

# Creating a Period-Friendly Environment for Your Team



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*Can you check all of these items off the list?*

## ***Uniforms/kit***

- Full coverage bottoms (Avoid: high cut hip lines, skirts without under shorts/pants, tight fitting bottoms unless necessary for sport).
- Size and fit options that suit a variety of body types (e.g. women's cut)
- Dark colored bottoms to help hide any blood leaks.
- Access to quality sport bras.
- Full coverage tops, including cuts that cover bra straps.

## ***Sport Spaces (locker/changing rooms, club houses and toilet facilities)***

- Variety of menstrual products for free in basket (varied sizes of pads, tampons)
- Access to pain relief items: heating pads, hot water bottle, pain relief patches.
- Private toilet stalls and showers
- Running water, soap and towels.
- Disposal bins in the the toilet stalls.
- Posters or educational brochures on menstrual health.
- Plenty of time for athletes to change clothing and menstrual products.

## ***On the road***

- Variety of disposable menstrual products (varied sizes of pads, tampons).
- Extra uniform bottoms in a variety of sizes.
- Wet wipes and hand sanitizer.
- Menstrual product disposal bag (e.g. roll of diaper or dog poo disposal bags).
- Heating pads, hot water bottle and pain relief patches.
- Pain medication (as permitted).
- Extra snacks and water.
- Female chaperone.

## ***Team culture and norms***

- Educational material on menstrual health available to everyone.
- "No questions asked" toilet breaks and access to menstrual products.
- Peer leaders that can help support their teammates.
- Guidance on holistic pain relief, such as stretching, yoga and breathing exercises.
- Support for period tracking, recognizing symptoms and coping strategies.
- Open discussion, support and laughter about menstruation.