners**

- Sport NZ Sport NZNZ Foreign affairs and trade NZ Foreign affairs and trade
  - **JUS** Embassy NZ US Embassy NZ

Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa



- Instagram
- Linkedin
- TikTok
- YouTube
- Contact
- FAQ
- Privacy policy
- Terms of use

© 2025 Women in Sport Aotearoa

# Subscribe to our newsletter

Receive the latest news, events and insights as we publish them.

Name:							
Email:							
Subscrib	<u>e</u> <b>&gt;</b>						
$\times$							
	Close panel	<b>Women</b> in	Sport Aotearoa	Insight Hub	Ngā Wāhine	Hākinakina o	Aotearoa

# Subscribe to our newsletter

Our weekly email delivering the latest insights as we publish them, tailored to your tastes.

First nan	ne:*	
Email:* [		

### **Preferences**

Select those that apply to you to help us customise your Insight Hub experience.

### **Insight Themes**

• 🛂

All

• 🔽

Leadership

• 🔽

Social Change

• <

Active Lives

• 🔽

High Performance

• 🛂

Visibility and Voice

### **Insight Content Types**

All • 🗸

Research

Case studies

News stories

• <

Toolkits

Subscribe now >