

Frauen im Discgolf-Sport

Im Gegensatz zu den anderen Ausarbeitungen wollen wir dir hier einen Einblick in viele Sichtweisen von Damen und besonders von Birgit Lingenhel geben.

Bitte nimm dir Zeit und lies die Meinungen und Angaben. Wir als Gruppe haben hier nicht wirklich eingegriffen und die Aussagen möglichst nicht verändert, wenn dann nur kommentiert. Daher ist ein Teil auch in englischer Sprache.

Sieh es bitte als Möglichkeit dich über deine (anderen) weiblichen Mitspielerinnen zu informieren und versuche für dich, das Beste aus deinen Informationen zu machen.

Als Vertreter des ÖDGV kann ich (Martin Josef Nittmann) sagen, dass wir auch weiterhin an einer Stärkung und Verbesserung der Position der Damen im Sport arbeiten werden.

Umfrage ÖDGV 21.12.2021, abgegeben am 04.01.2022

Welche Ziele soll der ÖDGV verfolgen?

Abgesehen von höherklassigen Turnieren fördern Ligen, Handicapwertungen usw. lokal und regional die Entwicklung, sie sind ein gutes, niederschwelliges Angebot für Anfänger und v.a. für Frauen, die größere Wettkämpfe eher scheuen. Der ÖDGV könnte bestehende Ligamodelle und Handicapwertungen erfassen und den Vereinen vorstellen, damit diese sie als Veranstaltungsmöglichkeit für sich finden und umsetzen.

Frauenförderung

Frauen fühlen sich in Teams wohler und sind eher bereit, an Veranstaltungen mit Teamcharakter teilzunehmen. Die Doubles-ÖM und auch der Vereinscup zeigen dies deutlich.

Vielleicht könnte 2023 eine Mini- Doubles-AT ausgetragen werden mit 3 Veranstaltungen, ev. verbunden mit einer Förderung.

Förderung für das Women's Global Event war schon 2021 angekündigt und ist auch für künftige WGEs sinnvoll. Für 2022 ist das WGE für den 6.+7. August angekündigt, ein zentraler Austragungsort wäre ideal, damit eine lange Anreise kein Hindernis darstellt.

Input Birgit zu Partherapie Podcast Juni 2021

Persönliche Meinung: viele Frauen treiben gerne Sport, für sie steht aber eher Fitness, Gesundheit und Soziales ohne (Leistungs-)Druck im Vordergrund. Weniger oft wollen sie sich messen, das scheint eher bei Männern zuzutreffen, auch wenn das manche für ein Klischee halten.

Nun könnte man sagen: OK, dann bespielen Damen nur ihren Heimparcours und machen ab und zu einen Ausflug, sind aber eher keine Turnierspielerinnen. Wir haben dazu zwar keine dokumentierten Zahlen, aber auch bei den reinen

Funspielerinnen ist die Anzahl in Relation zu männlichen Discgolfern wohl nicht größer als bei TurnierspielerInnen.

In Corona-Zeiten hat Disc Golf auch in Österreich ziemlichen Zulauf erfahren, das Verhältnis 1 Dame auf 9-10 Herren scheint jedoch aufrecht zu bleiben.

Wie versucht die ScheibenWG Spieler und besonders gern Damen für Disc Golf zu gewinnen?

- 1) Klassisch: Interesse im Freundes- und Bekanntenkreis wecken und explizit Frauen ansprechen.
- 2) 1 x pro Semester Kurzbahnen-Turniere für Anfänger und wenig Fortgeschrittene am Sportinstitut der Uni (USI) anbieten (30-40 TeilnehmerInnen).
- 3) Tirol Tour für Spielerinnen, die schon an USI-Turnieren teilgenommen haben und von denen wir wissen, dass sie mehr wollen. Stationen: USI-Turniere sowie auf Sommerkursen in den Tiroler Bergen und in Weilheim, 6-7 Events.
- 4) Halbtägige Einführungen an SportstudentInnen unter der Rubrik „Trendsportarten“.
- 5) 4 Körbe am USI-Gelände und damit Präsenz zeigen und Interesse hervorrufen bei Sportstudenten und anderen Sportlern am USI.
- 6) Kontaktaufnahme zu Spielerinnen des Innsbrucker Ultimate-Vereins, was in Corona-Zeiten gut angekommen ist.
- 7) Wir versuchen, die Installierung von neuen DG-Kursen bei der Stadt Innsbruck und anderen Gemeinden zu initiieren, von denen 1 oder 2 in den nächsten Jahren auch abseits von Schipisten realisiert werden könnten. 2023: hat sich leider nicht realisiert.
- 8) Wir empfehlen den Betreibern von neuen Kursen (Bergbahnen, lokaler Sportverein) ihre Mitarbeiter an Schnuppertrainings und USI-Turnieren teilnehmen zu lassen, um Basics weitervermitteln zu können.
- 9) Tirol Tour Events auf obigen Kursen und Bewerbung auch durch Kursbetreiber.

