

PANDEMIC IMPACT ON GIRLS IN SPORT



MORE THAN **9 IN 10 GIRLS** HAVE DECREASED OR HALTED PARTICIPATION IN SPORT DURING COVID-19

THE TOP THREE NEGATIVE IMPACTS FROM THIS LOSS OF SPORT, ACCORDING TO GIRLS:



MENTAL HEALTH



PHYSICAL HEALTH



MISSING FRIENDS

"I feel I don't like my body the way it looks now, and I feel lazy stuck at home without physical activities and social connection"

- Girl, aged 16

THE IMPACT ON PARTICIPATION COULD BE LONG-LASTING.



1 in 4

GIRLS ARE NOT COMMITTED TO RETURNING TO SPORT



IMAGINE EVERY GIRL

**AGED 6-18
IN ALBERTA**

DID NOT PLAY SPORT

"I am starting to lose interest in sports"

- Girl, aged 15

3 WAYS YOU CAN ACT NOW TO KEEP GIRLS IN THE GAME:

1

Apply a gender lens to return to play plans by asking "how will this plan impact girls differently?"

2

Involve girls in the design of return to play plans so that opportunities connect to their motivations.

3

Create an environment that supports healthy social connections among participants and leaders.

FOR THE FULL REPORT, VISIT [WOMENANDSPORT.CA/COVIDREPORT](https://womenandsport.ca/covidreport)



womenandsport.ca



ealliance.ca



jumpstart.canadiantire.ca

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SOURCE: Primary research conducted by Canadian Women & Sport and E-Alliance, using data from a panel of 5000 Canadians supplied by Leger from March-May 2021.

NOTE: Girls in this graphic are aged 6-18. Results reported are for girls who participate in organized team or individual sport at least once a week.