

IO3 - Training Course:

The Crucial Role of Sports Professionals on Abuse, Violence and Discrimination against Women in Sports







Content:

- 1. About EWA and EWA Learning Design
- 2. Portfolio of Educational Resources
- 3. EWA Training Course: Preparation, Organisation, Implementation
- 4. Recommendations and conclusions
- 5. Disclaimer







About EWA and EWA Learning Design

Empowering Women Athletes: Tackling Feminine Abuse, Violence and Discrimination in EU Sports Clubs

Sport is a means of self-expression and fulfilment, as well as a force for citizenship and solidarity, while stressing how violence against women, stereotyping, differences in payment and barriers to women's involvement in management are still problems tackling the sport sector. Those barriers act on multiple levels (verbal, physical, sexual, emotional, psychological, social, cultural, organisational, economic, mediatic, ect.) and are collectively perceived as a pervasive chauvinist culture that permeates the career of any female athlete.





The 'Empowering Women Athletes' Project (acronym 'EWA') is a Collaborative Partnerships project in the field of 'SPORT' that is co-founded by the European Commission through the Erasmus+ programme. It is developed by sports federations, research centres and universities, local public administrations, transnational non-profit associations and it aims to combat violence, abuse, harassment, and discrimination against women in sports.

GENERAL OBJECTIVE

To develop a community of female athletes, professionals, sport managers and policy makers in Europe who actively prevent and counter violence, abuse, harassment, and discrimination against female athletes in key sports environments, providing them with knowledge, education, and practical tools specifically designed by the project. EWA was designed on the basis of a **Multi-layered Model approach** to the given issue, for which a stratified set of stakeholders — individuals but also organisations — contribute to the determination and maintenance of a well radicated problem.

SPECIFIC OBJECTIVES

- * Catalyze social players and communities in Europe that already dealt with the issue around a comprehensive dialogue on the state of the art and next steps to take.
- * Promote an innovative and multi-layered response to the problem tackled, maximising and building on past experiences, and creating new strategies and tools at EU level.
- * Activate beneficiaries in Europe through a grass-roots awareness-raising campaign aiming at acknowledging and valorising the role of women in sports.
- * Produce and disseminate counter-narratives on women in sports through a social media campaign.
- * Test and assess a training and awareness raising campaign addressed to Ambassadors of Equal Rights in Sports /AERS/ and sports professionals (coaches, tutors, managers, etc.).
- * Experiment a peer-to-peer support system to encourage adoption of concrete solutions to the problem of serious violence and abuse of female athletes.
- * Raise and submit a petition on the issue to the EU that is participated by citizens in the European Union.

EWA project is co-funded by the Erasmus+ Programme of the European Union.

EWA Learning Design

EWA Training Course titled "The Crucial Role of Sports Professionals on Abuse, Violence and Discrimination against Women in Sports" represents the achievement of the **objective** "Test and assess a training and awareness raising campaign addressed to **Ambassadors of Equal Rights in Sports /AERS/** and sports professionals (coaches, tutors, managers, etc.)".





The **impact** of the Learning Design is thus expected in an improved capacity of AERS and sports professionals in countering more or less explicit manifestations of violence, abuse, harassment, and discrimination towards female athletes in sports environments. After the implementation of the EWA training course, project team aims to empower capacity building in countering manifestations of violence, abuse, harassment, and discrimination towards female athletes in their sports environments.

In the present edition are available:

- 1. Portfolio of Educational Resources (guides, training modules, methods, reports, toolbox, case studies, etc.);
- 2. **Training Course**: Preparation, Organisation, Implementation.



Portfolio of Educational Resources





During the research phase of EWA, project team has analysed the existing educational resources, materials and learning methods and has created the present Portfolio of Educational Resources that aims to be used by experts in the field of sport, education and woman empowerment through quality educational actions.



This research examines sport management students' education and training on sexual harassment and sexual assault. Findings demonstrate that less than 50% of students are exposed to education on sexual harassment (46.1%) or sexual assault (35.9%) in the classroom, and less than 40% are exposed to training on sexual harassment (39.6%) or sexual assault (28.4%) in the internship setting. Students may be entering the professional workforce without the proper knowledge and training in regards to these issues.

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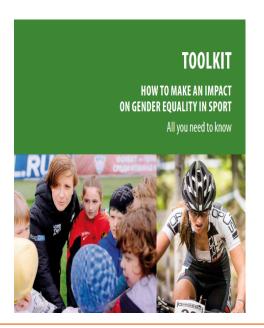


This evidence guide focuses on the work being undertaken in local, regional, national and international structured sport settings and by sporting organisations. It draws on stakeholder consultations and a review of both peer-reviewed academic and grey literature (reports, reviews and evaluations) to collate the evidence regarding sport as a setting for the primary prevention of violence against women.

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This toolkit provides information, concrete tips, good-practice examples and strategies to put into practice a gender mainstreaming approach to achieve equality between women and men in sport.

Access the resource here: https://drive.google.com/drive/folders/11OiVIn6eW0uxXZGgatOB9ggu4d8ouN9X

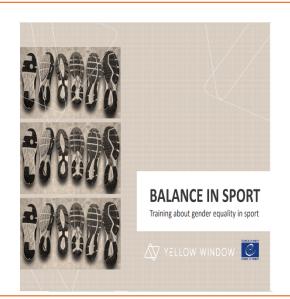


This publication focuses on different seminars which try to delete the erase the subconscious discrimination. Through a serious of exercises,

Access the resource here: https://drive.google.com/drive/folders/11OiVIn6eW0uxXZGgatOB9ggu4d8ouN9X







This training focuses on the proper definition of different stereotypes related to discrimination and how they can be prevented.

Access the resource here: https://drive.google.com/drive/folders/110iVln6eW0uxXZGgatOB9ggu4d8ouN9X

CANADA SOCCER
GUIDE TO ACCESSIBILITY & INCLUSION

The Guide is divided into sections to cover several elements related to accessibility and inclusion. It focuses on starting points that can help organizations to become more diverse and inclusive and provides links to numerous supporting resources that will allow organizations to dig deeper in the areas that are most relevant to their unique context. The Guide is supported by and coordinated with other guides relating to Governance, Management and Operations, and Safety.