Was würde Frauen über die innere Hürde helfen, überhaupt zu spielen/trainieren:

- 1) Damentrainings und von Spielerinnen leiten lassen; nicht nur die eine mit ganz langer Erfahrung, sondern auch solche, die 1, 2 Jahre spielen.
- 2) Tipps geben aber nicht überschwemmen (manche Männer meinen es gut und dann prasseln Tipps von 7 Seiten auf die eine Frau im Training ein, die diese eher abschrecken). Vom männlichen Partner mit Wissensvorsprung trennen.
- 3) Scheibenempfehlungen von Frauen geben lassen!

Was würde Frauen über die innere Hürde helfen, an Turnieren teilzunehmen:

Niederschwellige, sozial nette Events anbieten, identifizieren, planen und vorschlagen:

- a) (gewertete) gemeinsame Übungsrunden („Rangger Köpfl Challenge“ 1 Runde pro Woche auf Metrix)
- b) lokale Liga (Tirol Tour, KUMM Challenge ebenfalls auf Metrix) so bald zahlreich genug: unter Frauen werten
- c) nächsthöhere Liga ans Herz legen und dahin mitnehmen (Südstaatentour)
- d) nationale Turniere und in Süddeutschland mit weniger schwierigen Kursen empfehlen und mitnehmen.

Wichtig bzw. wünschenswert

Solidarisches, motivierendes und anerkennendes Verhalten von Frauen egal welchen Levels am Parcours, ob Training, lokale Liga oder größeres Turnier.

Immer wieder beim österreichischen Discgolfverband deponieren, Frauenanliegen speziell zu berücksichtigen, inklusive Sichtbarmachung und Wertung weiblicher Altersklasse, auch wenn diese noch nicht zahlreich ist.

Umfrage Laura Nagtegaal auf European Disc Golf Players 25.03.2021

<https://www.facebook.com/profile/100063723843951/search/?q=ladies>

WE NEED YOUR HELP!

Please comment on this post with what you feel are the most critical issues keeping disc golf from being more welcoming and equitable for women.

There are no wrong answers, and we are open to all ideas (serious ideas).

This is your opportunity to have a voice and help the PDGA Women's committee make a difference for women and girls in disc golf.

If someone's already said your idea, list it again. It is helpful to get unique ideas, but also know what you feel is the most important.

Thank you!! Let's build this together.

Antworten:

Limited availability of lightweight discs.

No convenient public bathrooms at tournaments. This is something that's been mentioned multiple times on my podcast (Harry Messenger)

It would also be helpful if guys didn't passively aggressively hit on every girl that ever tried to play.

E.g. My girlfriend and I both posted videos for form check in one of the popular groups for that. I got a few comments one or two constructive points. She got a billion likes and comments and a bunch of friend requests

As a lot of women are primarily child carers I think it would help to have 'event creches' where there are supervised kid friendly activities happening at the same time and location as the tournament.

Obviously more ladies loos are needed at all levels of disc golf.

Maybe some sort of official car pool type arrangement so women can travel cheaply and safely.

A national 'banned from one, banned from all' policy. So (hypothetically) that guy who said things that made you cry in Bristol won't be at the event you want to sign up for in Manchester.

Preferential sign up for women and their male partners. Early sign up for events for ladies is fantastic but if my husband didn't also get a spot there's no way I'd go on my own.

As a lot of women make sure the needs of their family are met before their own, discounted registration fees if you agree not to have a player's pack.

