

TOP TIPS

FOR CREATING A FEMALE FRIENDLY FOOTBALL ENVIRONMENT

- 1** Provide access to free period products
- 2** Ensure everyone is aware they can access period products & support should they need it
- 3** Provide clean & accessible toilets for training & match days
- 4** Ensure toilets are well stocked with sanitiser, hand wash and suitable hand drying facilities
- 5** Ensure the cubicles are stocked with toilet roll, clean bins (have FabLittleBags to encourage good binning behaviour)
- 6** Avoid having white or light coloured shorts
- 7** Talk about periods openly and provide information on their impact on sport
- 8** Help to educate everyone within the club, not just those that are experiencing periods