Access the resource here: https://drive.google.com/drive/folders/1IOiVIn6eW0uxXZGgatOB9ggu4d8ouN9X







Overall, this research finds that although families are the most powerful influence on a child's activity levels, schools are seen as the most important sites for change. While it is difficult to influence family life positively for all children, schools have a unique opportunity, not just to deliver PE and school sport well, but also to create a culture in which being active is valued and admired. This is evidenced, in part, by the fact that this has already been achieved by some schools. It requires buy-in from leadership across the school, led and championed by the PE Department and PE staff

Access the resource here: https://drive.google.com/drive/folders/110iVln6eW0uxXZGgatOB9ggu4d8ouN9X



Although we are witnessing more and more women in Europe participating in sport activities, a lot remains to be done in the sphere of gender equality. Many women are today still unable to find the right environment in which to develop their full potential. In some countries, women lag seriously behind men in access to sport. This report focuses on the strategic actions which have to be taken in order to promote equality.

Access the resource here: https://drive.google.com/drive/folders/11OiVIn6eW0uxXZGgatOB9ggu4d8ouN9X







The Shanarani project focuses on building attractive methods to involve young people and inform them of the issue of gender equality and reduce related stereotyping. The objective of this Handbook is to provide basic information on the gender status quo in the partner countries. It will serve youth workers as basic information tool for activities aiming to reduce stereotyping amongst young people and contributing to more gender equality.

Access the resource here: https://drive.google.com/drive/folders/110iVln6eW0uxXZGgatOB9ggu4d8ouN9X



The tool kit is to be used by sports coaches training young women in different sports. It can also be used by different federations and the National sports council in their leadership trainings. The objectives are to enhance individual knowledge and skills for personal growth and self-confidence and enhance collective knowledge to challenge systems and institutions to respond to needs of young women in sports.

Access the resource here: https://drive.google.com/drive/folders/1IOiVIn6eW0uxXZGgatOB9ggu4d8ouN9X



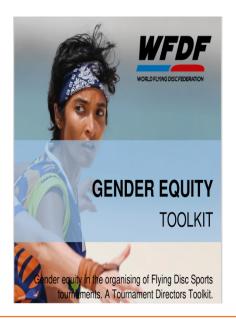




The project is targeted at sports and coaching organisations at all levels, more specifically coaches, trainers, former athletes, volunteers and decision makers in the field of coaching.

Objectives • To promote gender equality in coaching • To promote the representation of employed and volunteer women coaches in the coaching workforce • To increase the number of women coaches by creating tools to support women coaches to develop towards the coaching of high performance • To include evidence-based information about gender and gender equality in coach education appropriate to all levels.

Access the resource here: https://drive.google.com/drive/folders/110iVln6eW0uxXZGgatOB9ggu4d8ouN9X

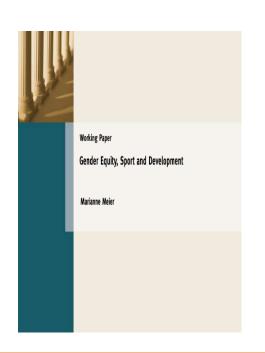


Gender equality entails equal rights, visibility, empowerment, and participation of all genders. It implies equal access to and distribution of resources and opportunities to all genders. It assumes the treatment of everyone the same, but does not take into account that individuals have different backgrounds, contexts, needs, capacities, abilities, interests, resources and such. In the context of sport, gender equality ignores the fact that historical underrepresentation of women in sport has resulted in women -- generally -- starting from a lower foundation.

Access the resource here: https://drive.google.com/drive/folders/11OiVln6eW0uxXZGgatOB9ggu4d8ouN9X







What key factors are preventing women and girls from getting involved in sport activities in developing countries? How could those possible constraints be approached? Do specific types of sport really matter regarding social norms and cultural stereotypes? Are some types of sport more likely to clash with social norms? Could traditional games be a possible access for females in sports or are such patterns even counterproductive, because they consolidate existing patriarchal structures? This paper deals with such questions and provides an analytical framework as well as field experience and specific results from Iran, Zambia and Northern Caucasus which should encourage further debates and research in the field of sport, gender and development.

Access the resource here: https://drive.google.com/drive/folders/11OiVIn6eW0uxXZGgatOB9ggu4d8ouN9X

Gender inequality and Gender based violence in Cyprus



The main focus of this document is to provide an overview on the theoretical and Legal Framework relating to Gender based Violence within National, European and International frameworks. It shall provide three case studies on examples of Gender based Violence, presenting national statistics and state actions for combating them, with the topics being Female Genital Mutilation, Domestic Violence and Sexual Harassment.

Access the resource here: https://drive.google.com/drive/folders/11OiVIn6eW0uxXZGgatOB9ggu4d8ouN9X





GUIDE FOR THE PREVENTION OF SEXUAL HARASSMENT IN SPORT IN THE CZECH REPUBLIC

Czech National Olympic Committee

This description comes from the study commissioned by the European Commission on gender-based violence in sport Microgract I, due. Study on gender-based violence is not in June 1 foot reservation. Commission, 2018. It was updated within the framework of the European Union Council of Europe joint project for 54th 55pct + 791 an end to sexual harassered and above against children in 50st," by collecting more recent information from the organization repossible of the project.

DESCRIPTION OF THE PRACTICE

Background

Since 1996, the Crach Olympic Committee has been the most committed Crach institution on righting gender-based volence in sport, specifically through to Commission of pain Opportunities in Copic Organities in Copic. This Commission was established in 1996 comprise than instruction from the International Olympic Committee. The read-agands prouved since the early 2000 has broaght eval data on sessal harassment in this rare, which triggered generic awareness and first calcium. International cooperation has placed a springer and reading and patient are only promised the carried of small harassment in sport in the Chech Republic, it was decided to publish a guide for the prevention of secular harassment in sport in the Chech Republic, it was decided to publish a guide for the prevention of secular harassment in sport in the core. The 2005, this document is an adaptive vision of the Finnish document. Milwood to cur, allowed to interwer [labs described in detail in this report. The Crech Olympic Committee also recently adopted the IOC Guidelines and Toollat in preventing sesual harassment and ables in sport. The Committee of the Labs of the Crech Olympic Committee also recently adopted the IOC Guidelines and Toollat in preventing sesual harassment and prevention should be comparations and deterious about these duplices in 2015. The Committee of Equal Regist in sport for Crech Olympic Committee has spread an agreement with Charles University, Fiscally of Export and PE, to howe frequent leasons for faculty students on the subject [reventing sesual abuse in sport for fail future coaches and sport administrations.

