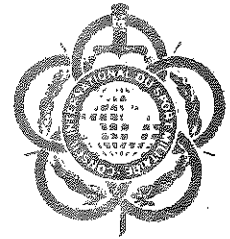


# International Symposium ON *Sport for all!*



## SPORT FOR ALL- FEMININE SPORTS ACTIVITIES

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### INTRODUCTION

1. For a nation, sport contributes to unity and pride, as a nation watches its best sportsmen and women perform and act as ambassadors for their country. By "Getting the Nation to play" sport is utilised for the upliftment of all: young, old, male, female, disabled and handicapped.
2. Sport is a bridge whereby all kinds of barriers- racial, ethnic, linguistic, cultural, gender or age - can be crossed.
3. The South African National Defence Force (SANDF), as any other military institution in the world, practises sport as an integral element of its daily activities. The reason for this is that members of the SANDF have to maintain fit bodies and healthy minds to be able to fulfil the main objectives and function of the SANDF, namely the execution of operations in peace-time, as well as in times of war.
4. Sport is managed as part of training which means that sport is seen as an integral part of training. Sport supports force preparation, but in some broader sense, supports the force maintenance function.
5. The SANDF makes provision for participation on all levels, from unit level with the widest possible participation, to the elite performers.

### AIM

6. The aim of this presentation is to give an overview on all levels of participation in the SANDF with special reference to feminine sport activities.

### SCOPE

7. The scope of this presentation is as follows:
  - a. A presentation by video explaining all the levels of sport participation in the SANDF.
  - b. Statistics on women in the SANDF.
  - c. Traditional culture.
  - d. Motivational Factors.
  - e. To accentuate the motto "Friendship through Sport" a vision of an activity will be presented to improve involvement of women in CISM competitions.

VIDEO

**Warendorf - Germany  
22 - 28 September 1996**

8. Africa, once the embodiment of all that was wild and savage, is still regarded as a strange blend of the civilised and the untamed. South Africa is a country with striking contrasts and great challenge of many different cultures and diverse, often conflicting, values - a mix which is at the same time the root of its dilemma and the source of its huge potential. The country lies between two mighty oceans, the Indian and the Atlantic, with a shoreline of 3,500 kilometres and 1,220,088 square kilometres. An excellent National road network covers 240,000 kilometres of which 100,000 is tarred.

#### THE POPULATION GROUPS AS TAKEN IN THE CENSUS OF 1992 (Appendix A)

BLACK	WHITE	COLOUREDS	ASIAN
29,9 million	5,1 million	3,4 million	1 million
75,88%	12,94%	8,62%	2,53%

#### LEVELS OF PARTICIPATION

9. Sport in the SANDF is played in the Army Command regions. The personnel of the various Arms of the Service participate together in that specific region. All sport participation starts on unit level. (Appendix B)

- a. Unit/Base level. To fulfil the objectives of the Officer Commanding, sport can be operated at unit level with the widest possible participation. Any activity, involving as many people as possible, may be organised to develop latent talent.
- b. Regional level. To fulfil the objectives set by the sports club, as well as complying with the league fixtures of the local civilian league, sport is played and managed on:
  - i. Inter-unit basis where all the units situated in the region take part in an inter-unit competition in various sports, normally on Wednesday afternoons; and
  - ii. Local civilian league basis. The best players participating in the Inter-unit league, are selected to participate in the civilian league normally on Saturdays. Of these teams the civilian region selects a team to participate in the National championships. In so doing, the elite performers are encouraged to realise their potential.
  - iii. If a need arises to start a specific regional bound activity, it may be approved as a sport that may be played in that region.
- c. Arm of the Service level. To fulfil the objectives of the Chiefs of the Army, Air Force, Navy and the Medical Services, the various Arms of the Service may plan and organise sport activities.
- d. National Defence Force Level. To fulfil the objectives of the Chief of the National Defence Force regarding sport participation, SANDF championships may take place. SANDF presents championships in 36 types of sport.
- e. National level. Only 4 sports are allowed to gain provincial status and are therefore allowed to be practised on National level but these are being phased out. (Badminton, wrestling, cycling and tug o' war.)

- f. International level. To fulfil the objectives set for taking part in International Military competitions teams of the SANDF may enter and participate as official teams of the SANDF. Individuals may officially take part on International level as members of National teams.

SANDF PARTICIPATION IN		SPORT
Athletics		Service Shooting Q f U
Cross Country	Q	Clay Pigeon Shooting
Road Running	Q f U	Practical Shooting Q U
Rugby	Q f U	Boxing
Soccer	Q f U	Wrestling
Volleyball	Q f U	Karate
Bowls	Q f U	Judo
Cricket	Q f	Equestrian Gymkhana
Hockey		Three phase
Tennis	Q U	Dressage
Squash	Q f	Polocross
Golf	Q f U	Endurance
Badminton	Q	Show Jumping
Sailing		Cycling
Large Calibre Shooting		Parachuting
Pistol Shooting	Q	Tug o war
Small Calibre Shooting	f	
<b>REGIONAL SPORTS</b>		
Netball		Surfing
Jukskei	Q	Rock and Beach Angling
Table Tennis		Freshwater Angling
Scuba Diving		Action Cricket

Legend: Q SA Air Force Championships.  
 f SA Navy Championships.  
 U SA Medical Service.

