



International Judo Federation Gender Equity Commission

National Federation Projects

Please inform us about any gender equity or gender equality projects that you organise as a National Federation or in partnership with other organisations.

We would like to share them with other National Federations on the Gender Equity Commission page of our website alongside our gender equity strategy document that we have recently published: <https://www.ijf.org/ijf/documents/21>

Our commission members can be found here: <https://www.ijf.org/ijf/commissions/16>

(Please write in *English, French or Spanish*)

Name of National Federation:	British Judo Association (BJA)/JudoScotland
Title of project:	Judo Girls Rock
Main aim of project:	<p>Judo Scotland's vision is to ensure that every single person in Scotland has access to quality Judo programmes, regardless of age or ability. In delivering on this ambition, Judo Scotland has developed and delivered a range of projects and initiatives that aim to provide open access to all those who wish to participate in Judo.</p> <p>Judo Girls Rock is the main female participation Judo programme, and is designed to engage more young girls in the sport. We have highlighted that there is an under-representation of females in Judo, but also in sport and physical activity more generally across Scotland. Research has shown that:</p> <ul style="list-style-type: none">• only 41% of girls aged 13-15 in Scotland meet the target of an hour's physical activity a day;• there are growing numbers of girls who are either overweight or obese; and• wider research undertaken by Women's Sport and Fitness Foundation reported that many young girls feel self-conscious when exercising or unhappy about the activities



	on offer - but do want to be active, take part in physical activity and remain healthy.
Website of project (if you have one):	http://www.judoscotland.com/develop-your-judo/female-participation
Brief summary of project: Include any data, highlights, success stories etc.	<p>It started in the West of Scotland (Greater Glasgow¹) in 2015, with support from Active East, Youth Scotland and Scottish Sports Futures. Interest in the programme has continued to grow over recent years.</p> <p>Judo Girls Rock has sought to address the issue of under-representation and to break down the barriers (real or perceived) that make it difficult or less likely for girls to participate in the sport. This has been with a view to creating the right infrastructure across Scotland to support the growth of female participation in Judo.</p> <p>The sessions, developed from an award winning pilot:</p> <ul style="list-style-type: none">• focus on physical movement similar to dance, introducing judo gradually to maximise buy in; and• incorporate workshops to encourage a healthy lifestyle, from internet safety to healthy cooking. <p>Expansion into new areas focused initially on areas where Judo Scotland have Regional Development Officer coverage, with other areas coming on stream slightly later than originally envisaged.</p> <p>The annual programme consisted of:</p> <ul style="list-style-type: none">• A 30-week programme extended into the following five local authority areas: Aberdeen, Edinburgh, Highland

¹ The six areas were Springburn, Clydebank, East End, Southside, Wishaw, and Bishopton.



(Inverness), North Ayrshire (Irvine), and the Scottish Borders;

- all sessions were led by a qualified Judo Scotland coach and youth leader, supported by young volunteers;
- each session comprised 60 minutes of Judo-related activities and 30 minutes of workshop time on various topics such as health and wellbeing, cooking and healthy snacks, internet safety, team building, and anti-bullying; and
- 113 girls participated (2018)

<https://www.youtube.com/watch?v=BgkwuMTMB-4>

As part of International Women's Day (8th March 2018), Scottish Judo delivered a **Judo Girls Rock Skill sCool** to all females participating in Judo in Scotland. Skill sCool is a Judo Scotland initiative, and is considered a good introduction for young Judoka to experience the exciting world of Judo outside the club environment. It is designed with their age and stage in mind, to offer an appropriate non-threatening experience, which will help to prepare them for their future in Judo.

At December 2018 the Judo Girls Rock programme had increased female judo participation in Scotland by 13%.

In 2019, JudoScotland launched phase 5 of the programme which aims to further develop female judo participation by:

- Engaging 160 new programme participants, across 8 venues
- Have 100% of the participants join JudoScotland
- Have at least 85% of these receive a judogi and their first grade.
- Have at least 60% of participants engage in judo opportunities outside of the principle club activity
- Expand further JudoScotland Female Ambassadors for Judo

The following is a description of how we intend to deliver on these outcomes:



	<p>JudoScotland understand and appreciate the effect barriers (both real and perceived) have on making the change to get more physically active often too great a challenge for some. JGR addresses the barriers faced by young girls and removes the initial financial burden to encourage and enable them to become more active. In the delivery of the activities (curriculum framework), the marketing of the opportunities (marketing strategy) and the continuous development of the player pathway within judo we will improve our offer to enable them to stay active throughout life.</p> <p>Providing the correct equipment and continuously improving our infrastructure through the development of the workforce, programme content and pathways supports the development of confidence, competence and self-efficacy from the outset.</p> <p>The development of a non-combative event provides a more comprehensive and progressive pathway that will support greater engagement of a wider section of the membership and improve the opportunities to participate, progress and achieve in judo.</p> <p>Scottish Judo has evidenced that it provides opportunities to participate, progress and achieve in sport. By supporting clubs to offer more diverse programmes we hope to expand the reach of these opportunities to a wider proportion of Scottish society.</p>
Name of contact person:	Tony Penfold
Email of contact person:	tonypenfold@judoscotland.com
Is the project only the NF or in collaboration with other organisations? If yes, please include their names:	Sportscotland Scottish Sports Futures Youth Scotland