Problem addresse

Considering the controversial and recent inclusion of the definition of sexual harassment in the law back in 2006, the title of the guide did not explicitly refer to this concept to avoid possible resistance. "Harassment", in

This guide constitutes a pedagogical effort to raise awareness on a variety of real-life situations where sexual harassment and rape occur. The guide adopts the perspective of the victim, stressing that while harassment will not necessarily be perceived as such by the perpetrator and/or the surrounding of the victim, the perspective of the latter should prevail.

Access the resource here: https://drive.google.com/drive/folders/110iVln6eW0uxXZGgatOB9ggu4d8ouN9X

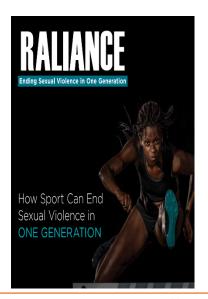


SEXUAL HARASSMENT AND ABUSE IN SPORTS Within Norwegian sports there is Zero tolerance for discrimination and harassment irrespective of gender, ethnic background, religious faith, sexual orientation and disability. It is an important goal to develop tolerance and understanding and to establish recognition of people's equality in order to avoid discrimination, harassment and bullying. Everyone within sports should seek to establish secure settings and a secure atmosphere for children, youth and adults alike.

Access the resource here: https://drive.google.com/drive/folders/110iVln6eW0uxXZGgatOB9ggu4d8ouN9X







The overarching goal is to reduce gender inequities and gender-based violence, as such reductions are key to improving sexual, reproductive, and maternal and child health. To achieve this mission of creating sustainable and large-scale change, the Center seeks and maintains partnerships with governmental and non-governmental agencies around the globe. A social justice framework is utilized by the Center across these efforts, and innovative technologies are employed to facilitate and accelerate change at individual, community and national levels.

Access the resource here: https://drive.google.com/drive/folders/110iVln6eW0uxXZGgatOB9ggu4d8ouN9X



This study focuses on sport organisations and what how they need to work hard to ensure the notion of a 'level playing field' and to become a reality for players, staff members, volunteers, fans and anyone connected to the club. They can also use their influence to extend these principles of equality and fairness beyond the field – into the boardroom, the coach's box, the stands, the change rooms, and the media

Access the resource here: https://drive.google.com/drive/folders/11OiVln6eW0uxXZGgatOB9ggu4d8ouN9X





Learning for Justice:

Gender Bias and Homophobia in Sports

This lesson discusses common characteristics and stereotypes that are associated with athletes.

https://www.learningforjustice.org/classroom-resources/lessons/gender-bias-and-homophobia-in-sports

This lesson discusses common characteristics and stereotypes that are associated with athletes.

Access the resource here: https://drive.google.com/drive/folders/1IOiVln6eW0uxXZGgatOB9ggu4d8ouN9X

Name of the person filling in the template	Inemarie Dekker	
Title	Valuing diversity in football trainings	
Date and Time of the Activity	varianty in rootour trainings	
Age group (from X to X)	12-20 years old	
Number of participants/group size	Football team size, approx. 12-16 people.	
Learning outcome (i.e. aim)	Valuing diversity within their team (and beyond)	
Background	(See next page)	
Outcomes:	Valuing diversity can break up in several life skills, including: Individual: 1 know my qualities and those of others I value all my identities (qualities (as one has multiple) and those of others In relation to others: I understand stereotypes I can postpone judgement I can put myself in someone else's shoes (i.e. empathy) I can listen I am curious I am open-minded	
	As a group: - We work together as a team - We value diversity within our team	
	Towards the community - We challenge stereotypes at the field	

Valuing diversity can break up in several life skills, including:
Individual: - I know my qualities and those of others - I value all
my identities/qualities (as one has multiple) and those of others
In relation to others: - I understand stereotypes - I can postpone
judgement - I can put myself in someone else's shoes (i.e.
empathy) - I can listen - I am curious - I am open-minded As a
group: - We work together as a team - We value diversity within
our team Towards the community - We challenge stereotypes at
the field

Access the resource here: https://drive.google.com/drive/folders/1IOiVln6eW0uxXZGgatOB9ggu4d8ouN9X





"A Path to TranSport Action" (APTSA) is a project involving a total of 5 organizations from Europe and Latin America, whose main aim is to enhance the capacity of youth organizations and stakeholders in all partner countries and beyond to use Sport in combination with highend Non Formal Education methodologies for fostering a gender-inclusive approach to Sport practices, contrasting sexism and gender stereotypes and promoting equality and mutual respect among genders in disadvantaged rural areas in Europe and in Latin America. Low female participation in Sport is an important component of gender-based disadvantage.





Access the resource here: https://drive.google.com/drive/folders/1IOiVIn6eW0uxXZGgatOB9ggu4d8ouN9X

Preventing violence against women through sport: program/initiative compendium table

This compendium provides information shoulkey programs and inflatives undertaken in some sterings in Australia and overses which all to present volence against women and childres. This compendium is corner is as of August 2017. This table is structured by the 'Inchnique of presention practice identified in Change the story cognitivational development, direct participation programs, community mobilisation and strengthening, communications and social marketing and child society advocacy.

Each program is given a star rating to indicate:

- <u>Scoot practice****</u>: program/strategy has been evaluated and published in a refereed source (with results demonstrating effectivene in primary prevention of violence against women)
- <u>Promising practice</u>**: program/strategy has been evaluated and published in a non-refereed source (with results demonstrate effect liveness in primary prevention of violence against warmen).
- Emerging practice*: program/strategy is not evaluated or has little available information regarding evaluation

NAME OF PROGRAM/ INITIATIVE	COUNTRY	SPORT(S) INVOLVED	DESCRIPTION
Organisational development			
Fair Game Respect Matters**	Australia: Victoria	AFL Victoria	Fair Game Respect Matters was a four-year program developed and funded by Victiedth in partine-ship with AFL Viction. The alim of the program was to create "future trange in community football clubs" to promoting periode equality and to prevent violence against women. The program involved key people in community AFL clubs working as "Diverse" to implement the resources and ideas of the program in their clubs. Some of the andronc that rubin inclinerated includes.