See Appendix C for the Number of Sport Championships.

10. Through all these levels of participation, members of the SANDF have the opportunity to develop and reach their highest achievements and be operationally prepared.

## FEMININE SPORT ACTIVITIES

### INTRODUCTION

#### SANDF POPULATION GROUPS (Appendix D)

	WHITE	BLACK	ASIAN	COLOURED	TOTAL
MEN	22,962	41,384	770	6,557	71,673
WOMEN	5,513	2,192	77	483	8,265
TOTAL	28,475	43,576	847	7,040	79,938

#### WOMEN IN THE ARMS OF THE SERVICE (Appendix E)

ARMS OF THE SERVICE	NUMBER	PERCENTAGE
SA ARMY	3640	44.04%
SA AIR FORCE	1305	15.78%
SA NAVY	391	4.73%
SA MEDICAL SERVICE	2820	34.11%

11. No member of the SANDF will be discriminated against and all have equal opportunities whether it is promotion, placement, training, work opportunities or sport. Facilities available are there for all to use. History proves that women have been utilised extensively to free men for combat duty. They have been allowed to participate freely in the supportive roles. Of late, social political pressures have resulted in greater utilisation of women in the military and particularly in combat roles e.g. pilots, security, fire fighters ect.

12. Because of the restraints put on the budget for the SANDF, no member can be appointed to practice or participate only in sport. Every member participating in sport does so under the regulations spelt out in the sport policy.

13. Sport is supposed to be played by all members of the SANDF during working hours. Only people participating in an organised practice or organised sport are allowed to take part in sport on Wednesday afternoons.

#### SANDF PARTICIPATION IN SPORT BY GENDER (Appendix F)

	TOTAL	TOTAL PARTICIPATION	% PARTICIPATION
MEN	71,673	11,895	16.59%
WOMEN	8,265	1,288	15.58%

## SPORT LADIES PARTICIPATE IN

Athletics	Small Calibre Shooting
Cross Country	Service Shooting
Road Running	Clay Pigeon Shooting
Marathon	Practical Shooting
Volleyball	Karate
Bowls	Judo
Hockey	Equestrian Gymkhana
Tennis	Three phase
Squash	Dressage
Golf	Polocross
Badminton	Endurance
Sailing Dinghies	Show Jumping
Single Hull	Cycling
Large Calibre Shooting	Parachuting
Pistol Shooting	Tug of war
<b>REGIONAL SPORTS</b>	
Netball	Surfing
korfball	Rock & Beach Angling
Basketball	Freshwater Angling
Softball	Action Cricket
Jukskei	Hicking
Table Tennis	Rubber Boat
Scuba Diving	

## REASONS FOR NOT PARTICIPATING IN SPORT

14. A survey was done amongst approximately 1000 women in the SANDF. The following reasons were given for not participating in sport in order of importance:

- a. Workload /Shifts/ Personnel shortage.
- b. Women are married /single parents and the household chores and responsibilities towards children do not permit them to participate.
- c. No interest or motivation to participate in any physical activities.
- d. Transport problems because of the demographic and financial reasons.
- e. Medical.
- f. Studies.

## TRADITIONAL CULTURE

15. Women's particular status and position in society at any given time is culturally constructed.

16. The role of the women in society is traditionally a supportive one. Young girls at school take part in sport activities but less emphasis is put on achievement (not to excel) and more on the participation factor. That is why girls stop participating in sport after school, apart from a few that with the support of their parents really achieve. (Penny Heyns)

17. High emphasis is placed on women's obligations in the domestic sphere, but this places emphasis on only one aspect of the feminine role. This also limits the female aspirations and opportunities for success in sport and physical activities. Marriage, motherhood and domesticity are still preached as standards of achievement. After school when a woman gets married the household chores is the primary interest in her life and it is also expected. Her role changes, she's got a big responsibility towards the household and the day to day organisation thereof. She has to support the husband in his interests as well as the children.

18. A 134 Nation study of the working mother showed that women work longer hours and have less leisure time than men. It is mainly the working women who have the largest disadvantage because they still do the major part of the household and family raising work.

19. Social attitudes have undergone profound changes. The present generation of women grows stronger, their appearance have become more attractive. Sex roles in our society are changing too. Not only are women State Presidents Chairpersons and employed in other high profile jobs, but the world has delivered outstanding sportswomen which attracts young girls and women to engage in sport.

20. The SANDF encourages a healthy family life in which parents have a shared responsibility for raising children. The SANDF has a responsibility towards the traditional family unit. Marriage and raising children are considered as synonymous in the traditional military institution. (Appendix G)

	Never Married	Married	Divorced	Widowed	Total
SA Army	1782	1472	350	36	3640
SA Air Force	653	536	108	8	1305
SA Navy	235	126	28	2	391
SA Medical Services	1447	1052	275	48	2820
Total	4117	3186	761	92	8265

## MOTIVATIONAL FACTORS

21. Existing opportunities. There are a lot of opportunities for the more motivated member who wants to strive for excellence and have the chance to accomplish a goal through effort, training and the psychological challenge by testing oneself in competition.

