



# 2014 ISAF Development Symposium

## Cape Town, South Africa



# Women in sport - Sailing

## Session Goals:

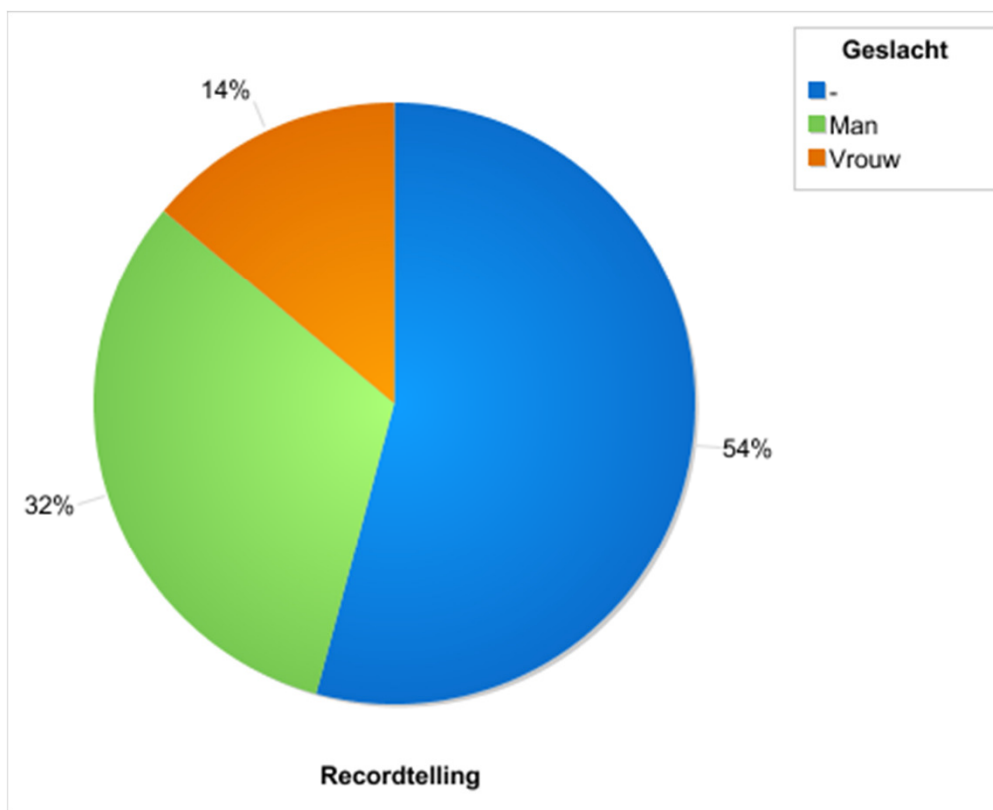
- At the end of the session we have generated new ideas to attract more women into the sport of sailing (including sailors coaches and volunteers).
- We will have thought about how we can retain these women in our sport.
- We will have Ideas for resources / programmes that can be developed / implemented or supported by ISAF



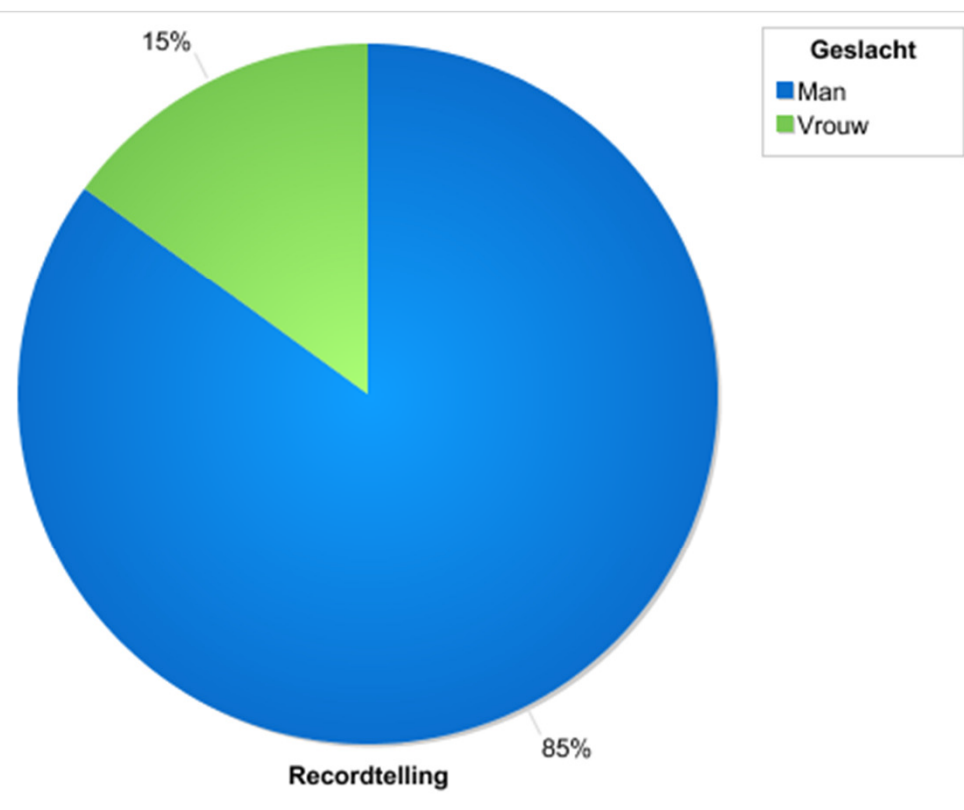
# Women in sport – Sailing

## Dutch statistics:

### Participation



### Performance



# Opinions of female coaches /sailors on becoming a performance coach:

- “Fewer role models”
- “After active career as an athlete they take a break to have children”
- “Physically and mentally it can be a hard / tough job”
- **Male dominated sport, hard to get into especially to coach male teams”**



Ciudad de Santander Trophy 9-15 septiembre 2013

CIUDAD DE SANTANDER TROPHY  
PHOTO@JESÚS RENEDO / Ciudad de Santander Trophy





# Women in sport – Sailing

## Workshop:

1. Think about your country. What are the facts, figures on women in sport?
2. Over 5 minutes discuss and share your thoughts on your tables, including any examples of success you may have experienced.



3. Select someone from your table to feed back findings to the rest of the group.



# Women in sport - Sailing

**Summary of points raised**

**Questions?**

**Thank you for your time**

