



Canadian Association
for the Advancement
of Women and Sport
and Physical Activity

Association canadienne
pour l'avancement
des femmes du sport et
de l'activité physique

Women- Friendly Facilities

We know that Women's participation in sport and physical activity is influenced by the **variety and accessibility of facilities**. Accessible facilities are found to have:

- Graphics in the building of active girls and women, of all shapes and sizes, in a variety of activities affirming the accessibility and pleasure of participating
 - On-site child care was available
 - Programs for parent/caregivers and children
 - A place where you could park and lock your stroller
 - A place where you could refrigerate bottles of milk and warm them up
 - Well-lit parking lot
 - Well-lit building with good signage
 - Corner mirrors were installed to improve visibility and safety
 - Bus escorts available
 - Clean change rooms
 - Change rooms designed to give women more privacy than the men's
 - Introductory skills workshops
 - Women only hours in the weight room
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- More aerobically oriented exercise equipment
 - Promotional materials reflecting gender equity.