22. Role models are of great importance. There must be a personality to look up to. Ladies should be encouraged to rather have female rolemodels that will enhance the fact that they should stay feminine. We have some rolemodels in the SANDF but would like to see more.

23. Motivational talks. Under proper leadership sport is a mighty tool in education. To inform women of all the advantages of taking part in sport activities,

- a. Some advantages for the individual are for example character building, courage, perseverance, self-control, ability to concentrate, positive attitude gained through sport, reliability, self respect, mutual respect and fairness. Some advantages for teams when participating in sport are camaraderie and team spirit.
- b. Physical advantages gained through sport is stimulation of the growing process, better blood circulation, respiratory activities increase, strengthening of the heart function, better digestive system, relaxation and better muscular and nerve control.
- c. The more active you get the less chance there is to become ill and through this be more productive. People participating in sport are more productive in their working environment because of the fact that they get rid of their frustrations through sport.
- d. By bringing the fact that physical inactivity during the growth years is linked with poor health throughout the lifespan to the attention of the women who already are mothers and might still become mothers in the future. By getting them to realise this and do something about it will mean that the children will grow up to be stronger and contribute to the society more positively.

24. Exposure to the unknown. The SANDF has a College where 260 ladies are trained every year. Because of our manpower composition in the new South Africa where ladies, that were not exposed to the same experiences on the sport field than others, get military training. These ladies are too shy and self-conscious to participate and feel they will make fools of themselves. Compared to boys and men, girls and women do not realise their physical abilities and their potential. It is our task to help them discover their potential by exposing them to all the different sports that are available.

25. Sport and physical exercise has the potential to influence self esteem, it can enhance physical well being, strength, power, physical skills. If too much emphasis is placed on winning medals and trophies however, all these benefits are lost.

#### AGE OF WOMEN IN THE SANDF (Appendix H)

AGE	NUMBER
18 TO 25	2578
26 TO 35	3331
36 TO 60	2353
61 TO 75	3
TOTAL	8,265

26. Looking at the information as given above the following assumptions can be made:

- a. Age 18 to 15 - women are still participating in all the activities.
- b. Age 26 to 35 - women get married and start raising a family.
- c. Age 36 to 60 - women would like to get active again in sports but feel that they are too old to start a new activity and master new skills and would rather do something that comes more natural like walking.

27. The SANDF has experienced a growing interest in walking and to recognise this activity on a organised basis. By starting this activity, there would be an incentive for the women to get active again. If other member countries of CISM also experience the same problem with the inactivity of women in sport, should we not make this an activity for all the member countries to get the women more involved in physical activity.

28. Looking at the average age of women, the posts in which they are mostly employed and the fact that we are not engaged in a war situation, should we as sport organisers, not identify activities that are more suitable for their age and their profiles; something to make them look and feel better and look forward to.

29. To accentuate the motto "Friendship through Sport" a vision of an activity will be presented to improve involvement of women at the CISM games.

#### CISM MARCH

##### AIM

30. The aim of the march will be to motivate a broader spectrum of women to participate in an activity that enhances the "Friendship through Sport" concept.

31. Participation is based on team work. Each country enters two teams and each team consists of ten members.

Prestige Category	Hiker Category
Dress (To be discussed)	
Countries enter their prestige marchers. They march as a team.	Women from 10 different countries form and march as a team
Will march against time.	
All 10 members entered must complete the march to come into consideration for a position.	
All 10 members must march together.	
No compulsory resting period at control points. Teams must however move through the control points as a unit.	
Flags and equipment to be decided upon.	

