

# WOMEN'S PARTICIPATION IN SPORT ACROSS EUROPE

Data & Research Methodologies

Last updated: September 4, 2024



November 2023 – Report

The EWS Committee of ENGSO conducted this study during June, July and August of 2023 in order to understand the situation of women in sport across Europe. The study gathered responses from anyone who self-defined as a woman, was aged 18 years and above, and who lived in a Council of Europe member state. The aim was to provide insight into

women's perceptions and experience of sport and activity and so help EWS, and partners to achieve fairness, equality and inclusion in the sports' environment.

**Brighton plus Helsinki Declaration Principles:**

- Equity and Equality in society and sport
- Facilities
- Developing
- Participation
- Leadership in Sport
- Education Training and Development
- Sport Information and Research
- Resources

**Target Audience:**

- Sport Administrators
- Sport Officials
- Sport Policy Makers

**Summary:**

1. Promote women role models as coaches or board members
2. Organise specific campaigns for women only
3. Promote LGBTQI+ women's participation in all communication channels (for example, social media, digital, traditional)
4. Develop diversity, equality, and inclusion training for all
5. Improve facilities (for example, locker rooms) in an inclusive way

[View and download report](#)

## Related Links



[ENGSO: Women's Participation in Sport Across Europe](#)