More availability of light weight discs in player packs.

In Sweden we recently found out that most tournaments had only one division for women (FPO), but many women players want to play amateur divisions... So, with more options for women to choose division to play, more women come to tournaments now.

In my tournaments it has shown that FA2 is a division many amateur women players prefer to play, instead of FPO.

conclusion

The comments so far have focused on tournaments, so I'll add some thoughts on just getting women playing in general. At the moment the sport very much seems to be turn up and play and teach yourself by trial and error (and YouTube). I come from a team sport background where coaching is fundamental. My experience (and I'm very much generalising here) is that women prefer to learn from someone knowledgeable in a structured environment rather than going it alone. When I played hockey we had introductory courses for women where you joined maybe a dozen other women for 6-8 sessions, got taught the basics from an experienced player and then it would finish with a match. I think this approach could be amazing for getting women into playing in the first place, giving them a good foundation of skill to work from, make friends to play rounds with and then introducing an element of competition at the end as a gateway for entering proper competitions. This approach was hugely successful in team sports like hockey and netball so it would be really interesting to see how it would work for getting women into disc golf.

Oh, and more toilets please

I don't have many barriers to playing or taking part in disc golf in general, but I think more one day events would make competition easier to commit to.

There has been a great movement of building harder and longer courses because most 850 rated male players want to play hard courses like they see on Jomez covering MPO. It is important to make courses with shorter tees for MA2 or less and the Female categories, possibly even FPO. Make sure you are using, or create tees where the 700 rated females can average 1.5 bogeys or less from the tees they are throwing from. Who wants to come out and shoot 30 over par in every round?! I don't.

With such a huge growth in the sport thru lockdown in 2020 the numbers of players make it now a better option to run specific leagues, one and two day tournaments for ladies only groups, this I have seen in Reykjavík where the ladies are growing in numbers significantly.

UK ladies are going from strength to strength which is fantastic to see.

More qualified TD's and TD's that are trusted by the ladies to host/run/organise events even if they are male, would be a great advantage.

hi, I'm Mari and I'm one of the very few disc golf players in Italy. always play alone with males it is sometimes frustrating and I never seem to do enough. I often feel alone but luckily, I love this sport so much that I don't give up playing

Disc golf is very easy to miss if you aren't looking for it. If we want to grow the sport, we need to become highly visible, be it through setting up booths at trades shows, going out and putting at local parks, and hitching on to other community events that draw a crowd. sorry for my bad English. I hope I made myself understood

I would love to be able to play FA40 in tours and see the divisions offered in tournaments mirrored in tours, as you find that your chosen division might be on offer in a tournament but that it's not reflected in a tour.

I think childcare would help encourage women.

Propagators are also an issue in AM events for women only tournaments.

Barriers to playing Disc Golf for Women

By Carole Findlay PDGA #145519, February 2021

Sport of any kind is often something a large number of women end up relinquishing because of work/career, having a family and being a homemaker. Generally speaking less women continue to participate in sports because of these reasons than men, although they do often recognise that they should be more active.

2. Once women stop it's harder to get back into sport, often due to lack of social confidence. Women may be put off by the idea of having to “confront” activities on their own and may also have worries that they won't fit in with comments like, “it's not for me”.

3. Studies have found that a couple of the biggest barriers to women participating in sport is the fear of judgement along with guilt. Examples are:

- unfamiliar territory and not knowing how to use the equipment;
- looking like the odd one out by wearing the wrong thing or not having the right gear;
- Not being fit enough;
- Not being competitive/serious enough;
- Not knowing the rules;
- Considering themselves to not be good enough;
- Holding back the group;
- Being sweaty and having a red face;
- Not looking like I usually do (makeup);
- How my body looks during exercise (jiggly);
- Body image;
- Not appearing feminine;
- Developing too much muscle;
- Family should be more important than me;
- Studying/work should be more important than me;
- Receiving unwanted comments by others on technique or clothing.

4. The word “Sport” and its traditional image can trigger negative association for many women. They may be particularly influenced by their formative years at school, where physical activity was compulsory, so when addressing Disc Golf as an activity, we should consider how we present the experience women can expect to have.