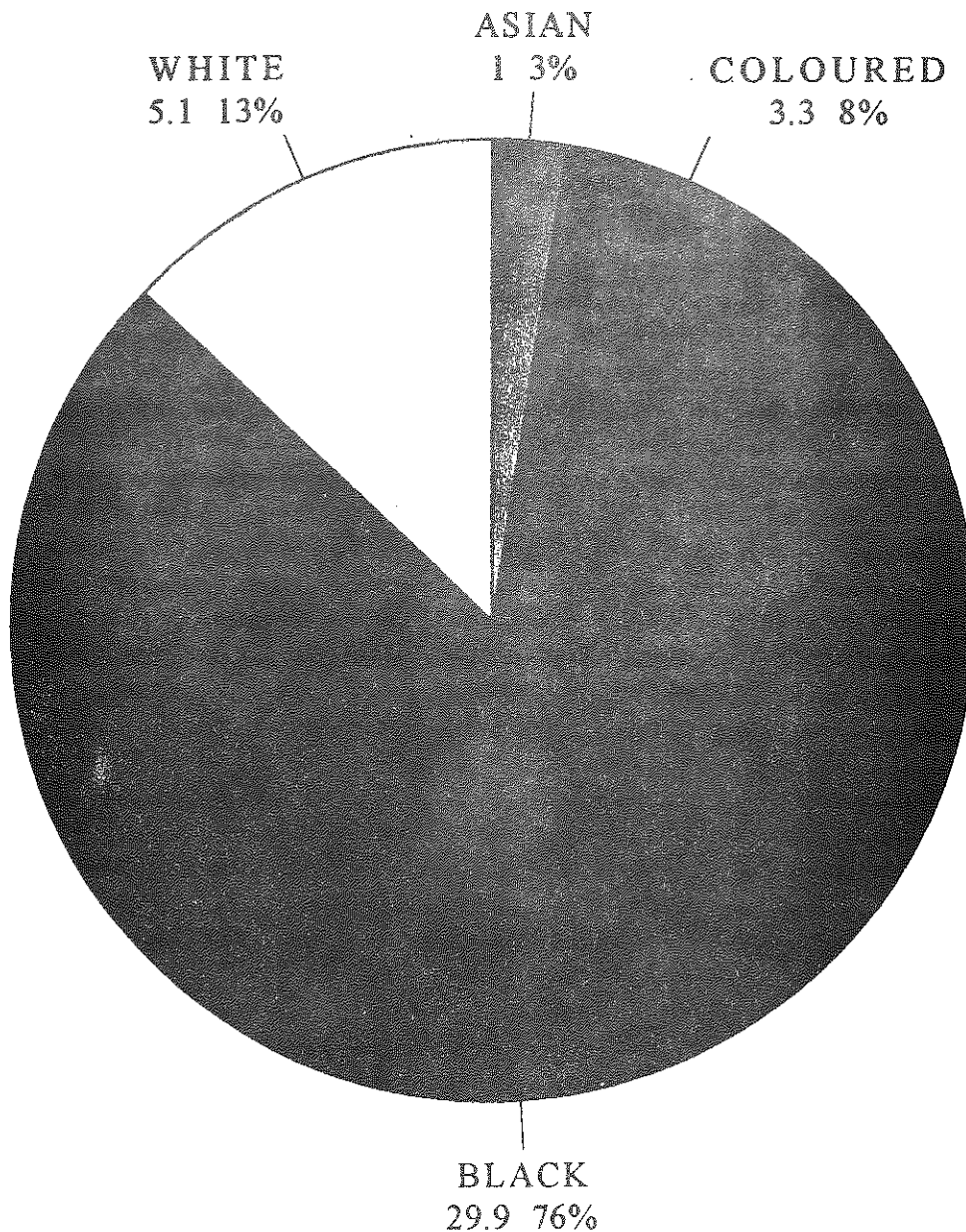
32. Through motivating women to participate, they will feel better, be more productive and will all be able to say:

Now my days feel brighter,  
my loads feel lighter and  
my T shirt feels tighter  
I feel a little safer,  
walk a little stronger.

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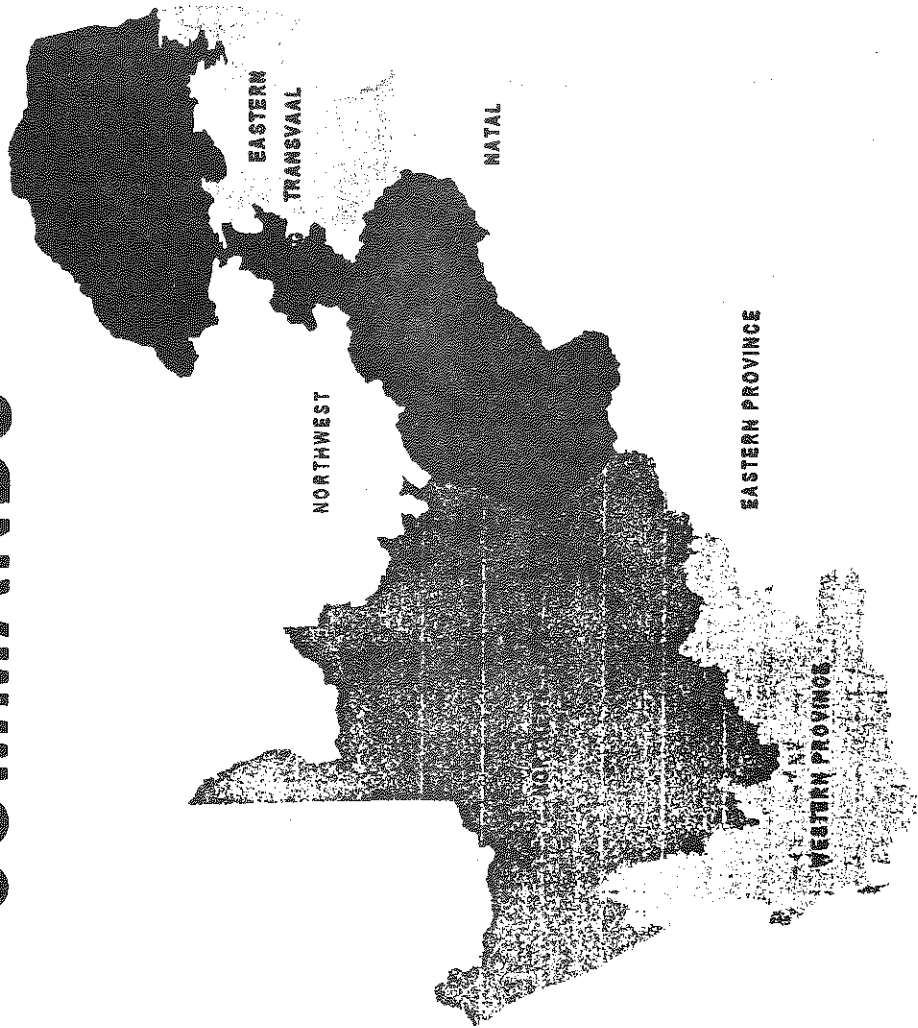


