

 Open search panel



Search

Search the Insight Hub...

Cancel

- [Insights](#)
[Rangahau](#)
- [Events](#)
[Hui](#)
- [Partnerships](#)
[Rangapū](#)
- [Impact](#)
[Whakaaweawe](#)
- About
Mō Mātou
 - [Overview](#)
 - [History](#)
 - [Support](#)
-  [0](#)
[Saved](#)

 [0](#) Saved

 EN ▾

- [Sign in](#)
- [Submit](#) >

  Toggle navigation [Submit](#) >

Good Practice Guide - Increasing participation of Muslim women and girls

Theme:
Participation

 Good Practice Guide - Increasing participation of Muslim women and girls

Co-authored by Recreation NZ

From: <https://www.nzrecreation.org.nz>


Introduction


This guide is intended to help improve the participation of Muslim women and girls (Muslimah) in outdoor activities. It describes strategies for outdoor centres, instructors, and leaders to improve religious and cultural sensitivity. It aims to create an inclusive environment that reduces or removes barriers to participation for Muslimah.


Why these guidelines were created

- To reduce the barriers to participation by Muslimah in outdoor activities, such as unintentional or unconscious bias, and address the potential for discriminatory behaviour.
- To increase cultural competency and awareness of outdoor operators and instructors in accommodating Muslimah in outdoor activities. To ensure Muslimah have their needs met.
- To reassure parents of Muslimah youth that religious and cultural accommodations can and are being made.
- To improve the physical and mental wellbeing of Muslimah while helping them to connect with the land where they live.
- To foster positive social interaction and collaboration among diverse groups.

[Download the guide here.](#)


Save this Insight






Print this Insight


Download Insight assets
For use in your own documents

Was this Insight helpful?



Share this Insight

-  [Facebook](#)
-  [Twitter](#)
-  [Email](#)
-  Copy this page's URL

 Save this Insight

 Print this Insight

 Download Insight assets



[Email this Insight](#)

 Close 'Download Insight Assets' modal

Download Insight assets

- [Good Practice Guide - Increasing participation of Muslim women and girls.pdf](#)
- [Screenshot 2025-02-27 111008.png 720KB PNG](#)

Was this Insight useful?



Similar Insights (84)


[Healthy Women in Performance Sport](#)

 Save insight

Participation

Healthy Women in Performance Sport

[Making sport inclusive: Free period products in clubs - report](#)


 Save insight

Participation

Making sport inclusive: Free period products in clubs - report

By Emma Evans - Sport New Zealand

[Rally Report 2024](#)


 Save insight

Participation

Rally Report 2024

By Canadian Women & Sport - Canadian Women & Sport

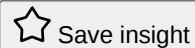
[Women in Trail Running - Aotearoa 2015-24](#)

 Save insight

Participation

Women in Trail Running - Aotearoa 2015-24

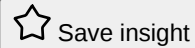
[Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week](#)



Participation

Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week

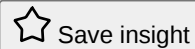
[UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports](#)



Participation

UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports

[Adventures doing a POWA of good](#)

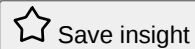


Participation

Adventures doing a POWA of good

By Angela Walker - LockerRoom

[Is Paris 2024 really achieving its goals for gender equality?](#)

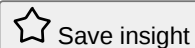


Participation

Is Paris 2024 really achieving its goals for gender equality?

