



DECISION 1 –

## 8 steps to designing a sports programmes

Once you have agreed with your Champions on the process, the actual design phase of the Champions' projects will start. The following 8 steps and guiding questions of 'Designing a Sports Programme' are made for the Champions themselves to think about elements that are key in order to make their projects and activities successful.

### 1. UNDERSTANDING AND OVERCOMING BARRIERS

- What barriers do my participants face in their daily lives?
- And what barriers could they potentially face while accessing the project I'm organising?
- What strategies can I put in place to overcome these barriers?

### 2. CHOOSING THE RIGHT SPORT

- What sport (or games) is best to implement within my project?
- A sport that is new to the community, or a sport that is not traditionally or commonly accepted?
- What facilities and materials do I need for implementing this sport?
- How do I implement it safely – do I have the coaching and technical skills myself or can I work with others who can support?

### 3. USING A CURRICULUM

- Do I want to include life-skill education in my project? If so, what skills do I need to prioritise?
- And how do I include this education; play-based, theoretical sessions?
- Are there already existing life skill curricula in my community that I could use? Or do I need support from the community to create something relevant to the target participants?



#### **4. COMMUNITY ENGAGEMENT**

- How do I engage the community so I have the support to implement my project?
- How do I get access to the space (sports field/facility) that is maybe occupied by others?
- How do I make sure the community trusts me?

#### **5. RECRUITMENT AND RETENTION**

- How do I recruit the participants that I would like to engage within my project?
- Where do I find them and how do I engage them?
- Once I have recruited them, how do I make sure they remain in my project?

#### **6. LEADERSHIP IN THE PROJECT**

- How do I integrate leadership opportunities and activities within my project?
- And what future opportunities can I offer the participants? Are there any other projects in or around my community that would be a follow-up or a space where participants can continue to join?

#### **7. SAFEGUARDING**

- What risks could potentially occur when implementing my project?
- What is needed in order to create a safe and welcoming space where everyone feels comfortable, can participate fully and is able to learn?
- How do I engage my participants in the design of a safe place?
- What is my responsibility and when do I need to reach out to other community services? For example, counselling services or reproductive health clinics.

#### **8. MEASURING IMPACT**

- How do I know that I'm achieving the objective of my project?
- What tools might be useful to measure the impact of my project?