# SOUTH AFRICAN POPULATION

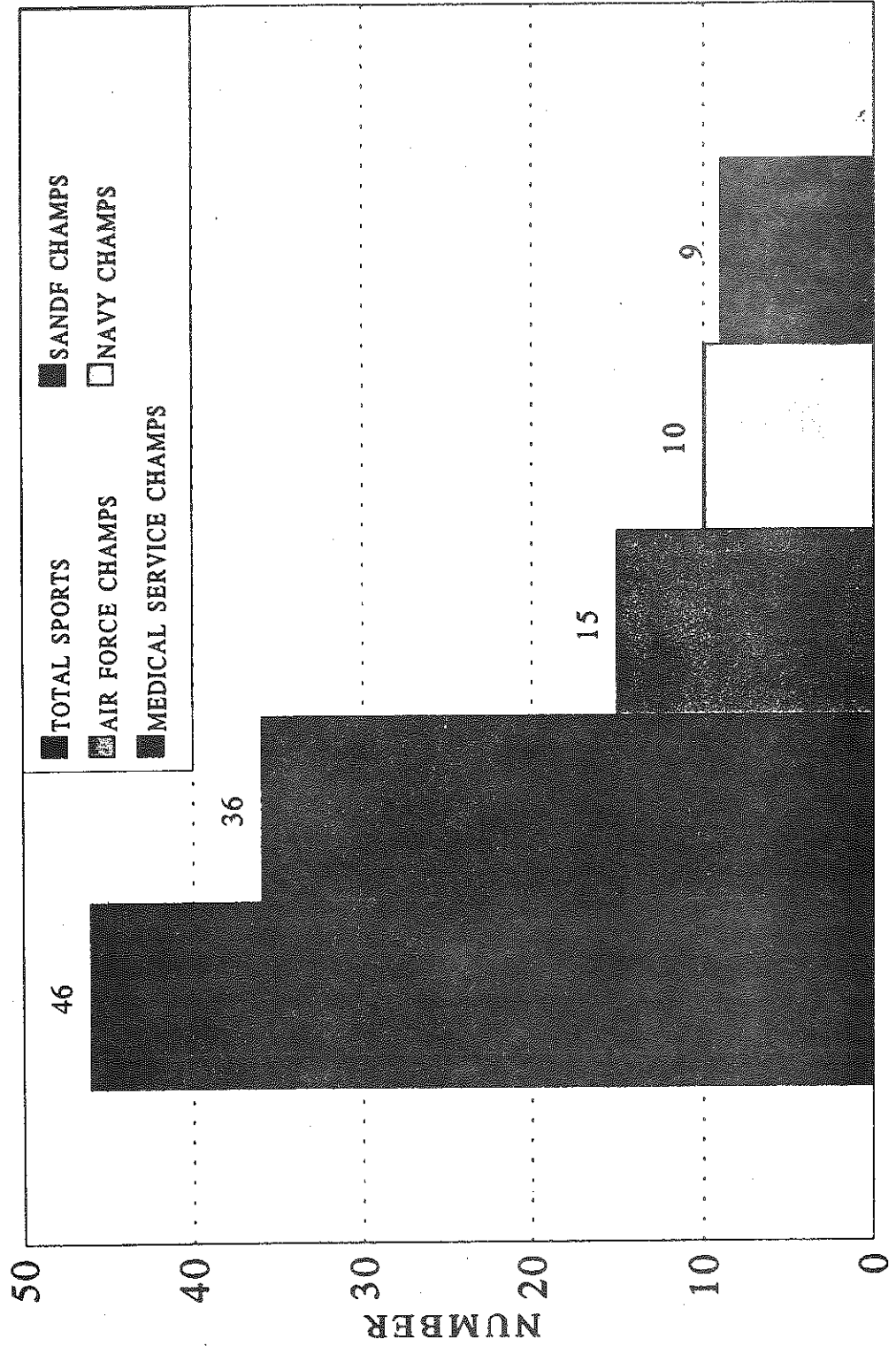


FIGURES GIVEN ARE IN MILLION

# COMMANDS

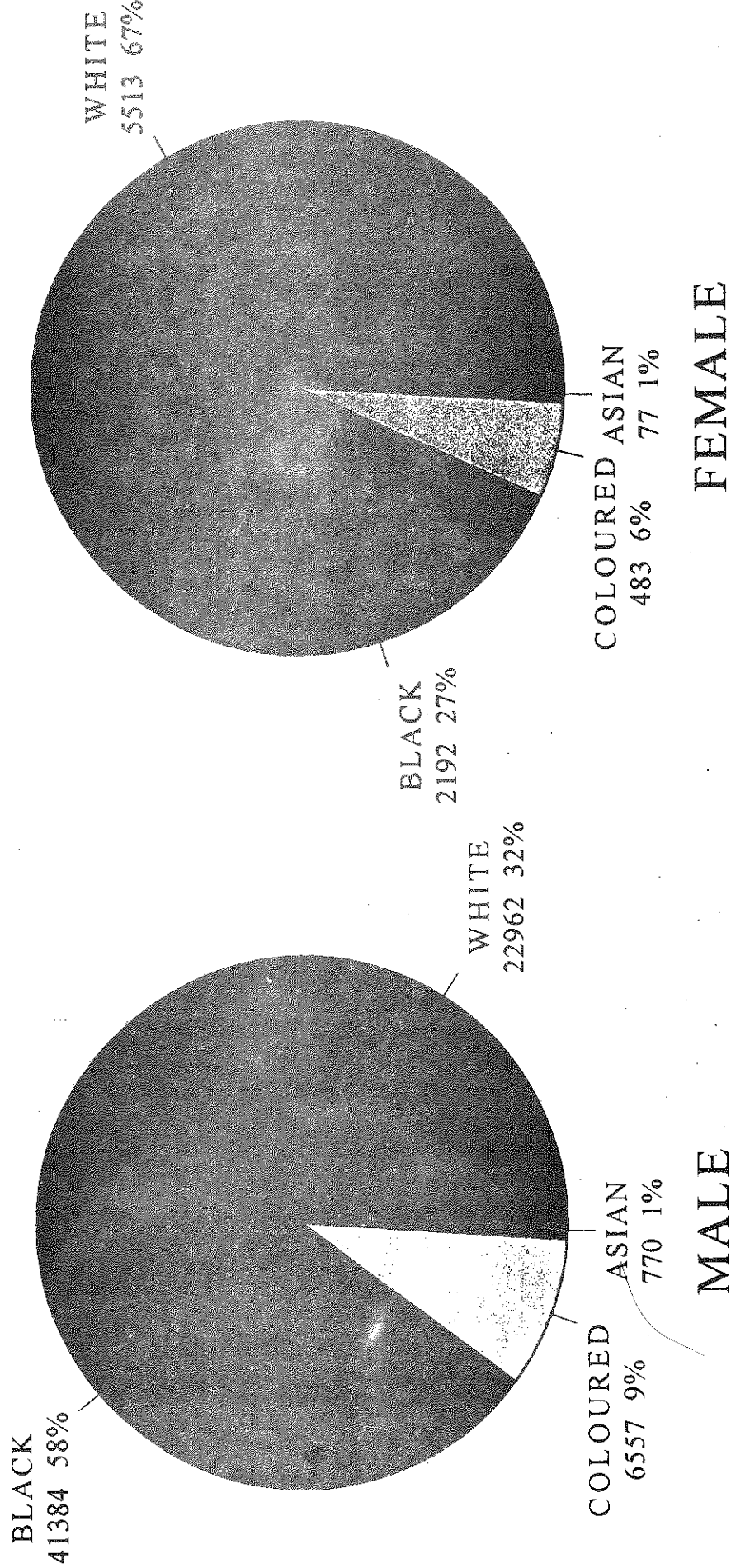


