



IOC SUB-REGIONAL SEMINAR FOR WOMEN IN SPORT Beirut, 9-12 December 2003

RECOMMENDATIONS

The delegates of 16 National Olympic Committees recommend the following measures to their NOCs with the view to further support the promotion of women in sport at all levels in their respective countries and in the Asian region:

1) Government support to sport development generally

1. 1 Ensure that quality physical education is maintained in school curricula.
- 1.2 Provide proper education, salary, and support for physical education teachers to recognize the importance and value of their status

2) Women Sport Leaders

- 2.1 Work with women athletes to prepare them through leadership/management and media training to become sport leaders, stay involved in sport and give back to their community.
- 2.2 Create strategies to motivate sport women to become sport leaders and provide a supportive environment within the sport organization.
- 2.3 Increase the number of women chefs de mission and team managers.
- 2.4 Demand that each delegation to congresses and assemblies be composed of at least one woman.

3) Women coaches

- 3.1 Make a better use of existing Olympic Solidarity programmes to train more women in coaching in the country, and provide opportunities for international exchange of coaches.

4) Olympic Solidarity

- 4.1 Utilize existing Olympic Solidarity programmes of assistance to train more women as coaches and sports administrators.
- 4.2 Utilize Olympic Solidarity scholarships to train more female athletes at youth and elite levels.

5) Keep youngsters involved in sport

- 5.1 Encourage the National Federations to create partnerships between schools and clubs and develop more junior competitions for national or regional teams.
- 5.2 Ask national athletes to mentor youngsters, serve as role models to promote sports activities in the school and club settings.
- 5.3 Include sports programmes for women and girls in rural areas.

5.4 Develop opportunities for women to become sports referees.

6) Family support

6.1 Encourage family members, in particular the men, to support the practice of physical activity of girls and women through family based activities, and other incentive measures.

6.2 Develop more opportunities for disabled girls and women to take part in sports.

7) Sponsorship and marketing of women's sport

7.1 Find like-minded partners and celebrities who understand women's sport to support it.

7.2 Encourage women to be prepared with comprehensive marketing plans and provide training in this aspect when necessary.

7.3 Utilize the interest of women's and sports products companies to become sponsors of women's events.

8) Cooperation

8.1 Ensure a more transparent and continuing flow of information on sport and the Olympic Movement within the NOC and National Federations.

9) Research on women and sport

9.1 Cooperate with academic institutions to develop more research on women's sport issues.

10) Media

10.1 Ensure that media become full partners for women's sport events.

10.2 Provide regular and timely information to the media on women's events and activities in sport.

10.3 Present a woman as press officers and representatives internationally.

10.4 Support former women athletes to become journalists and sports commentators at local and national level.

10.5 Ask women athletes to share their experiences using new technology.