This compendium provides information about key programs and initiatives undertaken in sport settings in Australia and overseas which aim to prevent violence against women and children. This compendium is current as of August 2017. This table is structured by the 'techniques' of prevention practice identified in Change the story: organisational development, direct participation programs, community mobilisation and strengthening, communications and social marketing and civil society advocacy.

Access the resource here: https://drive.google.com/drive/folders/1IOiVIn6eW0uxXZGgatOB9ggu4d8ouN9X

Prevention of sexual and gender harassment and abuse in sports

Initiatives in Europe and beyond

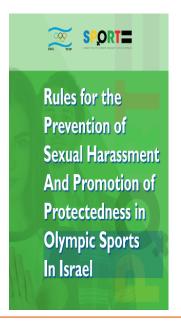


Bringing together a European project network and finding common denominators between various actors and bodies at different levels of the European sporting, social and scientific environments is a challenging task that is easily underestimated in terms of the resources necessary for such a project to run smoothly. Despite the fact that European coordination often means compromising, adjusting and adapting in previously unforeseen ways, initiating and being involved in projects such as this one always allows an organisation to grow and develop its capacities, networks and know-how.

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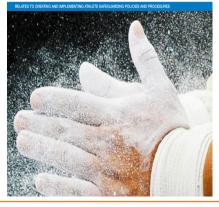




The Rules for the Prevention of Sexual Harassment and Promotion of Protectedness in Olympic Sports that are presented to you, encompass the letter of the law, the directives, and the regulations pertaining to protecting and safeguarding the dignity and health of all female athletes, workers, and volunteers.

Access the resource here: https://drive.google.com/drive/folders/11OiVIn6eW0uxXZGgatOB9ggu4d8ouN9X

Safeguarding athletes from harassment and abuse in sport IOC Toolkit for IFs and NOCs

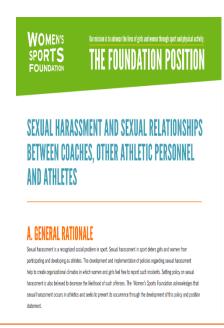


This toolkit is intended to assist principally, though not exclusively, NOCs and IFs. Intended audiences includes administrators, coaches, parents and athletes involved in organised sport.

Access the resource here: https://drive.google.com/drive/folders/110iVln6eW0uxXZGgatOB9ggu4d8ouN9X







Sexual harassment is a recognized social problem in sport. Sexual harassment in sport deters girls and women from participating and developing as athletes. The development and implementation of policies regarding sexual harassment help to create organizational climates in which women and girls feel free to report such incidents. Setting policy on sexual harassment is also believed to decrease the likelihood of such offenses. The Women's Sports Foundation acknowledges that sexual harassment occurs in athletics and seeks to prevent its occurrence through the development of this policy and position statement.

Access the resource here: https://drive.google.com/drive/folders/110iVln6eW0uxXZGgatOB9ggu4d8ouN9X



The following survey was undertaken to determine the strength of sexual harassment prevention programs in athletic settings. The data was collected by random sample from 100 former high school athletes, now college students. The participants were asked to reflect back to their high school experience while responding to these questions.

Access the resource here: https://drive.google.com/drive/folders/1IOiVIn6eW0uxXZGgatOB9ggu4d8ouN9X





ATHLETIC TRAINING EDUCATION JOURNAL © National Athletic Trainers' Association www.natajournals.org ISSN: 1947-380X DOI: 10.4085/12012

ORIGINAL RESEARCH

Sexual Harassment Training and Reporting in Athletic Training Students

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*Kinesiology Department, Temple University, Philadelphia, PA; *Sport Science & Physical Education Department and †Teaching & Educational Studies, Idaho State University, Pocatello

Context: Sexual harassment is a growing concern in higher education, Afhietic training students should feel safe in their programs, whether in the didactic or clinical setting. Though the Commission on Accreditation of Athietic Training Education creates standards to keep the students safe, there are none regarding sexual harassment training for athletic training students.

Objective: To determine the rate of sexual harassment training in athletic training students, with a secondary purpose determining, if indeed sexual harassment training occurs, whether it is associated with the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled to the college or university or is offen travelled travelled travelled travelled travelled travelled travell

Design: Surv

Setting: Online.

Patients or Other Participants: Eight hundred eighty-five althletic training students (613 females, 272 males)

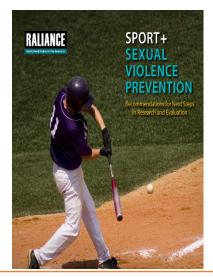
Main Outcome Measure(s): Data were analyzed through SurveyMonkey, and the statistical software R. Frequency count and percentages were determined. A Fisher exact test was run to determine if there was a relationship between the athlets training subserfice surrent knowledge and whether the athlets training subsert had received harassment training.

Results: The study found that more than 50% of male and female athletic training students had not recieved sexual harassment training, whereas 75% of all respondents stated that they knew what resources were available to propristisses of sexual harassment. The odds of a person not knowing what resources were available to report harassment and no having training were 6 times the odds of those who had training and did not know what resources were available.

Canalizations: Our shall amehasima the need for several horsestment testates in athletic testates removes. Athletic t

The objective is to determine the rate of sexual harassment training in athletic training students, with a secondary purpose of determining, if indeed sexual harassment training occurs, whether it is associated with the college or university or is offered through an outside entity.

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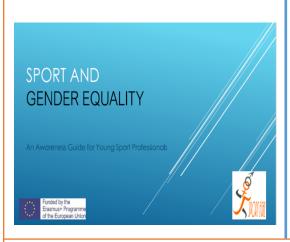


In November 2017, Raliance, a partnership working to end sexual violence, unveiled its online Sport + Prevention Center that included a report developed in partnership with the UC San Diego Center on Gender Equity and Health (GEH) that analyzed sexual violence prevention opportunities in and with sport. The analysis found that "sport is uniquely positioned to support and model healthy relationships, values, and norms that can reduce, and end, sexual violence (SV) and domestic and dating violence (DV) within the sport system."

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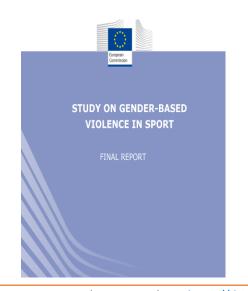






The European Union statistical office, Eurostat, publishes an overview of gender statistics for the European Union from fields such as education, the labor market, earnings and health, important for showing differences in the situations of women and men. This document aims at analyzing the data.