# SANDEF PARTICIPATION IN SPORT NUMBERS OF SPORT CHAMPIONSHIPS

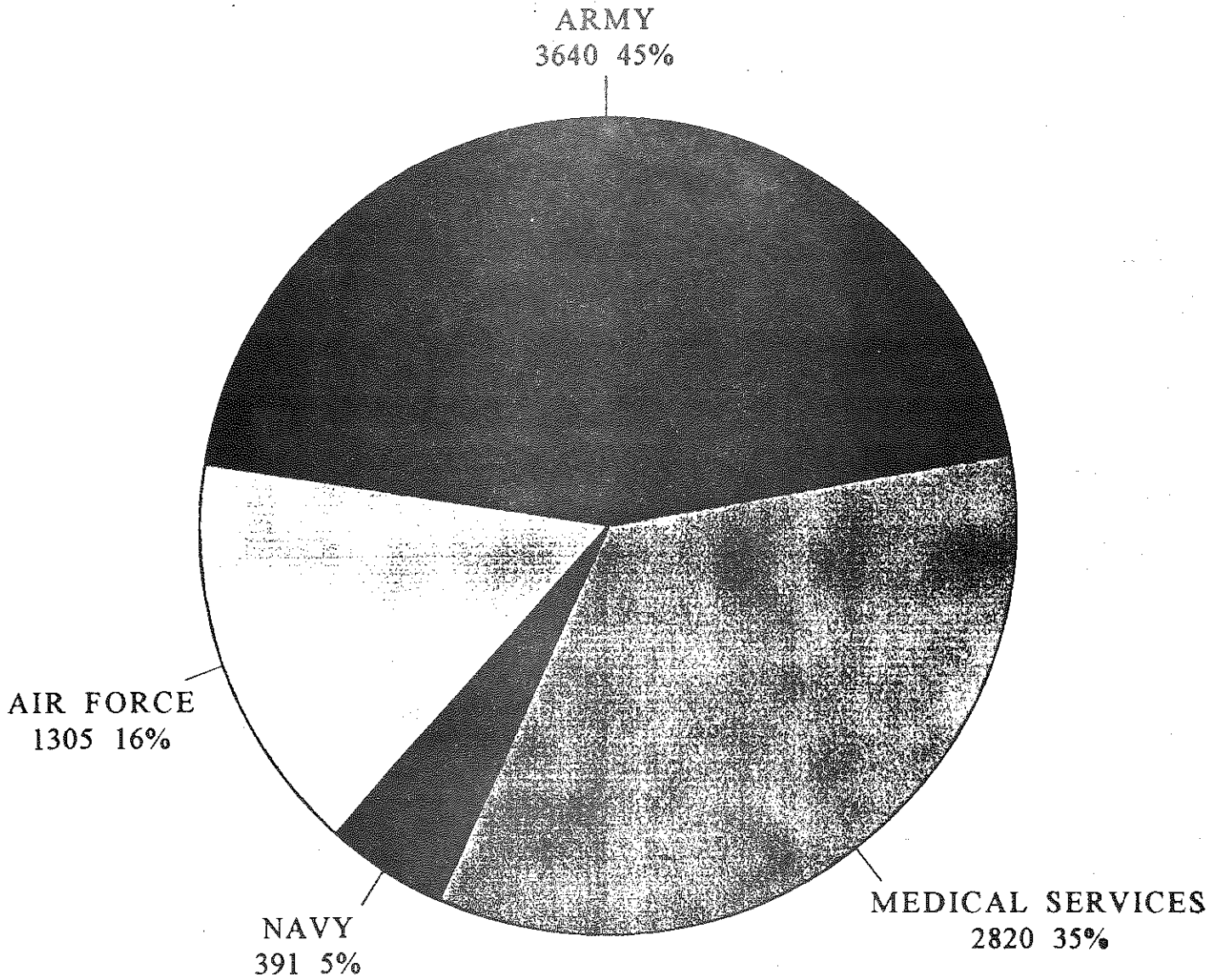


