

Girl-friendly environment checklist

A simple tool to help clubs and schools quickly review whether their environment, coaching and session delivery are supporting girls to feel welcome, confident and excited to return.

Quick reflection

After the session, ask yourself:

- Did the girls feel welcome and included?
- Were they active, smiling and engaged?
- Did effort matter more than outcomes?
- Would they want to come back next week?

If most answers are **yes**, the environment is working.

Detailed self-evaluation

Facilities

- Clean, accessible toilets
- Appropriate changing arrangements
- Safe, well-lit activity spaces
- Age-appropriate equipment
- Girls-only changing rooms

Safety & well-being

- Clear safeguarding processes in place
- Zero tolerance of negative behaviour
- Calm, well-organised activity spaces
- Safe arrival and collection arrangements

Set-up

- Activities are set up before girls arrive
- Spaces are small, clear and well-organised
- Equipment is clean, age-appropriate and inviting
- The layout feels calm and welcoming

Welcome & belonging

- Girls are clearly welcomed in all communication
- Beginners are actively encouraged
- Inclusive language and images are used
- Girls feel noticed and known

During the session

- Girls are active most of the time
- Instructions are short and simple
- Groups and partners are rotated regularly
- Everyone stays involved

Choice and voice

- Girls are asked lots of simple questions
- Girls help choose roles, themes or celebrations
- Girls' ideas are listened to positively
- Girls are involved in shaping the session

Fun, play and imagination

- Stories, themes or characters are used
- Activities change before attention is lost
- Competition is playful and optional
- Enjoyment comes before outcomes

Coaching behaviour

- Coaches promote fun and confidence
- Effort is praised more than outcomes
- Mistakes are treated as part of learning
- Adults model positive behaviour

Ending the session

- Sessions end with a fun, positive activity
- Effort and teamwork are highlighted
- Girls are thanked for taking part
- Girls leave smiling and wanting to return

Parents & communication

- Parents understand the approach
- Clear information is shared
- Relationships with families are positive
- Feedback is welcomed

Pathways

- Clear links to next opportunities
- Flexible transition into regular play/teams
- Milestones are celebrated
- Girls are supported at their own pace