Access the resource here: https://drive.google.com/drive/folders/1IOiVIn6eW0uxXZGgatOB9ggu4d8ouN9X



This study provides an overview of the legal and policy frameworks, describes initiatives promoted by sport and civil society organisations, identifies best practice in combatting gender-based violence in sport and makes recommendations for future action.

Access the resource here: https://drive.google.com/drive/folders/110iVln6eW0uxXZGgatOB9ggu4d8ouN9X





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Tackling Irregularities in Sport through Education on Whistleblowing

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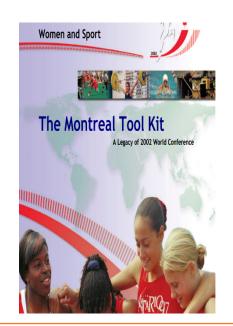
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Keywords: sport whisheldming education; training specialists; that object that intensity

How to cite: Barkoukis, V., Stanescu, M., Stoicescu, M., 8 Tsorbatzzoudis, H. (2019). Tackling Irregularities in Sport The paper is an analysis of the usefulness of an educational material on whistleblowing implemented in Romania. In order to promote models of good practice, information is directly related to the educational rationale through an explanation of not only what knowledge and skills can be expected to be gained, but also what professional capabilities will be achieved. The conclusions of the paper emphasize the need to develop and test new education and training methodologies, promoting whistleblowing in sport, which will be adapted to the needs of the target sport population aiming to induce positive beliefs and behaviours about whistleblowing.

Access the resource here: https://drive.google.com/drive/folders/11OiVln6eW0uxXZGgatOB9ggu4d8ouN9X



The ideas and words included in the Montreal Tool Kit result from thousands of women and men around the world undertaking successful strategies for increasing the opportunities for girls and women to participate and lead in sport and physical activity. Today much of this information is in the public realm because of the generosity of spirit in sharing ideas, tools, policies, programs and strategies. To all those who have contributed to enhancing the role of women in sport, thank you.

Specific appreciation is extended to the following individuals and organisations for their contribution to the Montreal Tool Kit.

Access the resource here: https://drive.google.com/drive/folders/1IOiVln6eW0uxXZGgatOB9ggu4d8ouN9X





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Women Athletes' Personal Responses to Sexual Harassment in Sport

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For the last twenty years secural harassener in aport has been an increasingly important seen of study (Fasting, Brackenridge, & Sundgos-Borgen, 2002, 2014; Torbugant Nielson, 2014; Vidolevin, Schnell, Sherwood, & Livezey, 1997) fillstowing wider research into sexual unansament in society more generally (Gorke, 1985; O'Dombue, 1997; Socielaie, 1998). This article uses interview data from an investigation of sexual harassment in sport to examine the personal responses of 25 elite female athletes to their experiences of sexual harassment. The athletes reacted with disgust, fear, irritation, and anger when the sexually harassing incidents occurred. They also demonstrated individual, internally focused responses to the harassment rather than collective, externally focused ones.

Access the resource here: https://drive.google.com/drive/folders/11OiVln6eW0uxXZGgatOB9ggu4d8ouN9X







EWA Training Course: Preparation, Organisation, Implementation

In the following pages is revealed the EWA Training Course concept in terms of learning included, organization and possible adaptations. The EWA TC for AERS and sports professionals are organized in each Project country and the materials can be used as OER (Open Educational Resources) for sport sector in Europe.

DRAFT AGENDA

	DATE	DATE	DATE	DATE
07.30 - 09.00		SPORT ACTIVITIES AND BREAKFAST	SPORT ACTIVITIES AND BREAKFAST	
09.30 – 11.00	Arriv al of Parti	Opening & Practicalities Get to Know, Team Building	HOW TO MAKE AN IMPACT ON GENDER EQUALITY IN SPORT or GENDER EQUITY, SPORT AND DEVELOPMENT	
11.00 - 11.30	_	MORNING BREAK	MORNING BREAK	
11.30 - 13.00	cipan ts →	SPORT AND GENDER EQUALITY or GENDER-BASED VIOLENCE	HOW SPORT CAN HELP CHANGE THE STORY or ANTIDISCRIMINATION IN PRACTICE	←
13.00 - 15.00		LUNCH BREAK	LUNCH BREAK	Dep
15.00 - 16.30		RULES FOR THE PREVENTION OF SEXUAL HARASSMENT or WOMEN ATHLETES' PERSONAL RESPONSES TO SEXUAL HARASSMENT IN SPORT	PREVENTING VIOLENCE AGAINST WOMEN THROUGH SPORT or HOW SPORT CAN END SEXUAL VIOLENCE	artu re of Parti
16.30 - 17.00		AFTERNOON BREAK	AFTERNOON BREAK	cipa
17.00 - 18.30		BALANCE IN SPORT OR CHANGING THE GAME, FOR GIRLS	Evaluation & Wrap-up	1165
18.30 - 19.00		Comfy Group	Comfy Group	
19.00 - 21.00		DINNER BREAK	DINNER BREAK	
21.00 - 23.00	WELCOME EVENING	CULTURAL EVENING	FAREWELL EVENING	





Name of the session	SPORT AND GENDER EQUALITY	
Group size	15-30 participants	
Type of the session	TheoreticalPractical	
Time of the session	Duration: 120 minutes	
Methods used in the session	 Verbal: oral presentation, discussion; Practical: group work. 	
Materials	Flipchart, pens, white sheets, multimedia, colored markers, Free Wi-Fi, PC, etc.	
Expected results	To acquaint the participants in the session with: The terms "gender equality" and "gender equity", what are they and what are their differences? Why is gender equity needed for sports? What is gender (versus sex)? What needs to be considered?	
Delivery of session	Content: PowerPoint / digital presentation related to "gender equality" and "gender equity" in sports – 25 mins Questions and Answers – 10 mins Discussion with participants in the session – 10 mins Practical Content: Group work on the topic: – 60 mins How to promote gender equality in sports? How to promote gender equity in sports? Presentation of each group – 10 mins Evaluation – 5 mins	
Verification and evaluation	The facilitator will distribute a specific evaluation questionnaire after the end of the session.	
Materials used in this session (manuals, guides, website, etc.)	"Gender equity toolkit": https://wfdf.sport/2020/08/wfdf-presents-gender-equity-toolkit/ "What is Gender Equity?": https://www.caaws.ca/gender-equity-101/what-is-gender-equity/	