ARM OF SERVICE

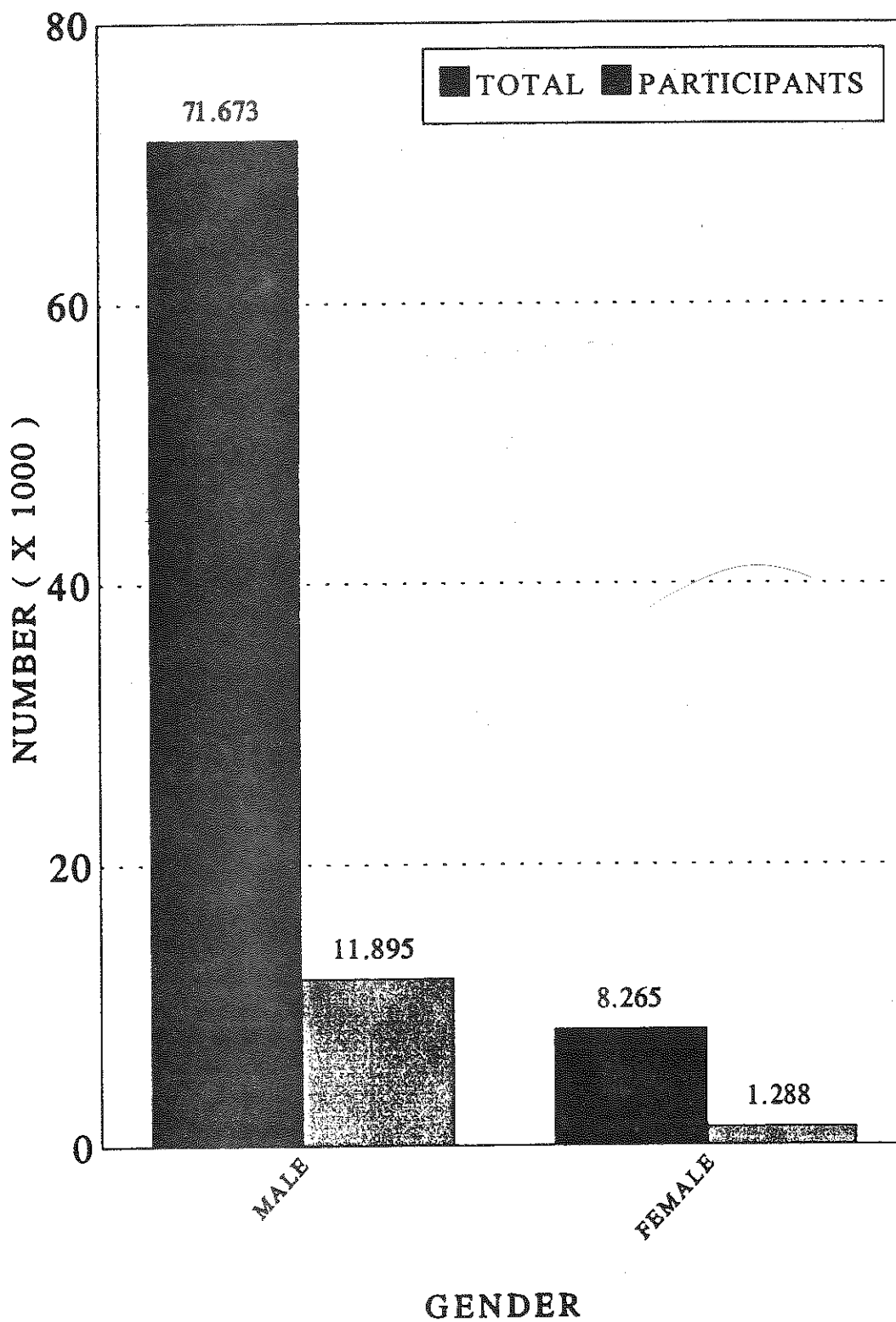
# SANDF POPULATION GROUPS



# WOMEN IN THE ARMS OF SERVICE

