



## Assignment: Work to Eliminate Barriers

As a future coach or teacher, understanding the barriers girls face in sport is essential to creating equitable, inclusive, and empowering experiences. This assignment asks you to examine common barriers, reflect on how they show up in your context, and design actionable strategies to remove them.

### Instructions:

#### Step 1: Identify Barriers

- Make a list of **10 barriers** you think are most relevant in your context (sport, school, club, or community).
- Include a short note for each barrier explaining:
  - How does it impact girls' participation?
  - Who it impacts the most?
  - Why might it exist?

#### Step 2: Categorize Barriers

Review the [Barriers for girls' sport participation across levels](#) handout and sort the barriers you listed into four categories: Individual, interpersonal, organizational, and societal. Use the [Ecological Systems Model of Influences on Girls: Definitions of Levels](#) to better define each level.

#### Step 3: Brainstorm Solutions

For each barrier, design 1–2 actionable strategies you could implement as a coach or teacher to reduce or eliminate it.

#### Step 4: Create a Visual Map or Action Board

- Organize your barriers and solutions using a chart, mind map, or “action board”.
- Make connections between barriers, categories, and actionable strategies.

### **Step 5: Reflect**

Which barriers surprised you or stood out most?

Which strategies do you think are most feasible and impactful?

How will understanding these barriers influence your future coaching or teaching approach?

How could you involve athletes in identifying or addressing barriers?