Name of the session	GENDER-BASED VIOLENCE		
Group size	15-30 participants		
Type of the session	TheoreticalPractical		
Time of the session	Duration: 120 minutes		
Methods used in the session	 Verbal: oral presentation, discussion; Practical: group work. 		
Materials	Flipchart, pens, white sheets, multimedia, colored markers, Free Wi-Fi, Laptops, etc.		
Expected results	To provide an overview on the theoretical and Legal Framework relating to Gender based Violence: What is Gender Violence? The main international legal framework: The United Nations; Council of Europe; European Union; Domestic Violence; Sexual Harassment.		
Delivery of session	Content: PowerPoint / digital presentation: the theoretical and legal framework relating to gender based violence – 25 mins Questions and Answers – 10 mins Discussion with participants in the session – 10 mins Practical Content: Group work on the topic: – 60 mins What is Gender Violence? How to prevent Domestic Violence; How to prevent Sexual Harassment. Presentation of each group – 10 mins Evaluation – 5 mins		
Verification and evaluation	The facilitator will distribute a specific evaluation questionnaire after the end of the session.		
Materials used in this session (manuals, guides, website, etc.)	Gender inequality and Gender based violence in Cyprus: https://www.aequitas-humanrights.org/wp-content/uploads/2018/12/handbook-GENDER-INEOUALITY-AND-GENDER-BASED-VIOLENCE.pdf What is gender-based violence? www.ec.europa.eu/info/policies/justice-andfundamental-rights/gender-equality/gender-based-violence/what-gender-based-violence_en Gender-based Violence: https://www.unhcr.org/gender-based-violence.html		





Name of the session	RULES FOR THE PREVENTION OF SEXUAL HARASSMENT		
Group size	15-30 participants		
Type of the session	TheoreticalPractical		
Time of the session	Duration: 120 minutes		
Methods used in the session	 Verbal: oral presentation, discussion; Practical: group work. 		
Materials	Flipchart, pens, white sheets, multimedia, colored markers, Free Wi-Fi, PC, Laptops, etc.		
Expected results	To acquaint the participants in the session with knowledge how to deal with wrongful and prohibited conduct of abusing or harming the dignity of women in general and female athletes in particular: • Words by the Olympic Committee - The Prevention of Sexual Harassment Act; • Rules for the Prevention of Sexual Harassment And Promotion of Protectedness in Olympic Sports; • Prohibited Conduct (Bullying, Tormenting, Harassment, Sexual Assault, Sexual Abuse, Inappropriate Behavior); • Reporting Prohibited Conduct.		
Delivery of session	Content: PowerPoint / digital presentation related to "Inappropriate Behavior" in sports – 25 mins Questions and Answers – 10 mins Discussion with participants in the session – 10 mins Practical Content: Group work on the topic: – 60 mins Should a participant/athlete in a sports event report "Inappropriate Behavior" even if it's personally is not affected by it? If so, to whom should the objection / report be addressed? Find 10 examples of "Inappropriate Behavior" (in your country/sport). Presentation of each group – 10 mins Evaluation – 5 mins		
Verification and evaluation	The facilitator will distribute a specific evaluation questionnaire after the end of the session.		
Materials used in this session (manuals, guides, website, etc.)	Rules for the prevention of sexual harassment and promotion of protectedness in Olympic sports in Israel: https://www.olympicsil.co.il/wp-content/uploads/2018/07/Rules-for-the-Privantion-of-Sexual-Harassment-and-Promotion-of-Protectedness-in-Olympic-Sports-2.pdf Guide for the prevention of sexual harassment in sport in the Czech republic https://rm.coe.int/pss-description-practice-czech-rep-guide-for-the-prevention-of-sexual-/1680770fdd IOC statement on "sexual harassment & abuse in sport https://olympics.com/ioc/safe-sport/sexual-harrassment-and-abuse		





Name of the session	Women Athletes' Personal Responses to Sexual Harassment in Sport	
Group size	15-30 participants	
Type of the session	TheoreticalPractical	
Time of the session	Duration: 120 minutes	
Methods used in the session	 Verbal: oral presentation, discussion; Practical: group work. 	
Materials	Flipchart, pens, white sheets, multimedia, colored markers, Free Wi-Fi, PC, Laptops, etc.	
Expected results	To acquaint the participants in the session how to deal with Personal Responses to Sexual Harassment in Sport: Emotional Response (disgust, fear, irritation, and anger, etc.); Behavioral Responses (passivity, avoidance, direct confrontation, confrontation with humor, etc.).	
Delivery of session	Content: PowerPoint / digital presentation related to "Emotional and behavioral response in sports" – 25 mins Questions and Answers – 10 mins Discussion with participants in the session – 10 mins Practical Content: Group work on the topic: – 60 mins Find at least 10 examples of "Emotional Responses in sports". Find at least 10 examples of "Behavioral Responses in sports". Presentation of each group – 10 mins Evaluation – 5 mins	
Verification and evaluation	The facilitator will distribute a specific evaluation questionnaire after the end of the session.	
Materials used in this session (manuals, guides, website, etc.)	Women Athletes' Personal Responses to Sexual Harassment in Sport: https://www.tandfonline.com/doi/abs/10.1080/10413200701599165	





Name of the session	BALANCE IN SPORT		
Group size	15-30 participants		
Type of the session	TheoreticalPractical		
Time of the session	Duration: 120 minutes		
Methods used in the session	Verbal: oral presentation, discussion;Practical: group work.		
Materials	Flipchart, pens, white sheets, multimedia, colored markers, Free Wi-Fi, PC, Laptops, etc.		
Expected results	To acquaint the participants in the session with relevant information about "Balance in sport": Participation in sport – statistic data; Motives to engage in sport; Leadership in the sport; Coaching in sport – similarities/differences; Gender pay gap in sport.		
Delivery of session	Content: PowerPoint / digital presentation related to "Emotional and behavioral response in sports" – 25 mins Questions and Answers – 10 mins Discussion with participants in the session – 10 mins Practical Content: Group work on the topic: – 60 mins What motivates women and men for engaging in sport or other physical activities; Decision-making positions in sports organizations (National/International level); Media and sport – visibility. Presentation of each group – 10 mins Evaluation – 5 mins		
Verification and evaluation	The facilitator will distribute a specific evaluation questionnaire after the end of the session.		
Materials used in this session (manuals, guides, website, etc.)	BALANCE IN SPORT - Training about gender equality in sport https://rm.coe.int/ppt-balance-in-sport-training-paris-18nov-m-forest/16808c347c		





