



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

Women in Sport Activity Programme 2019

*If you require assistance in completing this form please contact
Seamus Nugent, Kilkenny Recreation and Sports Partnership
seamus@krsp.ie 056 7794957*

PROGRAMME PROPOSAL	
Organisation Name	
Contact Person	
Position/Job Title <i>(i.e. Treasurer, Secretary Physical Activity Leader)</i>	
Phone number	
Email Address	
Date of Birth	(Confidential Unique Identifier for KRSP database)
Title of Project	
Type of Organisation	
Organisation Address	

PUBLIC LIABILITY INSURANCE DETAILS

It is essential to have public liability insurance covering the activities proposed.

Company (Not Broker)		Policy Number	
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I confirm that the organisation has current public liability insurance cover for the proposed activities.

Circle YES or NO

Has your group previously received funding assistance from KRSP?

Circle YES or NO

Please list previous programmes run in conjunction with KRSP and include participation numbers:

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Bank Account Details:

Please provide the following Bank / Building Society / Credit Union Account details:

Name of Bank/Building Society: _____

Account Name: _____

Account Number: _____

IBAN: _____

BIC No: _____

Condition of the Programme:

All sections of the form must be completed to be considered. All recipients must commit to completing and sending back feedback form within **3 months** of receipt of financial support.

I have read the criteria accompanying this form (see below) including the GDPR Terms and Conditions (KRSP Website), and confirm that all information provided is accurate.

I consent to my e-mail being used to notify me of future KRSP programmes and events

Yes No (Please circle yes or no)

I consent to my mobile number being used to notify me of future KRSP programmes and events

Yes No (Please circle yes or no)

CONTACT PERSON

Signed:

Date:

CLOSING DATE: Completed Application Forms should reach Kilkenny Recreation and Sports Partnership before **3 p.m. on Friday, 18th October 2019**

Completed application forms should be returned to: Women in Sport Programme, Kilkenny Recreation and Sports Partnership, John's Green House, John's Green, Kilkenny. t: 056 7794957 e-mail: seamus@krsp.ie

BACKGROUND

"The 'Women in Sport Initiative' was developed by Sport Ireland to address the differences that exist between women's and men's involvement with sport. The overarching objectives of the Women in Sport programme have been to raise overall physical activity levels among women and to support women's roles within sports organisations.

Less than one in five Irish women came close to accumulating 30 minutes of physical activity per day, for at least five days per week, as recommended by the World Health Organisation for good health.

More than three quarters of Irish women do some recreational physical activity such as walking, swimming or aerobics, but that the majority do so with insufficient regularity or intensity of effort to meet the minimum standard.

Over 20 per cent do so little that from a health point of view they can be considered sedentary.

WHO CAN APPLY

Support is available to all eligible local clubs, groups and community organisations that promote increased participation in recreational sport or physical activity for women.

KEY CRITERIA

Applications are encouraged from clubs/organisations that:

- have the potential to increase levels and frequency of participation in recreational sport and physical activity among women in the local area;
- can act as showcases or successful demonstration projects that can be replicated by other clubs/organisations in the future;
- have the potential to develop into a sustainable, longer-term programme;
- are developing initiatives in designated disadvantaged areas;
- are developing initiatives for minority populations or groups with special needs;

Financial support up to **€400** and may be sought to support the cost of activity programmes.

Sample programmes are given below but groups are encouraged to explore new activities.

Examples of Physical Activity Programmes

- A six-week programme to introduce an activity such as Pilates, Aquafit, Tai Chi or Tennis - the costs of hall hire and a qualified instructor might form part of the overall cost;
- an initiative by a sports club to involve more women – the purchase of special equipment, facility hire or a qualified independent instructor might form part of the overall cost.
- A walking or meet and train programme perhaps run in conjunction with the Operation Transformation initiative

REPORTING/FEEDBACK

If application is successful feedback form needs to be completed and returned within 3 months of receipt of financial support.