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia

[New legislation for gender identity and sex characteristics in Queensland sport](#)

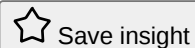


Participation

New legislation for gender identity and sex characteristics in Queensland sport

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia

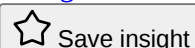
[Strength, power and aerobic capacity of transgender athletes: a cross-sectional study](#)



Participation

Strength, power and aerobic capacity of transgender athletes: a cross-sectional study

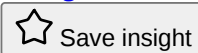
[Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football](#)



Participation

Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football

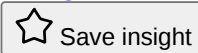
[Change in Action Week - Innovative Impact FINALIST - Active Wāhine](#)



Participation

Change in Action Week - Innovative Impact FINALIST - Active Wāhine

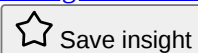
[Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy](#)



Participation

Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy

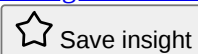
[Change in Action Week - Rangatahi FINALIST - Sylvia Brunt](#)



Participation

Change in Action Week - Rangatahi FINALIST - Sylvia Brunt

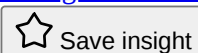
[Change in Action Week - Innovative Impact FINALIST - Wāhine Toa](#)



Participation

Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

[Change in Action Week - Rangatahi Winner - Carmel College](#)



Participation

Change in Action Week - Rangatahi Winner - Carmel College

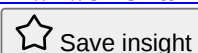
[ADIDAS BREAKING BARRIERS RESEARCH](#)



Participation

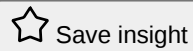
ADIDAS BREAKING BARRIERS RESEARCH

[Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition](#)



Participation

Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition [GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN](#)

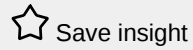


Participation

GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN

By Emma Evans - Sport New Zealand

[A 2024 SURVEY FOR: Women in Trail and Ultrarunning](#)

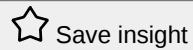


Participation

A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

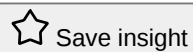
[2022 IWG: Christine Young - Integrity in HP Youth Sport](#)



Participation

2022 IWG: Christine Young - Integrity in HP Youth Sport

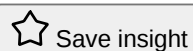
[2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton](#)



Participation

2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton

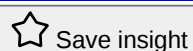
[2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport](#)



Participation

2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport

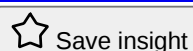
[2022 IWG: Kirsten Spencer - Sport as a social development tool](#)



Participation

2022 IWG: Kirsten Spencer - Sport as a social development tool

[2022 IWG: Erin Hatton - Driving transformational change](#)



Participation

2022 IWG: Erin Hatton - Driving transformational change

[Understanding Period Poverty Infographic](#)

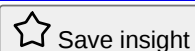


Participation

Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu

[Well Wāhine Week Case Study](#)

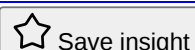


Participation

Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairāwhiti

[Netball Resources for Clubs and School Administrators](#)



Participation

Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

[Girls Smash Modified Girls Only Cricket Programme](#)

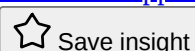


Participation

Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket

[Innovative approaches to encouraging women's participation in Golf](#)

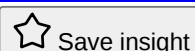


Participation

Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME

[Netball Volunteer Programme](#)



Participation

Netball Volunteer Programme

By Jenna Murie - Netball New Zealand

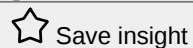
[Mind. Set. Engage. Rugby's mental wellbeing programme.](#)




Participation

Mind. Set. Engage. Rugby's mental wellbeing programme.

[Sport as a Social Development Tool](#)



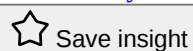
 Participation

Participation

Sport as a Social Development Tool

By Kirsten Spencer - Auckland University of Technology

[Netball Player Development Programme](#)

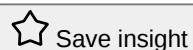


Participation

Netball Player Development Programme

By Alysha Jensen - Netball New Zealand

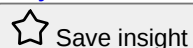
[COACHING GIRLS GUIDE: HOW TO GET \(AND KEEP\) GIRLS PLAYING](#)



Participation

COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING

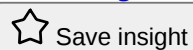
[Why Aussie women's sport needs to talk about fertility](#)



Participation

Why Aussie women's sport needs to talk about fertility

[She Belongs: Building Social Connection for Lasting Participation in Sport](#)



Participation

She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport


[Sport for Sustainable Development: Designing Effective Policies and Programmes](#)



Participation

Sport for Sustainable Development: Designing Effective Policies and Programmes


[The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport](#)