Name of the session	CHANGING THE GAME, FOR GIRLS		
Group size	15-30 participants		
Type of the session	TheoreticalPractical		
Time of the session	Duration: 120 minutes		
Methods used in the session	 Verbal: oral presentation, discussion; Practical: group work. 		
Materials	Flipchart, pens, white sheets, multimedia, colored markers, Free Wi-Fi, PC, Laptops, etc.		
Expected results	To help coaches, trainers, PE teachers get more girls involved in sport and physical activity by: How to improve approach to sport and physical activity for girls; How to consult with girls to understand their preferences and opinions more fully; Making active attractive; Create opportunities for girls to participate in sport and physical activities.		
Delivery of session	Content: PowerPoint / digital presentation related to "Bring the best out of girls" – 25 mins Questions and Answers – 10 mins Discussion with participants in the session – 10 mins Practical Content: Group work on the topic: – 60 mins Create opportunities for girls to participate in sport and physical activities (fundraising walks for charities or causes that girls care about); Reward forms of achievement (effort; increases in participation; regular attendance at a club; demonstration of values, attributes and positive attitudes; meeting personal goals, etc.); Friends, family and other role models to encourage girls to participation in sport and PA. Presentation of each group – 10 mins Evaluation – 5 mins		
Verification and evaluation	The facilitator will distribute a specific evaluation questionnaire after the end of the session.		
Materials used in this session (manuals, guides, website, etc.)	Changing the Game, for Girls: https://www.womeninsport.org/wp-content/uploads/2015/04/Changing-the-Game-for-Girls-Teachers-Toolkit.pdf		





Name of the session	HOW TO MAKE AN IMPACT ON GENDER EQUALITY IN SPORT		
Group size	15-30 participants		
Type of the session	TheoreticalPractical		
Time of the session	Duration: 120 minutes		
Methods used in the session	 Verbal: oral presentation, discussion; Practical: group work. 		
Materials	Flipchart, pens, white sheets, multimedia, colored markers, Free Wi-Fi, PC, Laptops, etc.		
Expected results	To acquaint the participants in the session with some facts, figures, definitions and normative frameworks on gender equality in sport: Facts and figures on gender (in)equalities and differences; Why should we tackle gender inequalities in sport? Gender equality/gender mainstreaming in sport – what is it about?		
Delivery of session	Content: PowerPoint / digital presentation related to "Facts, figures, definitions and normative frameworks on gender equality in sport" – 25 mins Questions and Answers – 10 mins Discussion with participants in the session – 10 mins Practical Content: Group work on the topic: – 60 mins Participation in sport at grass-roots level - gender differences in frequency and setting; What motivates girls/women and boys/men to practice sport? What prevents girls/women and boys/men from practicing sport? Presentation of each group – 10 mins Evaluation – 5 mins		
Verification and evaluation	The facilitator will distribute a specific evaluation questionnaire after the end of the session.		
Materials used in this session (manuals, guides, website, etc.)	How to make an impact on gender equality in sport: https://pjp-eu.coe.int/en/web/gender-equality-in-sport/toolkit#:~:text=The%20toolkit%20%22how%20to%20make,women%20and%20men%20i n%20sport		





Name of the session	Gender Equity, Sport and Development
Group size	15-30 participants
Type of the session	TheoreticalPractical
Time of the session	Duration: 120 minutes
Methods used in the session	 Verbal: oral presentation, discussion; Practical: group work.
Materials	Flipchart, pens, white sheets, multimedia, colored markers, Free Wi-Fi, PC, Laptops, etc.
Expected results	To acquaint the participants with information regarding relation between gender, sport and development: Notion of gender; Gender and development; Sport and gender; Gender equity, sport and development; Relevance of socio-cultural contexts.
Delivery of session	Content: PowerPoint / digital presentation related to "The principle of sport as a human right - the potential to improve physical and mental health" – 30 mins Questions and Answers – 5 mins Discussion with participants in the session – 5 mins Practical Content: Group work on the topic "Understanding and overcoming barriers": – 60 mins Material, infrastructural and technical barriers; Socio-economic barriers; Safety concerns; Socio-cultural barriers. Presentation of each group – 10 mins Evaluation – 10 mins
Verification and evaluation	The facilitator will distribute a specific evaluation questionnaire after the end of the session.
Materials used in this session (manuals, guides, website, etc.)	Gender Equity, Sport and Development: https://www.sportanddev.org/sites/default/files/downloads/59_gender_equity_sport_and_development.pdf





Name of the session	HOW SPORT CAN HELP CHANGE THE STORY		
Group size	15-30 participants		
Type of the session	TheoreticalPractical		
Time of the session	Duration: 120 minutes		
Methods used in the session	 Verbal: oral presentation, discussion; Practical: group work. 		
Materials	Flipchart, pens, white sheets, multimedia, colored markers, Free Wi-Fi, PC, Laptops, etc.		
Expected results	 To acquaint the participants with different tools in preventing violence against women through sport: Sport can challenge the attitudes and behaviors that excuse or support disrespect, gender inequality and/or violence against women; What can sports clubs do to prevent violence against women? Key elements of an effective approach regarding the topic. 		
Delivery of session	Content: PowerPoint / digital presentation related to "How your sport can prevent violence against women" – 30 mins Questions and Answers – 5 mins Discussion with participants in the session – 5 mins Practical Content: Group work on the topic "Different tools in preventing violence against women through sport": – 60 mins Sport clubs and sport organizations; Coaches, trainers, and PE teachers; Everyone involved in sport –Board member, CEO, manager, player, umpire, staff, volunteer, fan, etc. Presentation of each group – 10 mins Evaluation – 10 mins		
Verification and evaluation	The facilitator will distribute a specific evaluation questionnaire after the end of the session.		
Materials used in this session (manuals, guides, website, etc.)	Change the story: https://www.ourwatch.org.au/change-the-story/		