5. Women often look at themselves and make comparisons to Elite athletes. Most leave school with a negative feeling about sport, with the attitude that you are either a natural, or you're not. Those who view themselves in the latter group often don't take up any kind of sporting activity after leaving school.

6. Most women, when considering a new activity, will experience a number of emotional barriers before practical ones. Some women fear standing out and need to be reassured that any activity will be welcoming and suitable for their needs.

7. Being clear on the level of the activity for example, all abilities, beginner, low impact, inclusive etc, will help women decide on its suitability.
8. Using images of relatable women taking part in an activity also helps demonstrate suitability.
9. Women who are inactive tend to spend their time at friends or family homes, in shops, coffee shops and restaurants etc and often actively dislike fitness spaces where they feel alienated or intimidated, however they may take a casual walk through a park.
10. Whilst women may cite lack of time as the reason they don't manage to do any exercise, the real concern may be that (in the case of Mums in particular) spending time on exercise will be perceived as self-indulgent and implies she is neglecting her domestic and maternal duties.
11. Surprisingly for some, there's even a barrier of fear from some women who were sporty in earlier life, who feel that they cannot perform as well as they used to and therefore shy away from taking part. What actions can be taken
12. People in general are motivated and look for different things based on their character and preferences. Some are looking for new experiences, some are more focused on friendship and support, others are clearly motivated by their performance. One thing that should be brought out when promoting disc golf is the level of fun that can be enjoyed, and it can be a sociable time, if you want it to be.
13. Hearing about an activity via friends and family (word of mouth) is consistently the most effective form of marketing. Social media, if used, can act as a digital word of mouth. In order to reach more people this tool needs to be used outside of the Disc Golf Community.
14. Using real life stories and feedback to communicate to other women can help them realise that it's fine to spend some "me time" and learn something new.
15. In engaging women, consideration should be given to how disc golf can benefit them and how they may see this benefit:
 - A healthy way to spend time with family or friends;
 - A way to de-stress after work or looking after the kids;
 - Improving confidence and self-belief in taking on a new skill, or being able to discover new places.
16. Consider where to reach women locally. Hair Salons, local shops, health centres, faith centres, local schools, coffee shops. Just coming across the right information might be enough to trigger an interest in someone who hadn't considered looking out for exercise opportunities. You can't go where you don't know.

17. For pay to play courses, think about “bring a friend” discounts to encourage women to overcome their fear of attending alone. This may help women who are from “sheltered” backgrounds.

18. Dealing with emotional responses in a positive manner is often a way of removing some barriers. For example, ensuring that all the information women would need about an event is made easily available. Knowing exactly what they need to do to prepare, such as clothing and footwear. Making sure women understand that there is the availability of Toilets/Restrooms at courses or events. All these can help lessen anxiety.

19. At organised events, celebrate openly what is being achieved and don't let women beat themselves up about what they are doing wrong, but focus on what they are doing right. If they are focused on “holding up” the group they will soon forget about the positive stuff.

20. In training others to teach, make sure that they understand the needs of women, building their confidence, managing their nervousness and anxiety by positive reassurance but not patronising. Give a clear message that you don't have to be super fit and that others will be beginners too, will help them be less worried about being humiliated or feeling silly.

21. For League type events, think about offering incentives for repeat participation.

22. Possibly consider the opportunity for participants to be trained for special roles at events that could boost their confidence and understanding of disc golf.

23. Hold more one day events focused on fun. The thought of playing for 2 consecutive days with 2 x 18 holes each day can be off putting for many who want to have a go at competitive disc golf, but don't feel they can maintain their ability or have the stamina for such an event.

24. It has been interesting to hear from some of the women signing up for the UK Womens' National Bag Tag League. Below are quotes;

- “My friend roped me in, I'm still very very amateur but really excited to get involved. I'm becoming a bit more confident with the game and having support like this group is amazing.”
- “It sounds awesome. I love that it's competitive but not in your usual round way. I love the idea.”
- “I think this will definitely encourage more women to get into playing in a more competitive fashion without meaning huge commitment and should help players get to know each other and improve the community feel.”
- “I love this idea. I predominantly play with my partner, but this is a great way to get women into/back into sport. I think the lads will be jealous.” Moving Forward

25. In the hope that the Womens' Bag Tag League and PDGA Womens' Global Event can move forward in some guise this year in the UK, I would like to obtain

feedback from the participating women on what they liked and what could be improved upon. What do they want to see from Disc Golf in the UK. Working with these women, getting their views and opinions has to be the way forward. I feel that I've been the catalyst for the momentum that's now started but the women out there need to have their voices heard so that we can learn from them on how we might remove more barriers and grow the sport.

