

# Health, Social Care and Sport Committee

## 18th Meeting, 2023 (Session 6), Tuesday, 23 May 2023

### Inquiry into female participation in sport and physical activity

Note by the clerk

#### Introduction

1. At its meeting today, the Health, Social Care and Sport Committee will continue taking formal evidence as part of its inquiry into female participation in sport and physical activity.
2. Today's session will focus on inequalities and the additional barriers to sport participation faced by women and girls from marginalised communities, and those experiencing physical and mental health challenges.
3. Witnesses attending today are from the following organisations:
  - BEMIS:
  - LEAP Sports Scotland ([view submission](#));
  - SAMH: ([view submission](#));
  - Scottish Disability Sport; and
  - The Well HQ.

#### Background

4. At the Committee's business planning day on 7 June the Committee discussed potential priorities to be factored into the Committee's work programme during the second year of Session 6.
5. The Committee's inquiry into the health and wellbeing of children and young people highlighted a significant decline in participation of girls in sport and physical activity as they reach adolescence with a potentially significant negative impact on their physical health and mental wellbeing. Based on these findings, the Committee agreed to undertake an inquiry into sport and physical activity, looking specifically at barriers to female participation.
6. A further discussion on 6 September resulted in the Committee agreeing that the inquiry should focus on female participation in sport and physical activity and the

intersectionality of additional barriers to participation, such as ethnicity and disability.

7. It was agreed the inquiry would focus on participation at both a community and elite level and would consider issues around how female sport is supported, reported and promoted.

## Structure of the inquiry

8. The Committee issued a call for evidence on 30 September 2022 which closed on 9 December 2022. The Committee received 220 responses which can be read here: [Published responses for Inquiry into female participation in sport and physical activity - Scottish Parliament - Citizen Space](#).
9. A summary of written responses was produced by research colleagues and can be read here: [Female-participation-summary-of-responses.pdf \(parliament.scot\)](#)
10. The Committee's inquiry currently consists of 8 sessions beginning in March 2023:

14 March 2023	<ul style="list-style-type: none"> <li>• Young Women Lead Committee oral evidence session</li> </ul>
21 March 2023	<ul style="list-style-type: none"> <li>• Community sport and recreational activity oral evidence session</li> </ul>
28 March 2023	<ul style="list-style-type: none"> <li>• Children and young people oral evidence session</li> </ul>
18 April 2023	<ul style="list-style-type: none"> <li>• Elite sport oral evidence session</li> </ul>
25 April 2023	<ul style="list-style-type: none"> <li>• Media oral evidence session</li> </ul>
23 May 2023	<ul style="list-style-type: none"> <li>• Inequalities oral evidence session</li> </ul>
30 May 2023	<ul style="list-style-type: none"> <li>• Overview oral evidence session</li> </ul>
6 June 2023	<ul style="list-style-type: none"> <li>• Minister oral evidence session</li> </ul>

11. The Committee has also undertaken a programme of informal engagement to support the inquiry, including a visit to Dunfermline in March.

### Clerks to the Committee

**18 May 2023**