 Save insight

Participation

The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport

[Huge uptick in girls and women playing football in New Zealand](#)

 Save insight

Participation

Huge uptick in girls and women playing football in New Zealand

[Resources on Male Allyship](#)

 Save insight

Participation

Resources on Male Allyship


[Rally Report Insights: Body Confidence](#)

 Save insight

Participation

Rally Report Insights: Body Confidence


[Rally Report Insights: Mental Health](#)

 Save insight

Participation

Rally Report Insights: Mental Health

[What type of uniforms do women want to wear when they referee or umpire sport?](#)

 Save insight

Participation

What type of uniforms do women want to wear when they referee or umpire sport?


[Women & Padel: Start of a love story](#)

 Save insight

Participation

Women & Padel: Start of a love story

[Empowering young women to lead their experiences - Journeys Central Otago](#)


 Save insight

Participation

Empowering young women to lead their experiences - Journeys Central Otago

By Rachel Howells - Sport New Zealand

[Creating safe environments for young women to be active their way](#)


 Save insight

Participation

Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

[Kōhine māia](#)


 Save insight

Participation

Kōhine māia

By Rachel Howells - Sport New Zealand

[Yeah! Girls Move - Cricket not the way you know it](#)

 Save insight


 Yeah! Girls Move

Participation

Yeah! Girls Move - Cricket not the way you know it

By Rachel Howells - Sport New Zealand

[For young women, by young women - WORD girls-only programme](#)


 Save insight

Participation

For young women, by young women - WORD girls-only programme

By Rachel Howells - Sport New Zealand

[Not just for the "sporty", the Not-So-Sports-Club](#)


 Save insight

Participation

Not just for the "sporty", the Not-So-Sports-Club

By Rachel Howells - Sport New Zealand

[Manawatū Cricket Association case study](#)

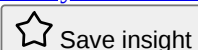
 Save insight

Participation

Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu

[Backyard Smash & Sista Smash](#)



Participation

Backyard Smash & Sista Smash

By Roxanna Holdworth - This is ME

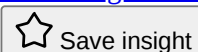
[The female-friendliness of New Zealand's tennis clubs](#)



Participation

The female-friendliness of New Zealand's tennis clubs

[Removing Period Poverty As a Barrier to Participation](#)



Participation

Removing Period Poverty As a Barrier to Participation

By Roxanna Holdworth - This is ME

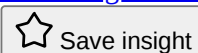
[Te Awamutu AFC starts 2024 off strong with growing demand](#)



Participation

Te Awamutu AFC starts 2024 off strong with growing demand

[Five things to know about women and sport](#)



Participation

Five things to know about women and sport

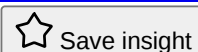
[Has the Olympics become too sexualised? How sex and gender debates drove online discourse](#)



Participation

Has the Olympics become too sexualised? How sex and gender debates drove online discourse

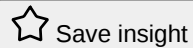
[Pacific Women's Leadership Programme Impact - Sela Vaenuku](#)



Participation

Pacific Women's Leadership Programme Impact - Sela Vaenuku

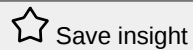
[IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective](#)



Participation

IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective

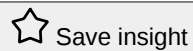
["Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes](#)



Participation

"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes

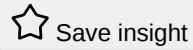
[Nutrition For Female Athletes](#)



Participation

Nutrition For Female Athletes

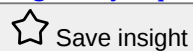
[Coaching through a Gender Lens Infographic](#)



Participation

Coaching through a Gender Lens Infographic

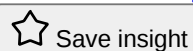
[Angel City Equity House Podcast: Myth Busters presented by Gatorade](#)



Participation

Angel City Equity House Podcast: Myth Busters presented by Gatorade

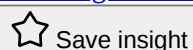
[2022 IWG: Emily Davidson - She Loves Golf Presentation](#)