Carole Findlay PDGA #145519, BDGA #1723, SDGA #069

Fragen die wir an Birgit gestellt haben:

Kann eine Trockentrenntoilette (TTT) am Parcours das Thema fehlende WC-Anlagen verbessern?

Birgit:

Du hast das Thema Trockentrenntoilette angeschnitten. Ich finde sie für Frauenbedürfnisse keine Lösung: sie bietet weder Zurückgezogenheit, Wasser zur Reinigung, noch geeignete Entsorgung von Damenbinden oder Tampons. Dies sind die Komponenten, die für Frauen während der Menstruation besonders wichtig sind. Aber hol gerne andere Meinungen ein! Abgesehen von einer festen WC-Anlage kommt ein Dixi diesen Bedürfnissen weit besser nach. Es ist natürlich teurer und kann nicht an jeder Location geboten werden.

Antwort von Martin:

Mir ist so weit klar, dass ein Dixiklo schon weit besser geeignet ist und eine fixe ordentliche Toilette die Wunschlösung ist. Jedoch denke ich an div. Bergkurse als Beispiel Lüsens wo beides einfach nicht passieren wird.

Ich selbst verwende TTT schon länger und kenne auch div. Mädels, die eine verwenden. Das eine TTT keine optimale Lösung ist war mir von Anfang an klar.

Das Thema Zurückgezogenheit könnte man mit einem „Duschzelt“ mobil lösen.

Wasser zur Reinigung: Auch hier gibt es aus dem Campingbedarf auch eine mobile Antwort: Gleich wie die TTT gibt's auf Eurokisten Basis mittlerweile diverse Arten von mobilen Waschbecken, die keinen Strom benötigen.

Entsorgung von Damenbinden oder Tampons: einfach in der TTT mitentsorgen, ggf. einen Müllsack anbieten.

Ergebnis bzw. Zusammenfassung von Martin:

Ein großes Thema, das oben noch nicht besprochen ist, ist natürlich erstens die finanzielle Komponente: Eine TTT + Waschbecken + Duschzelt wird im Bereich von 700 -1000€ bewegen. Das könnte für einen Club nicht so einfach finanzierbar sein. Selbst wenn das gelöst ist, bleibt noch eine Frage:

Wer trägt das Equipment an seinen Bestimmungsort und reinigt das Ganze? – Hier ist es doch noch der Fall, dass viele Menschen es abstoßend finden, die Hinterlassenschaften von Anderen zu entsorgen und wenn man fragt, wer denn

am Beispiel Lüsens die benutzte TTT 2 km über stock und Stein den Berg hinabtragen will, wird es vermutlich keinen großen Ansturm geben. Ähnlich sehe ich das Ganze beim Thema Reinigung (Auch wenn hier absolut nichts dabei ist.)

Reinigung: Besonders im Hochsommer muss die Reinigung auch zumindest 1x am Tag erfolgen.

Selbst wenn wir als Turnierorganisatorinnen all diese Hürden auf uns nehmen, hat meine (kleine und möglicherweise nicht repräsentative) Umfrage bei div. Damen eher zu vornehmer Zurückhaltung beim Thema „Würde ich die Einrichtung nutzen?“ geführt.

Daher halte ich zum Stand Heute die weitere Verfolgung des Themas für nicht zielführend, wollte es jedoch hier trotzdem Erwähnen um die Frage anderen Personen mit dieser Idee zu beantworten.

Einige weiterführende Links:

<https://udisc.com/blog/search?q=women+in+disc+golf>

<https://udisc.com/blog/post/women-in-disc-golf>

<https://udisc.com/blog/post/what-it-means-to-respectthegame>

<https://udisc.com/blog/post/why-how-to-start-womens-disc-golf-leagues>