

10.3 Access and Participation

Factors that influence our ability to access certain physical activities.

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Elderly people may not be able to take part due to a lack of the strength, poor eyesight/hearing and disease. Children should avoid weight training as their joints/bones are not fully developed.	Lack of provision for people who can't use facilities without additional equipment or support. Lack of parking and disabled friendly transport means people cannot access certain facilities.
Some organisations still restrict access to men only Women may be made to feel unwelcome even when access is allowed. Female sports do not have the same level of funding sponsorship or development.	Local facilities may be segregated on the basis of what faith you belong to. Participants from certain religions cannot compete on holy days. Religion may impose restrictions on sports that women can play or the clothing women can wear.
Family may not be able to afford to pay for equipment membership fees or coaching. School may not provide the facilities for particular sports or offer them on the timetable.	

Factors at influence which activities we participate in.

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Traditionally in some countries women are expected to look after the family. The family habits can affect the level of exercise and activities they will take part in.	Dominated by male sport - men have plenty of inspiration to participate. Minority sports receive less media attention may suffer from lower rates of participation.
People in full time work may have less time for exercise or may feel too tired to take part.	In mountainous areas, activities such as trail running or hiking may be popular.
People have been educated on the health benefits of exercise may be more likely to participate.	People with disabilities or from minority ethnic groups may be discriminated against which could discourage them from participating.
Expensive activities may not be accessible for those from low socio-economic backgrounds.	Girls do not have many female role models due to a lack of media coverage.

A range of strategies may be used to remove the barriers that prevent many of us from taking part

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Specialist facilities such as indoor ski slopes allows people to access sports that they otherwise couldn't.	Activities/ clubs for the elderly or disabled Improvements in disability access at sports facilities
Coverage of disability sports e.g. Paralympics exposes disabled people to inspirational role models Increasing media attention on female athletes	Cheaper memberships when enrolling as a family Improvements in childcare provision at leisure centres
Educational initiatives are used educate people about the importance of exercise in relation to health.	Reduced membership costs through concessions Activities in public spaces to keep costs down
Media coverage of female sports such as netball Sports programmes directed towards women	Through anti-discrimination initiatives
Improved access to leisure facilities such as gyms for use during office hours	