Participation

2022 IWG: Emily Davidson - She Loves Golf Presentation

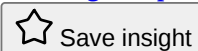
[Hikurangi Golf Club president Felice Croft encouraging more women into the sport](#)



Participation

Hikurangi Golf Club president Felice Croft encouraging more women into the sport

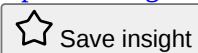
[Running and periods: The myths about exercise and your menstrual cycle, debunked](#)



Participation

Running and periods: The myths about exercise and your menstrual cycle, debunked

[Updated Pregnancy guidance from UK Sport](#)



Participation

Updated Pregnancy guidance from UK Sport

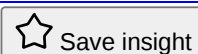
[IWG: Daenin Roth - Grassroots Role Models Inspiring Change](#)



Participation

IWG: Daenin Roth - Grassroots Role Models Inspiring Change

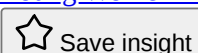
[IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel](#)



Participation

IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel

[Young Women Profile - September 2021](#)



Participation

Young Women Profile - September 2021

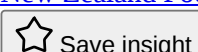
[IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls](#)



Participation

IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls

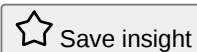
[New Zealand Football Performance & Prevention - Considerations for Female Athletes](#)



Participation

New Zealand Football Performance & Prevention - Considerations for Female Athletes

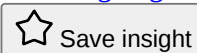
[IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill](#)



Participation

IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill

[Co-Designing Effective Programmes for Young Girls: Insights and Principles](#)

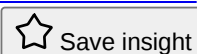


Participation

Co-Designing Effective Programmes for Young Girls: Insights and Principles

By Briana irving - Aktive - Auckland Sport & Recreation

[How To Co-Design A Programme With Participants](#)

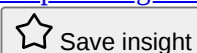


Participation

How To Co-Design A Programme With Participants

By Briana irving - Aktive - Auckland Sport & Recreation

[Empowering Disengaged Girls Through A Participant-Centered Programme](#)



Participation

Empowering Disengaged Girls Through A Participant-Centered Programme

By Briana irving - Aktive - Auckland Sport & Recreation

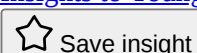
[Aktive Women & Girls Facility Guide](#)



Participation

Aktive Women & Girls Facility Guide

[Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"](#)

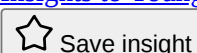


Participation

Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"

By Rachel Howells - Sport New Zealand

[Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"](#)

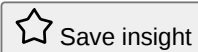


Participation

Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"

By Rachel Howells - Sport New Zealand

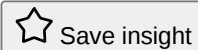
[IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?](#)



Participation

IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?

[Supporting Disabled Teenage Girls to be Active](#)



Participation

Supporting Disabled Teenage Girls to be Active

[400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL](#)



Participation

400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

By Amy McClintock - Basketball New Zealand

[Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"](#)





Participation





Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"

By Rachel Howells - Sport New Zealand

Our Partners

-  Sport NZ
-  NZ Foreign affairs and trade
-  US Embassy NZ

[Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa](#)

-  [Facebook](#)
-  [Instagram](#)
-  [LinkedIn](#)
-  [TikTok](#)

-  [YouTube](#)

- [Contact](#)
- [FAQs](#)
- [Privacy policy](#)
- [Terms of use](#)

© 2025 Women in Sport Aotearoa

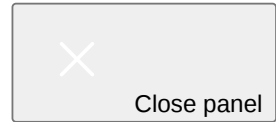
Subscribe to our newsletter


Receive the latest news, events and insights as we publish them.

Name:

Email:

[Subscribe](#) >



 Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa

Subscribe to our newsletter

Our weekly email delivering the latest insights as we publish them, tailored to your tastes.

First name:*

Email:*

Preferences

Select those that apply to you to help us customise your Insight Hub experience.

Insight Themes

- All
- Leadership
- Social Change
- Active Lives
- High Performance
- Visibility and Voice

Insight Content Types

- All
- Research
- Case studies
- News stories
- Toolkits

Subscribe now >