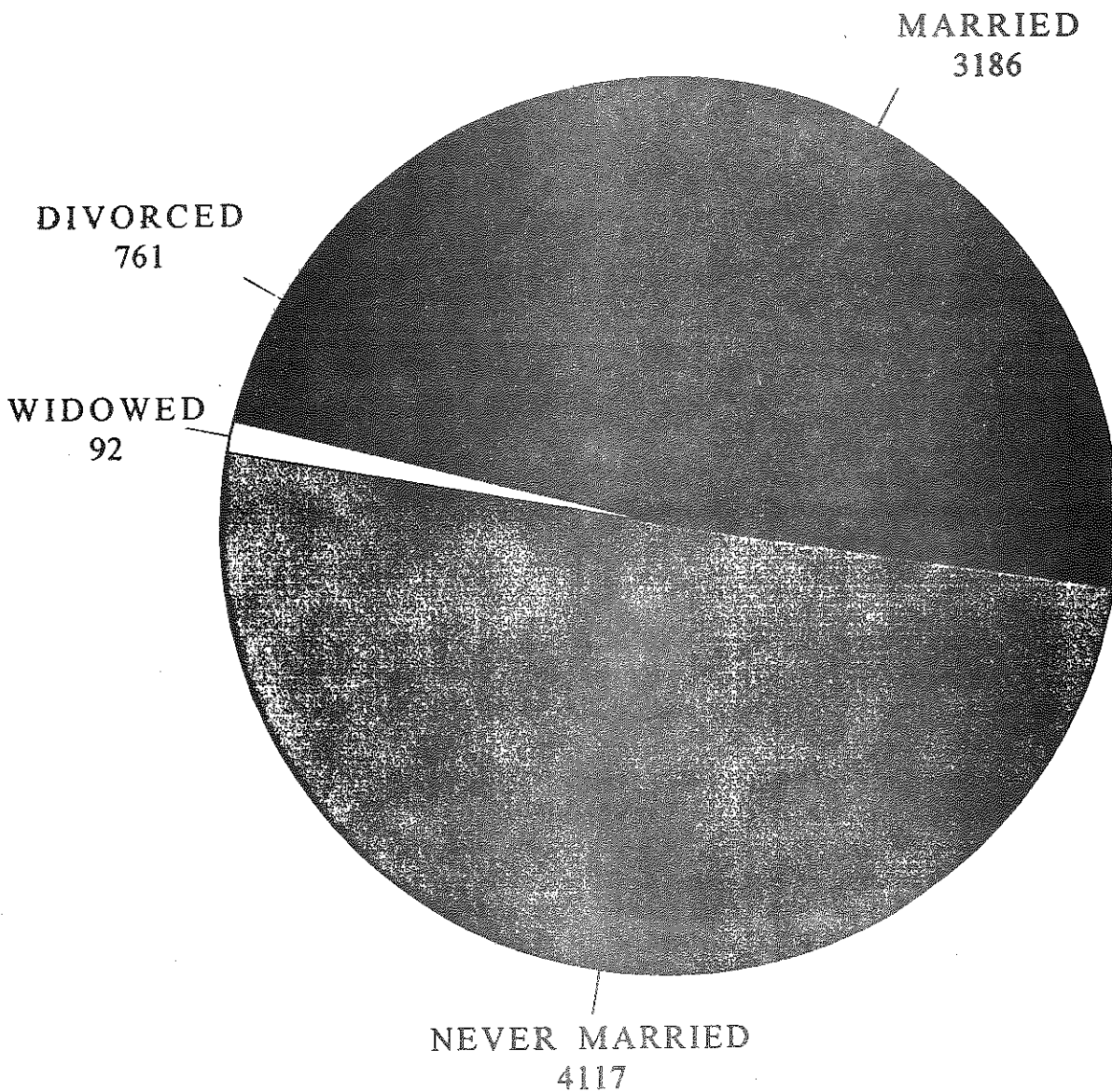


# SANDEF PARTICIPATION BY GENDER





# MARITAL STATUS OF WOMEN IN THE SANDF



# AGES OF WOMEN IN THE SANDF