Name of the session	ANTIDISCRIMINATION IN PRACTICE			
Group size	15-30 participants			
Type of the session	Theoretical Practical			
Time of the session	Duration: 120 minutes			
Methods used in the session	Verbal: oral presentation, discussion;Practical: discussion, group work.			
Materials	Flipchart, pens, white sheets, multimedia, colored markers, Free Wi-Fi, PC, Laptops, etc.			
Expected results	To acquaint the participants in the session with different groups in sport - majority/minority groups: Each of us belongs to different groups! In some cases, we are part of the majority and we feel powerful! Sometimes we are part of and can feel isolated and left out.			
Delivery of session	Content: PowerPoint / digital presentation related to "Different groups in sport - majority/minority" – 35 mins Questions and Answers – 10 mins Discussion with participants in the session – 10 mins Practical Content: Discussion on the topic: – 20 mins Have you ever had a wrong first impression of someone who had a different background or came from another culture? As someone from a different background or another culture ever had the wrong first impression of you? Group work: – 40 mins Divide participants into small groups (4-5 people in each). Provide each group a large sheet of flip chart paper and markers. Have them draw a large flower with a center and an equal number of petals to the number of learners in their group. Through discussion with their group members, have them find their similarities and differences. They should fill in the center of the flower with something they all have in common. Each member should then fill in his or her petal with something about them that is unique — unlike any other member of their group. Participants should be instructed that they cannot use physical attributes such as hair color, weight etc. This encourages them to have more meaningful discussions with their group members. They should be encouraged to be creative in their ideas and drawings. After the small group activity, have them share with the large group, about: Similar/DIFFERENT; POWER AND DISCRIMINATION; STEREOTYPES VS. DIVERSITY? Evaluation – 5 mins			
Verification and evaluation	The facilitator will distribute a specific evaluation questionnaire after the end of the session.			
Materials used in this session	Antidiscrimination in practice:			
(manuals, guides, website, etc.)	https://www.salto-youth.net/downloads/toolbox_tool_download-file-2121/antidicrimination%20educational%20booklet.pdf			





Name of the session	Preventing violence against women through sport			
Group size	15-30 participants			
Type of the session	Theoretical Practical			
Time of the session	Duration: 120 minutes			
Methods used in the session	 Verbal: oral presentation, discussion; Practical: discussion, group work. 			
Materials	Flipchart, pens, white sheets, multimedia, colored markers, Free Wi-Fi, PC, Laptops, etc.			
Expected results	To acquaint the participants in the session with tools and good practices related to preventing violence against women through sport: Good practices; Promising practices; Emerging practices; Programs and initiatives related to preventing violence against women through sport.			
Delivery of session	Content: PowerPoint / digital presentation related to "Good practices, programs and initiatives related to preventing violence against women through sport" – 35 mins Questions and Answers – 10 mins Discussion with participants in the session – 10 mins Practical Content Group work: - 40 mins Divide participants into small groups. Provide each group a large sheet of flip chart paper and markers. Let's them discus about: Good practices related to preventing violence against women through sport; Promising practices related to preventing violence against women through sport; Emerging practices related to preventing violence against women through sport; Programs and initiatives related to preventing violence against women through sport; Programs and initiatives related to preventing violence against women through sport. Presentation of each group – 20 mins Evaluation – 5 mins			
Verification and evaluation	The facilitator will distribute a specific evaluation questionnaire after the end of the session.			
Materials used in this session (manuals, guides, website, etc.)	Preventing violence against women through sport: program/initiative compendium table: https://www.ourwatch.org.au/resource/preventing-violence-against-women-through-sport-program-initiative-compendium-table/			





Name of the session	HOW SPORT CAN END SEXUAL VIOLENCE		
Group size	15-30 participants		
Type of the session	TheoreticalPractical		
Time of the session	Duration: 120 minutes		
Methods used in the session	 Verbal: oral presentation, discussion; Practical: discussion, group work. 		
Materials	Flipchart, pens, white sheets, multimedia, colored markers, Free Wi-Fi, PC, Laptops, etc.		
Expected results	To acquaint the participants in the session how sport can be used as a tool against sexual and domestic violence: Connection to sexual and domestic violence; Background on sexual violence; Why sport? Inquiry; Overview.		
Delivery of session	Content: PowerPoint / digital presentation related to "How sport can end sexual and domestic violence in one generation" – 35 mins Questions and Answers – 10 mins Discussion with participants in the session – 10 mins Practical Content Group work: - 40 mins Divide participants into small groups. Provide each group a large sheet of flip chart paper and markers. Let's them discus about: Sport can provide greater protection against victimization and eliminate potential perpetrators in sport by?; Risk factors for sexual violence in sport; Evidenced-based sexual violence prevention in sport; How to promote gender equitable norms, attitudes and behaviors. Presentation of each group – 20 mins Evaluation – 5 mins		
Verification and evaluation	The facilitator will distribute a specific evaluation questionnaire after the end of the session.		
Materials used in this session (manuals, guides, website, etc.)	How sport can end sexual violence in one generation: https://www.raliance.org/sport-prevention-center/wp-content/uploads/2017/10/RALIANCE-OverviewReport_WEB.pdf		





PROJECT	EWA - Empower Women Athletes: Tackling Feminine Abuse, Violence, and Discrimination in EU Sports Clubs (N°.: 623106-EPP-1-2020-1-IT-SPO-SCP)				
INTELLECTUAL OUTPUT	IO3 - Training Course: The Crucial Role of Sports Professionals on Abuse, Violence and Discrimination against Women in Sports				
DOCUMENT	IO3: Training Format	PARTNERS INVOLVED	P1-P2-P3-P4-P5-P6-P7-P8		



Recommendations and conclusions

To be added feedback from the implemented trainings

Disclaimer

EWA Learning Format one of the deliverables of the "Empowering Women Athletes: Tackling Feminine Abuse, Violence and Discrimination in EU Sports Clubs" project, co-funded by the Erasmus + Programme of the European Union.

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For any comment on this report, please contact ENDAS: ewa@endas.it

Authors: Yoanna Dochevska, Ivaylo Zdravkov, Stefka Djobova, Phd, Kalinka Gudarovska, Diyan Atanasov In this report have been used materials from all project events and public recourses and information. Reproduction is authorised provided the source is acknowledged.

